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JOT JOURNAL

JOT • PASS • CONNECT

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Jot Journal (Volume 1)



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Connect. Pass.! The pass back-and-forth format makes Jot Journal a robust vessel for connection by creating space for YOUTH and ADULTS to ponder 65+ writing prompts linked to: locating strengths, honoring custom, discovering community strengths, discovering identification, helping others, recognizing emotions, imagining the future, giving an answer to challenging situations, participating in community program, strategizing methods to take treatment of body and mind, and much, much, even more!! Grounded in analysis on protective factors, each issue is rooted in assisting youth development: enhance problem-solving skills, deepen associations, improve self-esteem, identify self-care strategies, and strengthen coping skills. Developed by a psychologist and general public health expert, the get behind Jot Journal is to improve connection while concurrently supporting youth skill advancement. Jot. Pass the journal back-and-forth at your personal determined pace — responding to one question at a time. Jot Journal is a shared journal between an adult and a youth.



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