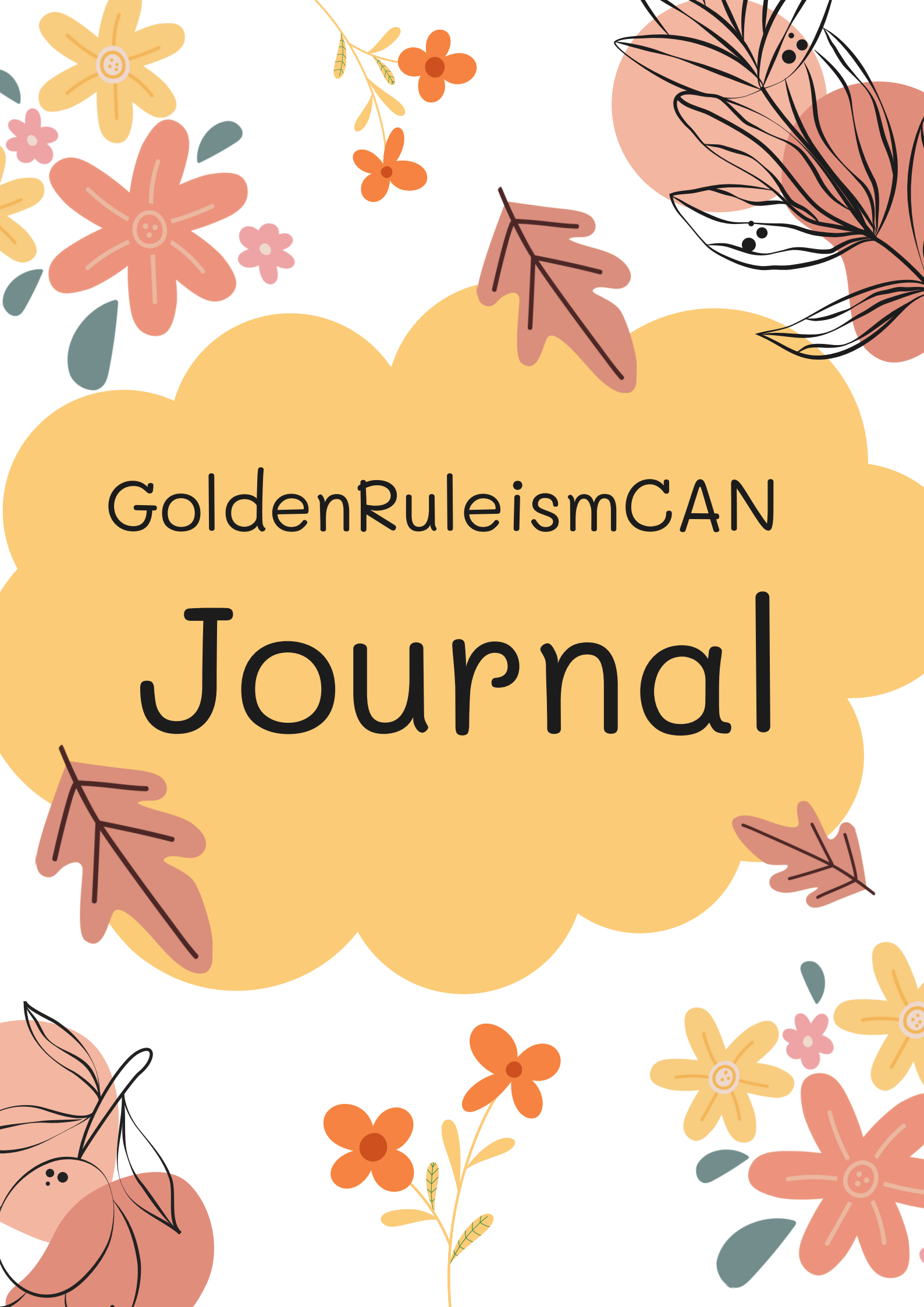




GoldenRuleismCAN Journal



The Two Principal Principles of GoldenRuleism.

“Do for all others, both directly and indirectly,
what you would want done for you.”

“Don’t do to any others, either directly or indirectly,
what you wouldn’t want done to you.”

What is GoldenRuleismCAN?

This **CAN**-specific phrase assures children and families that our GoldenRuleism Team can and will work to create a better world for our **C**hildren, **A**nimals, and **N**ature.

GoldenRuleism is a worldview rooted in humanity, championing the expanded application of “The Golden Rule” as a guiding principle for ethical and moral behavior. This universal rule, known as Humanity’s Number One Rule, transcends religious boundaries, encouraging all individuals to embrace empathy, compassion, and benevolence in their interactions with others.

Acting together as GoldenRuleism Ambassadors, we try as best we can to live up to the overarching ethic we share in common — so we can “Move the Needle of Humanity Towards Humane-ity.”

For more free educational resources go to www.goldenruleismcan.org



Daily Intention



Today, I will be mindful of:

A large, empty rectangular box with a light orange background, intended for writing the daily intention.

What I plan to appreciate today:

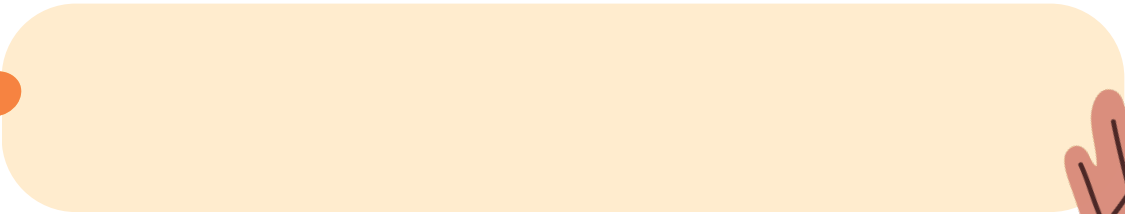
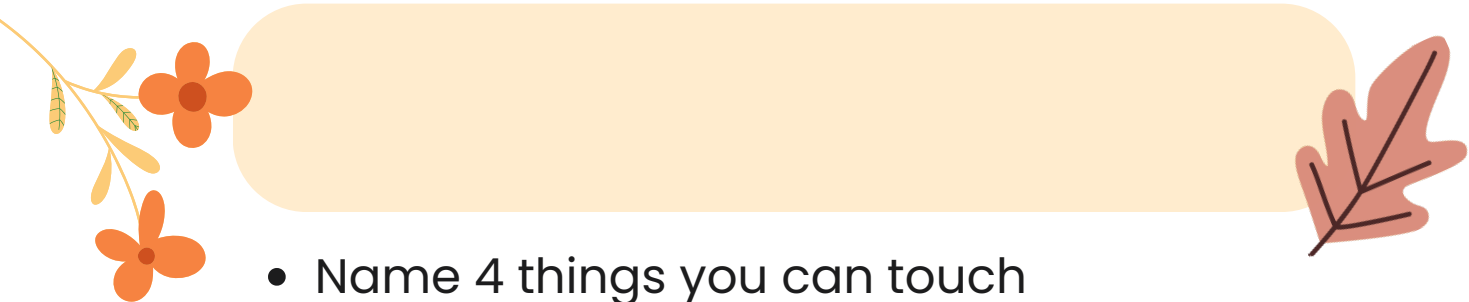
A large, empty rectangular box with a light orange background, intended for writing what to appreciate today. The box is surrounded by decorative elements including a brown leaf, a yellow flower, and a pink flower.

5-4-3-2-1

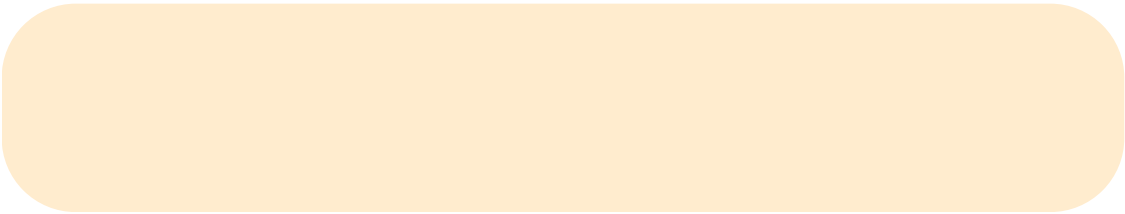
Grounding Technique

Use your senses to connect with the present moment:

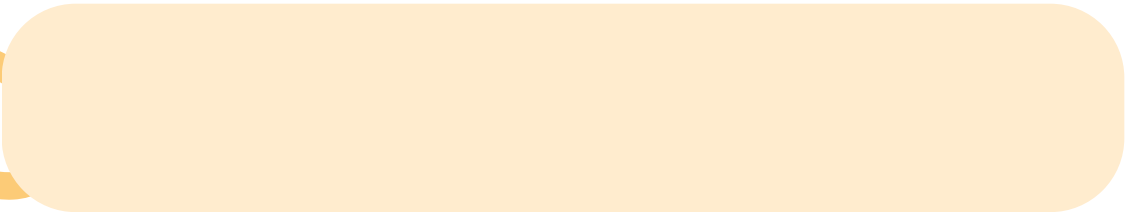
- Name 5 things you can see



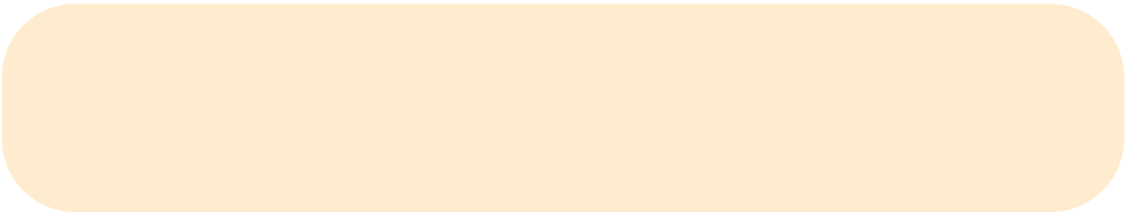
- Name 4 things you can touch



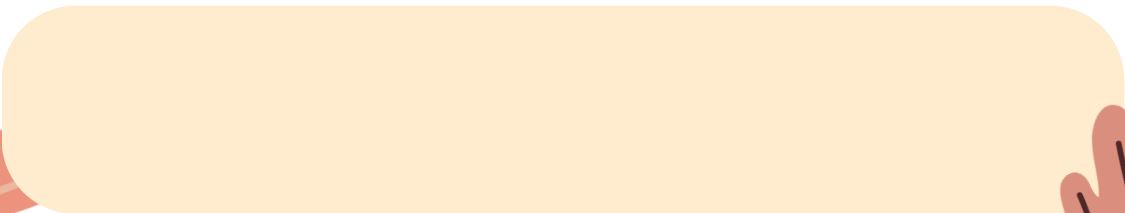
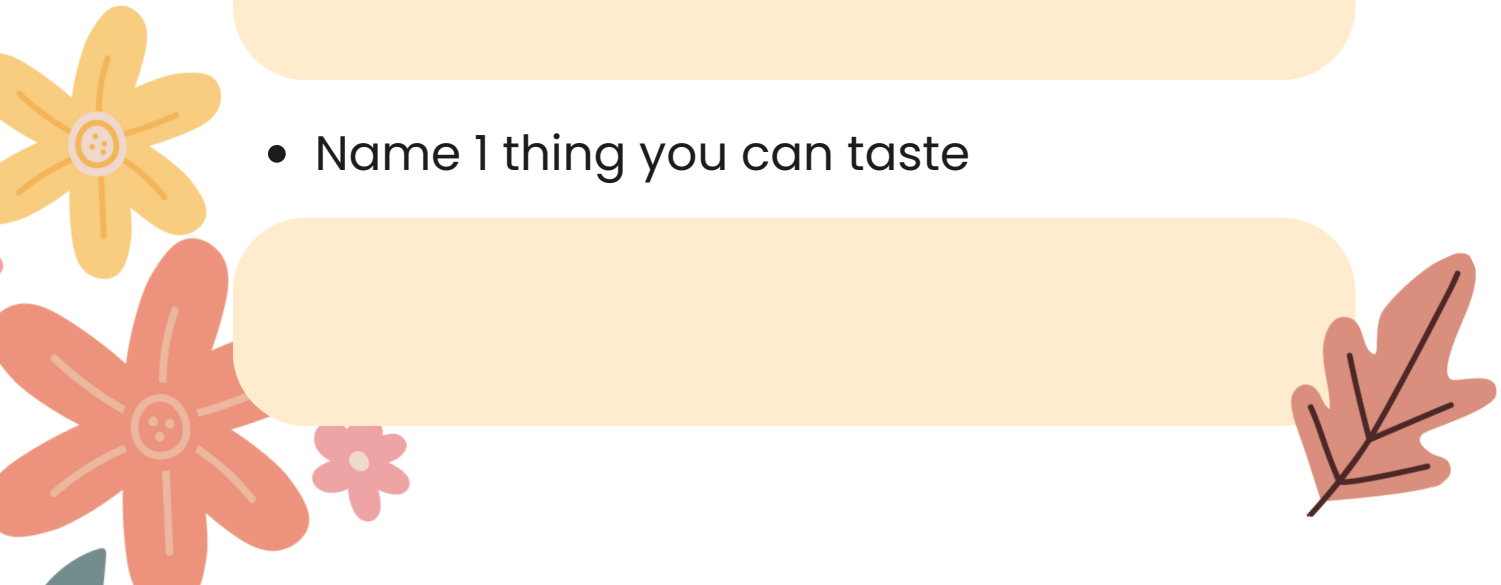
- Name 3 things you can hear



- Name 2 things you can smell



- Name 1 thing you can taste



Daily Check-in Chart

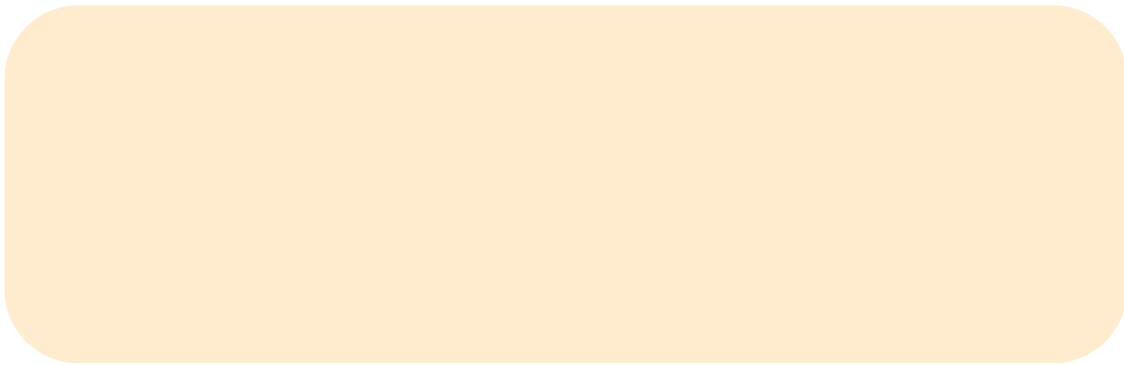
Use this chart to record your daily experience. You can fill in the boxes with a checkmark, emoji, or use different colors—it's up to you!

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
I talked with a friend							
I took care of myself							
I learned something new							
I helped someone							
I felt connected to others							
I felt focused							
I felt happy							
I felt sad							
I felt angry							
I felt worried							
I felt energetic							
I felt tired							
I felt bored							
I felt _____							

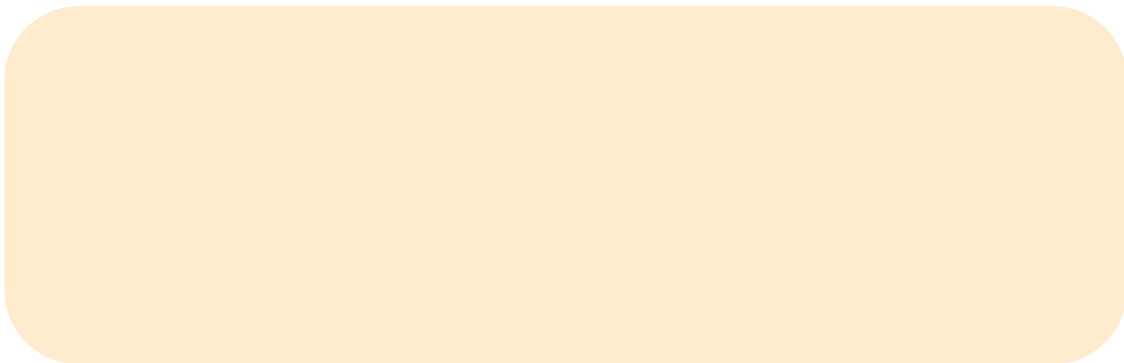
Emotions Reflection



- What emotions am I experiencing right now?

A yellow starburst is on the left side of the box, and a yellow wavy line is on the right side.

- Can I observe these emotions without judgment?

A yellow wavy line is on the left side of the box, and a yellow starburst is on the right side.

- What might these emotions be trying to tell me?

A large orange shape is on the left side of the box, and a red leaf with black veins is on the right side.



Gratitude List

- List 3 things I'm grateful for today:

A large, empty, light orange rounded rectangular box intended for writing a list of things one is grateful for.

Acts of Kindness

- One kind thing I did for myself or others today:

A large, empty, light orange rounded rectangular box intended for writing about a kind act performed today.

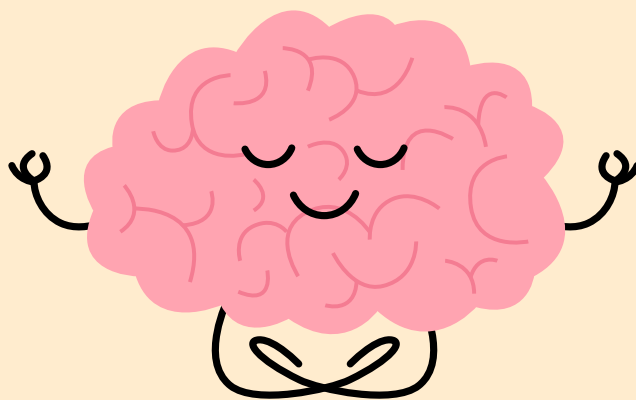
- How did it feel?

A large, empty, light orange rounded rectangular box intended for writing about how the act of kindness felt.



Mindful Breathing

- Sit comfortably and close your eyes if you want.
- Take slow, deep breaths in through your nose, out through your nose.
- Focus your attention on the feeling of the air moving in and out.
- When your mind wanders, gently bring it back to your breath.
- Do this for 2-5 minutes.



♡ INSPIRATIONAL STICKERS ♡



I treasure
today and will
try to make it
a GOOD day.



I trust in the
journey of life



There is always
something to be
thankful for



Be your own
inspiration and
motivation



I let go of past
regrets and focus
on the present



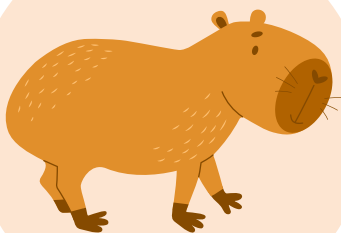
Everything is going
to be alright



Inspirational Stickers



*CAPYBARA CIRCULAR STICKERS
TO MAKE YOU SMILE*





www.goldenruleismcan.org