




Being Me

A Journal for Only Children

*A space to reflect, dream, and
be yourself...*



Welcome, Just You!

What this journal is for, and why it's yours

Being an only child is wild!

There's no one to steal the remote, no one to blame things on, no built-in partner-in-crime down the hall, and no one else who gets the exact family experience you have. That's kind of special.

This journal is a place to reflect, dream, and take care of your mental health. This is your private space

No one has to see what you write unless you choose to share it. This is a safe place to understand your thoughts, discover what makes you feel wonderful, and say the things you haven't said anywhere else.

Why Journaling Helps

Writing things down can help you feel better and understand yourself.

It helps you figure out your thoughts and feelings

It helps you solve problems on your own

It gives you a safe space to be yourself

It helps you notice what makes you feel happy and strong

Doing it regularly can help you feel calm and grounded

*Being yourself is your greatest superpower! Be honest. Be messy.
Draw, scribble, skip pages: anything goes. It's your space.*





Day One

Your very first page... let's do this!

Every journal starts somewhere, and this is your start.
You don't have to be a "good writer." You just have to be YOU.

Dear Journal,

Today is my first day writing in you. Here's a little about me...

My name is:

Today's date is:

Right now I feel:

One word to describe me today:

I hope this journal helps me:





Chapter 1: Who You Are

Getting to know the most important person... YOU!

Let's start with you. Not the version your parents or teachers see. Just the real YOU. A psychologist named Toni Falbo studied only children for a long time and found something important:

Only children are just as happy, friendly, and strong as kids with siblings.

The Real Truth About You

Being an only child isn't about what you don't have. It's about what you've built, your imagination, your independence, your close relationships, your ability to be comfortable on your own!

Let's break some myths!

A stereotype I've heard:

What I think/feel about that:

What's actually true about me:





What's Awesome About Being You?

You're great at talking to people: You've spent time with adults, so you know how to have real conversations.

You know yourself: You've had time to figure out what YOU like: not just what others like.

You're independent: You can entertain yourself, solve problems, and try things on your own.

You have a strong imagination: Your quiet time has helped you build a rich, creative inner world.

Your Turn..

What do YOU think is the best part of being an only child?

Famous Only Children

Guess what? Lots of famous, talented, and interesting people grew up as only children: just like you!

Actors & Entertainers: Charlize Theron, Natalie Portman, Leonardo DiCaprio, Jack Nicholson, Pierce Brosnan, Robin Williams

Musicians: Adele, Elton John, Frank Sinatra, John Lennon

Artists & Leaders: Leonardo da Vinci, Franklin D. Roosevelt, Chelsea Clinton



*What does this mean? There's no one way to grow up.
Only children go on to become artists, leaders, performers, thinkers...
...and everything in between!*



My Origin Story:

Being an only child has shaped you in ways that you are still discovering..

The first time I noticed I didn't have siblings:

Something I did as a kid that might be because I'm an only child:

Someone (not my parents) who feels like family to me:

Something I'm really proud of about myself:

What do I believe about myself? (Anything goes!)

*"Knowing yourself is the beginning of all wisdom."
— Aristotle*





Chapter 2: Big Feelings (Your feelings matter!)

How Am I Feeling?

Every Feeling has something to teach you

Feelings I've had lately (circle or add your own):

happy / sad / nervous / excited / angry / calm / overwhelmed / lonely
/ proud / confused / grateful / bored / worried / relieved

My overall vibe this week (1-10), and why I feel this way:

Something I keep thinking about but haven't said out loud:



A feeling I've been trying to ignore:

*The "Trying to Be Perfect" Trap
Only children can often be perfectionists.. is that you?*

Finish this sentence: I'm hardest on myself when...

What I would say to a friend instead:





My Calm-Down Toolkit

What I can do when I feel overwhelmed or lonely:

What helps me feel calm:

How I take a break and recharge:

One thing that ALWAYS helps a little:

Things I Can Do to Feel Better:

Talk to a friend • go outside • listen to music • draw • rest • write • play
• move your body

My Safe Bubble

Draw a big bubble below! Inside the bubble: things that make you feel safe, calm, and happy. Outside the bubble: things that make you feel stressed or overwhelmed (Use this space to draw!)





Chapter 3: Your People

Friends, family & finding your crew: When you don't have siblings, your support circle often becomes your chosen family. Let's map yours!

Activity: My Support Circle

Think about who is actually in your corner

Who can I talk to when I'm having a hard day?

How do my friends or family help me?

Who "gets" me without me explaining too much?

Is there someone I want to talk to more? What stops me?

Tips for Building Your Crew

Be patient: Meaningful friendships take time to develop

One great friend matters more than lots of "just okay" friends.
Family counts too (grandparents, cousins, family friends!)
It's okay to fix things after a disagreement; many friendships go through rough patches.

Try activities you love; you'll meet people like you

Be a good listener

Stay connected to your friends; reach out regularly.





Activity: Friendship Check

This is not about judging anyone, but understanding where you are..

A friendship that feels really good:

A friendship that feels a little off:

One thing I can do this week to be a better friend:

How I usually make friends / what works for me:

Activity: Create Your Dream Friend

My ideal friend is:

Here's something I've been wanting to share:

Something I wish a friend understood about me:



Chapter 4: You and Your Parents



Close, important, and sometimes a lot? The closeness you likely have with your parents is something many of your friends would envy.

Thoughts About My Parents

Something I wish my parent(s) understood about me:

Something my parent says that bothers me:

What they might actually mean:

How I usually respond:

How I deal with pressure (from adults or myself):

Only Children Often have very close relationships with their parents

When the Attention Gets Heavy

It's okay to want space: you can love your parents and need time for yourself

Their hopes are theirs: your job is to figure out what you want

You can set kind boundaries: you don't have to carry their feelings

Your close relationship with them is special and valuable





Chapter 5: Challenges & Growth

Hard things help you grow. Only children often process things quietly and alone, making them resilient, but they also carry things longer than they need to.

Writing Through Hard Things:

Reflecting on hard times helps you see how far you've come already..

Activity: My Challenges

A big challenge I've faced:

How I felt at the time:

What I learned/How it changed me:

Describe a current challenge:

If I could fix it, I would:

Advice I'd give another only child

Sometimes the clearest thinking comes when we imagine helping someone else

What would I tell another kid going through something hard?





Chapter 6: What makes me happy

Activity: What Matters Most

Be honest - not what should matter but what actually does matter to you.

What matters most to me (people, places, things):

What I truly need to be happy:

Something small that always makes me smile:

The last time I felt happy, what was happening?

People I Admire

What is it about them that you want to carry into your own life?

Who do you admire most and why?

Who is your favorite person and why?





Activity: Imagine you won an award. What is it for?

My award is called:

I am getting it because:

In my speech I would say:

The people I'd thank

I believe...

Getting beliefs on paper is the first step to choosing what you decide to keep.

Write down everything you believe about yourself. The confident and the uncertain stuff.





Chapter 7: Your Future

Dreaming big and taking small steps. You don't have to have everything figured out. But it's worth imagining the direction you are headed and taking a small step toward it.

Activity: Your Dreams and Goals
Give yourself the permission to dream without editing!

My goals for the next year:

A big dream I have:

Small steps I can take:

In ten years, I want my life to feel like:





Activity: Three Wishes

If you met someone who gave you three wishes, what would you ask for



Wish One:

Wish Two:

Wish Three:

If you could keep only one of those wishes, which one would it be and why?

*"You are never given a wish without also being given the power to make it come true.
You may have to work for it, however."
-Richard Bach*





Activity: If you were a parent

Imagine having your own child one day. What would you want their life to be like?

What kind of relationship would I like to have with my child:

What would I do differently from how I was raised:

What would I absolutely keep the same:

What's one thing I'd want my child to know about being an only child?



Chapter Eight: Some Tools for you

Here are some coping strategies you can use

STOP Technique

This is a mindfulness tool you can use to reduce stress, and manage intense emotions.

S: Stop: Pause what you are doing

T: Take 3 deep breaths

O: Observe your thoughts and feelings

P: Proceed with mindfulness

5-4-3-2-1 Technique

This is a sensory grounding technique that can help you manage anxiety and panic by anchoring you in the present moment

Five things you can see (Look around you)

Four things you can touch (Feel different textures)

Three things you can hear (Listen carefully)

Two things you can smell (Take a gentle sniff)

One thing you can taste (Notice the taste in your mouth)

When life feels hard, remember this: your feelings are not something to hide from. They are part of being human. Some days you will feel strong. Some days you may feel unsure, lonely, overwhelmed, or anxious. All of that is normal.

What matters is knowing that you have tools to help yourself through those moments — whether that means writing, reaching out, taking a breath, talking to someone you trust, or simply giving yourself permission to pause. So much of who you are has been shaped by the beautiful strengths you've built along the way: your independence, your self-awareness, your imagination, and your ability to be with your own thoughts.

Those things matter, and they will carry you further than you know. Learn a few coping techniques that you can use when you are overwhelmed.



Check-In

Come back to these questions once a month or whenever you need a reset.

One thing I like about being an only child right now:

One thing I struggle with being an only child right now:

What do I do when I feel lonely:

How I deal with pressure from adults or myself:

What helps me calm down when I am stressed:

How I am making friends and connecting with others:

Something I want more of in my life:

Something that I am grateful for this week:





You've Got This!!

A final note from your Journal... You are the main character of your own life.
That's never more literally true than when you're an only child.
Your family looks different from some others, and that's not a
problem. It's just your story.

*You are doing better than you think! You are enough, exactly as you are! The
skills you've built: independence, self-knowledge, comfort with your own
company, the depth you bring to relationships are real and they matter.*

Your feelings are valid, real and part of your story. You have an
amazing imagination that takes you wherever you want to go.
Sometimes your best friend can be your own brave, thoughtful
heart.

You're figuring out who you are in real time. That's the whole
point of being a teenager.

*Come back to this journal whenever you need a place to land. A place to think,
breathe, be honest: It'll keep all your secrets.*

*Keep Going.. You are growing more than you can see, stronger than you realize and
closer than you think!!*

*Love,
Your Journal*

