

# Patience Journal

## The Power of Patience

Sometimes the simplest way to dig deep and find some patience is to spend time reflecting on what it means to be patient. We've created this patience journal so you can do just that.



## Assembly Instructions:

Use your new patience journal to draw pictures of times when you've been patient. Think about situations where you've had to use patience to be successful and write about them. Reflect on how you've been patient, or perhaps even the times you haven't, so you can learn to be more patient in the future. Share with friends, family members, classmates, your teacher, or anyone!

1



Print and lay journal side facing up.

2



Fold in half, widthwise, along the dotted line.

3



Fold in half again, lengthwise, and fill out activities.

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**How do you practice being patient?**

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**What does patience mean to you?**

**Think about a time when you've had to be patient before, draw a picture, and write about it.**

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