My Psychosocial Development Journal

Keeping a journal can help you think about your development as you gain increasing independence and take on greater responsibility for yourself.

The accomplishments that I am most proud of . . .

My greatest strengths are . . .

Some things that I would like to accomplish are . . .

Some things about me that I would like to work on are . . .

What do I want to talk about only with my healthcare provider?

What do I want to talk about only with my family?

What do I want to talk about only with my peers/friends?

What do I want to talk about only with my teacher or another adult?

What do I want to keep to myself and not share with anyone?

Adapted from Robinson et al. 2006