

# Pawse Your Paws

## A 30-Day Journal with Wise Cat Sid

A gentler  
happier you  
... one small  
step at  
a time



Calmer  
Thoughts

Greater  
Confidence

Brighter  
Days



Good  
Things  
Take Time



Pause 

Reflect 

Grow 

With  
Daily Prompts  
Activities  
& Positive Paws  
for Life



### Wise Cat Sid<sup>TM</sup>

KINDER MINDS  
BRIGHTER TOMORROWS



Small  
Steps  
Brighter  
Days 



# Welcome to Pawse Your Paws



For the next 30 days, Sid will help you pause, notice what is happening inside, practise simple calming and confidence tools, and give yourself credit for small steps. There are no perfect answers here. Write, draw, circle, doodle - make the journal yours.

## **Sid's journal rule:**

**Be curious, be kind, and remember that small steps count.**

# How to use your journal

## 1. Check in

Notice how you feel without judging it.

## 2. Write or draw

Use as much or as little space as you need.

## 3. Choose one small step

Pick something realistic rather than something perfect.

## 4. Come back tonight

Notice what happened and what you learned.

## 5. Keep going

Missing a day is not failure. Simply return when you can.

## A note for grown-ups

This journal supports everyday reflection and emotional skills. It is not a substitute for professional health or mental-health care. If a child is struggling or you are worried about their wellbeing, seek appropriate qualified support.



Small  
Steps  
Brighter  
Days



# Day 1



## Pawse and Notice

"Before you decide where you're going, it helps to notice where you are."

— Sid



### How am I feeling today?



Great



Good



Okay



Worried



Low

(You can circle one or draw your own)

### What's on my mind today?



### Three good things I can notice today:



1. \_\_\_\_\_



2. \_\_\_\_\_



3. \_\_\_\_\_



### My small step today:

\_\_\_\_\_  
\_\_\_\_\_

Even a tiny step makes a difference.



### Tonight:

What went better than I expected?



\_\_\_\_\_  
\_\_\_\_\_

Be proud  
of you



### Sid's Paw for Thought:

"Small steps  
still move you forward."



You're  
doing  
brilliant



Pawse  
Reflect  
Grow





# Day 2

## Name the Feeling

*"Feelings are visitors. Naming them can make them easier to understand." - Sid*



Small Steps • Brighter Days

### How am I feeling today?



Great



Good



Okay



Worried



Low

### What feeling is strongest today?

---

---

---

---

### Three words for how I feel:

1. 

---

2. 

---

3. 

---

### One way I can respond to this feeling:

---

---

---

### Tonight: What did this feeling need from me?

---

---

---

### Sid's Paw for Thought

*You can be unsure and still take a step.*



# Day 3

## A Calmer Minute

*"One calm minute is still a calm minute." - Sid*



Small Steps • Brighter Days

### How am I feeling today?



Great



Good



Okay



Worried



Low

### Where could I create one calm minute?

---

---

---

---

### Three things that help me settle:

1. 

---
2. 

---
3. 

---

### My one-minute calm plan:

---

---

---

### Tonight: When did I feel most settled?

---

---

---

### Sid's Paw for Thought

*A calm moment can change the next moment.*



# Day 4

## Thoughts Are Thoughts

*"A thought can knock at the door without being invited to stay." - Sid*



Small Steps • Brighter Days

### How am I feeling today?



Great



Good



Okay



Worried



Low

### What thought keeps showing up?

---

---

---

---

### Three facts I know right now:

1. 

---
2. 

---
3. 

---

### A more balanced thought I can try:

---

---

---

### Tonight: Which thought was less powerful than it seemed?

---

---

---

### Sid's Paw for Thought

*Notice the thought; you don't have to obey it.*



# Day 5

## Kind Words for Me

*"Your inner voice deserves kindness too." - Sid*



Small Steps • Brighter Days

### How am I feeling today?



Great



Good



Okay



Worried



Low

### What do I need to hear from myself today?

---

---

---

---

### Three kind things I can tell myself:

1. 

---
2. 

---
3. 

---

### One kind thing I'll do for myself:

---

---

---

### Tonight: When was I kinder to myself?

---

---

---

### Sid's Paw for Thought

*Kind words count when you say them to yourself.*



# Day 6

## One Brave Thing

*"Brave does not mean fearless. It means taking a helpful step anyway." - Sid*



Small Steps • Brighter Days

### How am I feeling today?



Great



Good



Okay



Worried



Low

What feels a little scary but possible?

---

---

---

---

Three reasons I might cope:

1. 

---
2. 

---
3. 

---

My brave step today:

---

---

---

Tonight: What did I do even though it was difficult?

---

---

---

### Sid's Paw for Thought

*Courage often looks quiet.*



# Day 7

## Rest and Reset

*"Even wise cats know when to curl up and recharge." - Sid*



Small Steps • Brighter Days

### How am I feeling today?



Great



Good



Okay



Worried



Low

### What is my body asking for?

---

---

---

---

### Three ways I can recharge:

1. 

---
2. 

---
3. 

---

### One way I'll recharge:

---

---

---

### Tonight: What helped me recharge?

---

---

---

### Sid's Paw for Thought

*Rest is part of growing.*



# Day 8

## Breathe Slowly

*"Slow in, slower out. Let your body hear that you are safe enough for this moment." - Sid*



Small Steps • Brighter Days

### How am I feeling today?



Great



Good



Okay



Worried



Low

### What changes when I slow my breathing?

---

---

---

---

### Three places I feel calmer:

1. 

---
2. 

---
3. 

---

### My breathing practice:

---

---

---

### Tonight: Did slowing my breath change anything?

---

---

---

### Sid's Paw for Thought

*Slow breathing gives your body a helpful message.*



# Day 9

## Worry Detective

*"Ask your worry for evidence, not just a dramatic story." - Sid*



Small Steps • Brighter Days

### How am I feeling today?



Great



Good



Okay



Worried



Low

### What is my worry predicting?

---

---

---

---

### Three pieces of evidence to check:

1. 

---
2. 

---
3. 

---

### One question I'll ask my worry:

---

---

---

### Tonight: What did the evidence actually show?

---

---

---

### Sid's Paw for Thought

*Not every thought deserves the final word.*



# Day 10

## Make Room for Feelings

*"You can feel something without becoming that feeling." - Sid*



Small Steps • Brighter Days

### How am I feeling today?



Great



Good



Okay



Worried



Low

### What feeling can I make space for?

---

---

---

---

### Three ways I can care for myself:

1. 

---
2. 

---
3. 

---

### One caring action I can take:

---

---

---

### Tonight: How did I care for myself while feeling this?

---

---

---

### Sid's Paw for Thought

*You can make room for feelings without letting them steer.*



# Day 11

## What's in My Control?

*"Spend your energy where your paws can reach." - Sid*



Small Steps • Brighter Days

### How am I feeling today?



Great



Good



Okay



Worried



Low

### What can I control or influence today?

---

---

---

---

### Three things within my control:

1. 

---
2. 

---
3. 

---

### One useful action I can take:

---

---

---

### Tonight: What did I usefully influence?

---

---

---

### Sid's Paw for Thought

*A problem gets smaller when you choose the next useful step.*



# Day 12

## Build a Confidence Ladder

*"Confidence is built one rung at a time." - Sid*



Small Steps • Brighter Days

### How am I feeling today?



Great



Good



Okay



Worried



Low

**What is one confidence goal I can break into steps?**

---

---

---

---

**Three small rungs on my ladder:**

1. 

---
2. 

---
3. 

---

**My first confidence rung:**

---

---

---

**Tonight: Which rung did I practise?**

---

---

---

### Sid's Paw for Thought

*Confidence grows through practice, not perfection.*



# Day 13

## Try, Not Perfect

"Practice beats perfect every time." - Sid



Small Steps • Brighter Days

### How am I feeling today?



Great



Good



Okay



Worried



Low

### Where can I choose 'good enough' today?

---

---

---

---

### Three things worth trying imperfectly:

1. 

---
2. 

---
3. 

---

### Something I'll try without needing perfection:

---

---

---

### Tonight: Where did 'good enough' work?

---

---

---

### Sid's Paw for Thought

*Trying counts.*



# Day 14

## Ask for Help

*"Strong people know when another pair of paws would help." - Sid*



Small Steps • Brighter Days

### How am I feeling today?



Great



Good



Okay



Worried



Low

### Who could support me today?

---

---

---

---

### Three people or places I can turn to:

1. 

---

2. 

---

3. 

---

### One way I'll ask for support:

---

---

---

### Tonight: What support helped?

---

---

---

### Sid's Paw for Thought

*Bravery can be asking for help.*



# Day 15

## Remember Your Strengths

*"Your past brave moments are evidence." - Sid*



Small Steps • Brighter Days

### How am I feeling today?



Great



Good



Okay



Worried



Low

### When have I coped well before?

---

---

---

---

### Three strengths I have used before:

1. 

---
2. 

---
3. 

---

### One strength I'll use today:

---

---

---

### Tonight: Which strength showed up?

---

---

---

### Sid's Paw for Thought

*You have handled hard moments before.*



# Day 16

## A Small Challenge

*"Stretch yourself, don't squash yourself." - Sid*



Small Steps • Brighter Days

### How am I feeling today?



Great



Good



Okay



Worried



Low

### What small challenge could I try?

---

---

---

---

### Three ways to make the challenge manageable:

1. 

---
2. 

---
3. 

---

### My manageable challenge:

---

---

---

### Tonight: What did I learn from trying?

---

---

---

### Sid's Paw for Thought

*A tiny challenge can build a big skill.*



# Day 17

## When Progress Wobbles

*"A wobble is not the same as going backwards." - Sid*



Small Steps • Brighter Days

### How am I feeling today?



Great



Good



Okay



Worried



Low

### What has felt wobbly lately?

---

---

---

---

### Three signs I am still making progress:

1. 

---
2. 

---
3. 

---

### One step I can keep taking:

---

---

---

### Tonight: What proves I am still moving forward?

---

---

---

### Sid's Paw for Thought

*Progress can wobble and still be progress.*



# Day 18

## Go at Your Pace

*"There is no prize for rushing your own growth." - Sid*



Small Steps • Brighter Days

### How am I feeling today?



Great



Good



Okay



Worried



Low

### Where can I stop comparing my pace?

---

---

---

---

### Three things I can do at my own pace:

1. 

---
2. 

---
3. 

---

### One thing I'll do in my own time:

---

---

---

### Tonight: Where did I respect my own pace?

---

---

---

### Sid's Paw for Thought

*Your pace is allowed to be your pace.*



# Day 19

## Begin Before Ready

*"Sometimes confidence arrives after you start." - Sid*



Small Steps • Brighter Days

### How am I feeling today?



Great



Good



Okay



Worried



Low

**What could I begin even if I don't feel fully ready?**

---

---

---

---

**Three first steps I could take:**

1. 

---
2. 

---
3. 

---

**The first action I'll take:**

---

---

---

**Tonight: What happened because I began?**

---

---

---

### Sid's Paw for Thought

*You do not need to feel ready to begin.*



# Day 20

## Be Curious

*"Curiosity is gentler than criticism." - Sid*



Small Steps • Brighter Days

### How am I feeling today?



Great



Good



Okay



Worried



Low

### What am I curious about today?

---

---

---

---

### Three questions I could explore:

1. 

---

2. 

---

3. 

---

### One thing I'll explore:

---

---

---

### Tonight: What did curiosity help me notice?

---

---

---

### Sid's Paw for Thought

*Be curious about what you can do.*



# Day 21

## Kindness in Action

*"A small kindness can change two days: theirs and yours." - Sid*



Small Steps • Brighter Days

### How am I feeling today?



Great



Good



Okay



Worried



Low

### How can I show kindness today?

---

---

---

---

### Three kindnesses I can offer:

1. 

---
2. 

---
3. 

---

### My kindness action:

---

---

---

### Tonight: What kindness mattered today?

---

---

---

### Sid's Paw for Thought

*Kindness is strength with a soft voice.*



# Day 22

## Notice What's Working

*"Your mind notices problems quickly. Teach it to notice progress too." - Sid*



Small Steps • Brighter Days

### How am I feeling today?



Great



Good



Okay



Worried



Low

### What is already going better than before?

---

---

---

---

### Three things that are working:

1. 

---
2. 

---
3. 

---

### One thing I'll keep doing:

---

---

---

### Tonight: What progress did I notice?

---

---

---

### Sid's Paw for Thought

*Notice what is already going well.*



# Day 23

## Three Thank-Yous

*"Gratitude is a torch, not a blindfold." - Sid*



Small Steps • Brighter Days

### How am I feeling today?



Great



Good



Okay



Worried



Low

### What am I thankful for today?

---

---

---

---

### Three things I appreciate:

1. 

---
2. 

---
3. 

---

### One way I'll show gratitude:

---

---

---

### Tonight: What am I glad I noticed?

---

---

---

### Sid's Paw for Thought

*Gratitude does not erase hard things; it adds perspective.*



# Day 24

## Talk Like a Friend

*"Would you say it to a friend? Try saying something kinder." - Sid*



Small Steps • Brighter Days

### How am I feeling today?



Great



Good



Okay



Worried



Low

**What would I say to a good friend in my situation?**

---

---

---

---

**Three kinder sentences I could use:**

1. 

---
2. 

---
3. 

---

**My kinder self-talk today:**

---

---

---

**Tonight: What would I like to remember saying to myself?**

---

---

---

### Sid's Paw for Thought

*Talk to yourself like someone you care about.*



# Day 25

## Collect Good Moments

*"Good moments can be small enough to fit in a paw." - Sid*



Small Steps • Brighter Days

### How am I feeling today?



Great



Good



Okay



Worried



Low

What good moment do I want to remember?

---

---

---

---

Three good moments from today:

1. 

---
2. 

---
3. 

---

One good moment I'll look for:

---

---

---

Tonight: What good moment will I keep?

---

---

---

### Sid's Paw for Thought

*Good moments deserve noticing too.*



# Day 26

## Credit for Effort

*"Effort deserves to be noticed, even before the result." - Sid*



Small Steps • Brighter Days

### How am I feeling today?



Great



Good



Okay



Worried



Low

### What effort am I proud of today?

---

---

---

---

### Three efforts worth credit:

1. 

---
2. 

---
3. 

---

### One effort I'll recognise:

---

---

---

### Tonight: What effort deserves a quiet well done?

---

---

---

### Sid's Paw for Thought

*You can give yourself credit for effort.*



# Day 27

## Practise the Helpful Thing

*"Helpful habits become familiar paths." - Sid*



Small Steps • Brighter Days

### How am I feeling today?



Great



Good



Okay



Worried



Low

### What helpful thing do I want to practise?

---

---

---

---

### Three helpful habits I want to practise:

1. 

---
2. 

---
3. 

---

### The helpful thing I'll practise:

---

---

---

### Tonight: What felt a little easier with practice?

---

---

---

### Sid's Paw for Thought

*What you practise becomes easier to reach.*



# Day 28

## Look Back at Your Steps

*"Turn around for a moment. You've travelled further than you think." - Sid*



Small Steps • Brighter Days

### How am I feeling today?



Great



Good



Okay



Worried



Low

### What small steps have I taken this month?

---

---

---

---

### Three steps I am proud of:

1. 

---
2. 

---
3. 

---

### The next step I want to take:

---

---

---

### Tonight: What change can I see since Day 1?

---

---

---

### Sid's Paw for Thought

*Look how many small steps brought you here.*



# Day 29

## Keep What Helps

*"Keep the tools that fit you." - Sid*



Small Steps • Brighter Days

### How am I feeling today?



Great



Good



Okay



Worried



Low

### Which journal tools help me most?

---

---

---

---

### Three tools I want to keep:

1. 

---
2. 

---
3. 

---

### One tool I'll use again tomorrow:

---

---

---

### Tonight: Which tool deserves a place in my routine?

---

---

---

### Sid's Paw for Thought

*Keep what helps; let go of what doesn't.*



# Day 30

## Brighter Days Ahead

*"You've practised pausing, noticing and moving forward. Keep going." - Sid*



Small Steps • Brighter Days

### How am I feeling today?



Great



Good



Okay



Worried



Low

### What do I know about myself now?

---

---

---

---

### Three things I am proud to have learned:

1. 

---
2. 

---
3. 

---

### My promise to my future self:

---

---

---

### Tonight: What am I taking with me from these 30 days?

---

---

---

### Sid's Paw for Thought

*You know more about yourself than you did 30 days ago.*

# My 30-Day Pawprint Trail

Colour or tick a paw each time you complete a day.



PAW



PAW



PAW



PAW



PAW



PAW



PAW



PAW



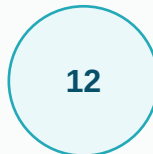
PAW



PAW



PAW



PAW



PAW



PAW



PAW



PAW



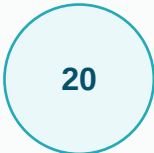
PAW



PAW



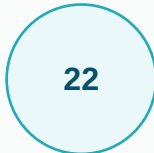
PAW



PAW



PAW



PAW



PAW



PAW



PAW



PAW



PAW



PAW



PAW



PAW

# Look How I've Grown

**What have I learned about my feelings?**

---

---

**Which calming tool helps me most?**

---

---

**What am I more confident about now?**

---

---

**What small step am I most proud of?**

---

---

**What would I like to keep practising?**

---

---

# Certificate of Positive Paws



This certificate celebrates

---

for completing 30 days of pausing, reflecting and growing.

*Confidence is knowing you can take the next helpful step.*

**Small Steps • Brighter Days**

Date: \_\_\_\_\_

Signed: Wise Cat Sid ■