



I CAN
GIVE

A journal for teens to
notice small moments

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THIS MOMENT

Date _____

What caught my attention?

What, if anything, did I choose to do?

What stayed with me and why?

You don't need to have answers. Noticing is enough.

I NOTICED SOMEONE

Date _____

What caught my attention about someone else?

What did I notice they might have needed?

What, if anything, did I choose to do?

What stayed with me and why?

Noticing someone is already a form of giving.

NOTICING CHANGES THINGS

When you notice,
things slow down.
When things slow down,
you get to choose.

**Small choices become
who we are.**

NOTICING IS GIVING

Maybe you saw someone today.

You paid attention.

You held space for them in your mind.

They may never know.

But that still counts.

Noticing someone is already a form of giving.

I NOTICED SOMEONE

Date _____

What caught my attention about someone else?

What did I notice they might have needed?

What, if anything, did I choose to do?

What stayed with me and why?

Noticing someone is already a form of giving.

WHAT NOW

You noticed.

You wrote.

You showed up for yourself.

And maybe, somewhere in these pages,
you showed up for someone else too.

That doesn't stop here.

You can start another journal.

You can keep noticing without one.

You can do something small for someone
today.

Or you can just sit with what you noticed.

That's enough too.

Sometimes noticing was the giving all
along.

This journal is a place to slow down and notice.

Not the big moments.

The small ones you usually move past.

And sometimes,

the person standing right next to you.

There's no right way to use it.

No pressure to have answers.

Just space to notice.

Because small choices become who we are.

Noticing is giving.

Start where you are.

Maahi