



WITH LOVE FROM JUST SKATE JOURNALS



Hello Skaters!

Just a little something to brighten your days, and to help you connect with your friends until you're able to skate together again. Some of the pages were inspired by our Skateboard Design Sketchbook, some by our Skate Goals Journal, and some are part of a new activity book we'll be releasing soon.

Feel free to share with friends and family, post your pages on social media with hashtag #skateconnectcreate, and tag us on Instagram at @justskatejournals. We'd love to see what you create!

Have fun, be well, and be happy!

Just Skate Journals
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Books available at: amazon.com/author/justskatejournals

**JUST
SKATE**
JOURNALS

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WHAT DO YOU LOVE MOST ABOUT SKATING?

WHO ARE YOUR FAVORITE FRIENDS TO SKATE WITH?

WRITE NOTES TO YOUR BEST SKATE FRIENDS.
SNAP PHOTOS OF THE NOTES AND TEXT TO THEM

MAKE A LIST OF PLACES
YOU'D LIKE TO SKATE

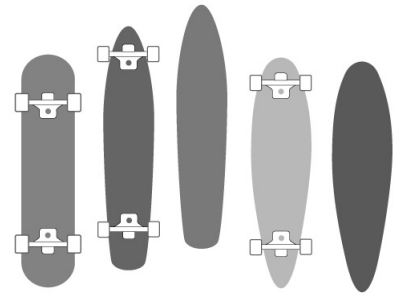
DRAW A MAP OF YOUR ULTIMATE DREAM SKATEPARK

MAKE A LIST OF YOUR CURRENT SKATE SKILLS AND ACCOMPLISHMENTS

WHAT SKATE SKILLS DO YOU WANT TO
LEARN AND IMPROVE ON?

SKATE GOALS: PRACTICE SESSION TRACKER

DAY+DATE



LOCATION

SESSION GOALS

NOTES

**DRAW A PICTURE OF YOURSELF
DOING YOUR FAVORITE TRICK**

SKATEBOARDING WORD SEARCH

M W B Q V Y X A D W N R T K G S I O C X T M W L G
R V N O L L I E X B Q G W I H R A X R S V G W X W
A X W B Q V F S T R E E T C O U R S E G P B X A I
I B C X H N W V M E Q Z B K L S A B S L A L O M V
L X R W B I H Y C I B D Q F S B E W I O G N W I O
S K A T E P A R K Q V M X L N T R J U Y T D X N Q
L T D V U O E P L W Y Q B I A B T X R E T Q N I E
I R F B W R P C V T W Z C P X U E F C M L Y B R T
D B L S P D X O T N R Q Y F L H G P R W B C T A E
E M H L E J S C P X N L O N G B O A R D T J T M S
S T V W C G R T Z S Q V I W R N Z G I A F C X P Y
G B L H R C J N T N H V L T Q I A M T G X S N B L
T M X E V N C F B T I U X E B T C R F W J B S Q O
C P Z E Y M W F E S G T V R W N X R L G B W K Q O
Y H V L R B T L N B T D C I B T D V S Y V F A Z H
X M J S Z V C M J F R E E S T Y L E B T W Z T B C
D F B Z K I H B G N C L M H T S D R G N B V E Z S
N M T W S B Q N R C W M Z L J A S T O K E D B Q D
I B Q P E N N Y B O A R D Y X B G R Q V I B O W L
R V O H Y B V P Z G Q C J X C S B A X N R Z A L O
G P M Z H R X M Q Y O L X B Q E R M Q B T Y R K I
E N X R V T M W L Q Z O D B F I Q P K T D F D H X
S Q T R U C K S B W Q E F T B K J G B W X M Q N P
O L W Y J K M Q N P L R W Y L A Q Z N R B X T L G
N H X H A L F P I P E Z G Q B F X N R G L W Q X H

WORD LIST

Words can be found vertically, horizontally, or diagonally.

Skateboard
Trucks
Wheels
Skatepark
Popsicle
Cruiser
Vert Ramp

Freestyle
Street Course
Slalom
Kickflip
Ollie
Penny Board
Longboard

Pop Shuvit
Nosegrind
Railslide
Bowl
Drop In
Goofy
Fakie

Halfpipe
Stoked
Gnarly
Mini Ramp
Old School
Rad
Skatepark

MAKE A LIST OF YOUR SKATE HEROES

WRITE NOTES TO YOUR SKATE HEROES AND
TELL THEM WHAT YOU ADMIRE ABOUT THEM

WHAT IS YOUR ADVICE FOR OTHER SKATERS?

HOW DO YOU FEEL WHEN YOU'RE SKATING?

A MEDITATION FOR SKATERS

CLOSE YOUR EYES.

TAKE TWELVE DEEP BREATHS.

PICTURE YOURSELF

DROPPING IN WITH NO FEAR,

LANDING THE ULTIMATE TRICK,

ACHIEVING ALL YOU DREAM OF.

BELIEVE IN YOURSELF.

YOU CAN DO ANYTHING

YOU SET YOUR MIND TO.

FINISH WITH

ANOTHER TWELVE DEEP BREATHS.

OPEN YOUR EYES.

REPEAT EACH DAY.