

The direction year

My year at 15



CREATE / REMIX / MAKE IT YOURS

THIS JOURNAL BELONGS TO

A4 / 25 PAGES / FREE TO PRINT AND KEEP



Your year. Your ideas. Your way.

Treat this as your creative notebook: moodboards, storyboards, design experiments and the moments you want to keep. Make a rough draft, remix a prompt or skip a page. Choose what stays private, and ask before including someone else's words or image.

Year 15 means the year from your 15th birthday to just before you turn 16. It is an age, not a school year. Start on your birthday, today or by looking back.

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Ready when you are

Print on A4 at actual size or choose fit to page. Single-sided printing leaves space for extra notes; double-sided printing works too. Print the whole book or only the pages you want. Use copies of keepsakes you would like to preserve separately.



A snapshot of me

Keep the details that feel like you at this age.

**A portrait, drawing or
description**

My name or what I like to be called

My birthday / the dates this book covers

A place or group that matters to me

Three words I choose for myself

What I enjoy right now

Something I want this journal to remember



Fifteen, right now

Keep a snapshot that does not need a polished story.

PHOTO, DRAWING, MEMENTO OR YOUR OWN WORDS

Use this space in your own way.

What feels like me

What has changed

What is still uncertain



What matters to me

Notice values through real choices.

Something I care about

A moment that showed it

A question I am considering



My project moodboard

Collect a direction for something you might make. Combine shapes, colours, references and rough ideas.

Doodle, map, collage or design here

The project name

My starting influences

The mood I want



Learning and pressure

Remember your experience beyond results.

What interested me

What felt demanding

What support helped or would help



Colour a creative space

Choose a colour mood for this studio. Experiment with contrast, a colour repeated in different places or patterns. Leave some areas white if that suits your design.



My colour mood

A colour I used more than once

A detail I made my own



Friendship and mutual care

Save a connection you value.

PHOTO, DRAWING, MEMENTO OR YOUR OWN WORDS

Use this space in your own way.

A shared moment

How we support each other

What I want in my friendships



My relationships, my words

Write about any connection that matters to you.

What I value

A boundary I want respected

What helps me feel understood



The idea in three shots

Pitch a short film, game scene or story with a simple storyboard.

1. The hook

Words or a caption (optional)

2. The turning point

Words or a caption (optional)

3. The final image

Words or a caption (optional)



Prototype an idea

Sketch a small first version of a design, project or event. Think like someone trying it out.

My rough prototype

What I want to test

What I would change next



The digital chapter

Keep the creative or social experience without private details.

Something I enjoyed or made

What I choose to share

What I keep for myself



A week of creative experiments

Pick a low-pressure experiment. Record an idea, result or reason you would skip it.

Try a new visual style

Make a short audio idea

Write a six-word story

Redesign a familiar page

Photograph a colour theme

Choose my own experiment



My birthday at fifteen

Keep your version of the day.

How I spent it

A conversation or message

A detail I want to save



A day worth keeping

Choose an ordinary or unusual day.

The setting

What happened

Why it belongs here



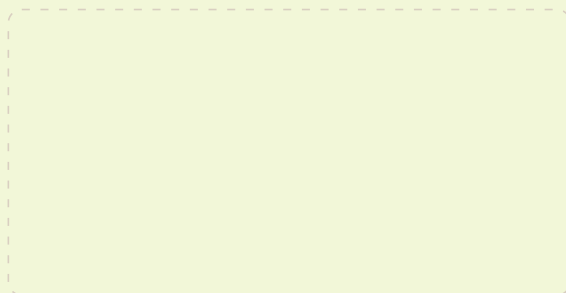
My culture edit

Create a small gallery of what caught your attention. Add titles, symbols or thumbnail sketches.

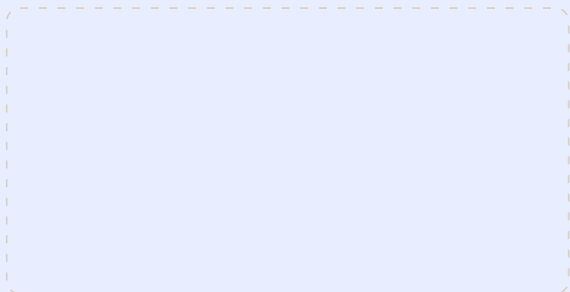
A sound or track



A story or game



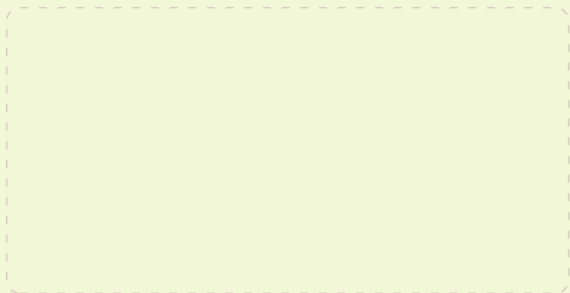
An image or artwork



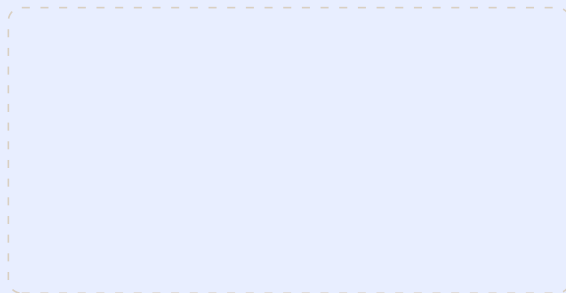
A place or experience



Something I made



A category of my own





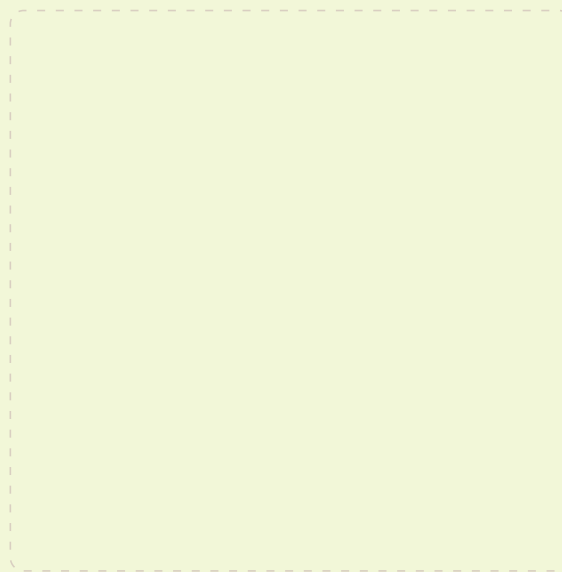
The creative swap

Invite a parent, friend or someone you choose. Sketch an idea each in the top boxes. Swap boxes and add an unexpected detail. Combine them below. Solo? Make two versions.

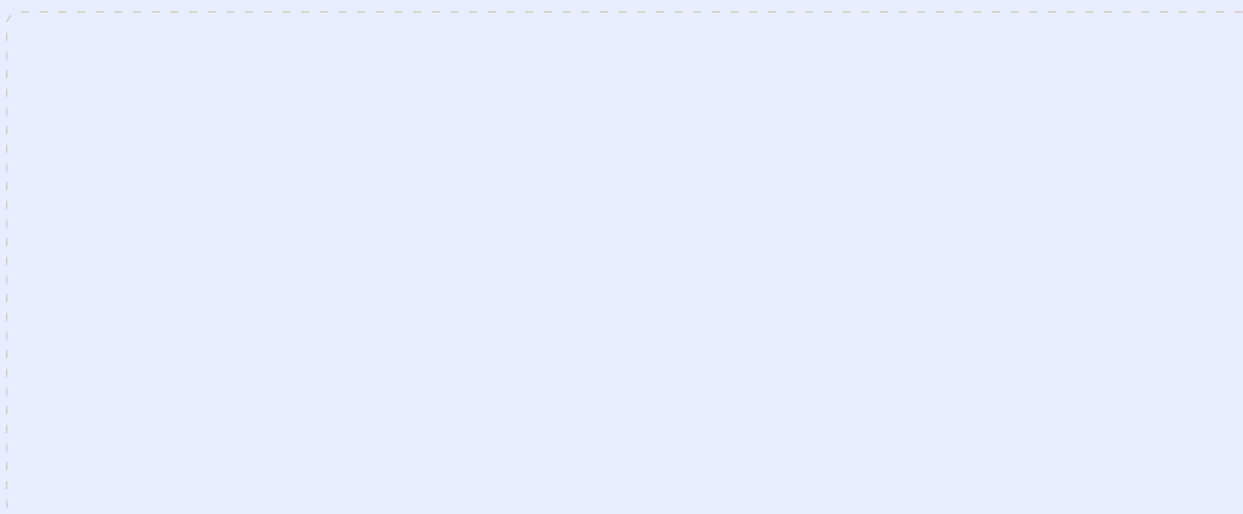
My starting idea



Their idea / my second version



The remix: combine, redraw or add a caption



PHOTO, DRAWING, MEMENTO OR YOUR OWN WORDS

What I considered

What mattered most

What I learned about trade-offs



People and places that support me

Keep your own map of support.

Someone I can talk to

A place or routine

How I want to be supported



Family memories I choose

Record a shared moment in your own way.

The memory

My perspective

What I appreciate or want to ask

PHOTO, DRAWING, MEMENTO OR YOUR OWN WORDS

What I saved



Through the unfinished doorway

Complete the room and decide what the doorway reveals. It could lead somewhere real, impossible or completely your own. Try carrying a colour or pattern through both spaces.



Beyond the doorway

A detail that connects them

The title of this scene



A letter to my future self

Write or draw a note. You choose when to read it again.

WRITTEN ON / TO BE OPENED WHEN

What I want you to remember about being this age. What matters to me now. A question, hope or small detail I want to keep.



Looking back, looking ahead

There is no need for a perfect ending. Keep what matters to you.

A memory I am glad I kept

Something I understand about myself now

A possibility for my year at 16

A little of today, kept for tomorrow.

Keep creating. Keep changing your mind. This book is yours. Find more free journals and activities at kins.love/free-booklets/.