

PERFECT PUPPY JOURNAL



*A companion for
your journey together.*



PUPPY'S NAME _____

HUMAN(S) _____

AGE _____

FAVORITE TREAT _____

STARTED CLASS _____

FAVORITE TOY _____



JESSICA LOGAN

CANINE BEHAVIOR EDUCATION

jessicalogan.ca

WELCOME



EVERY PUPPY IS ALREADY ENOUGH.

This journal isn't about changing your puppy into the perfect dog.

It's about discovering that the puppy beside you already is the perfect puppy.

Not because they always listen.

Not because they never bark, pull, or chew your favourite shoes.

But because every behaviour tells a story.

Every hesitation is communication.

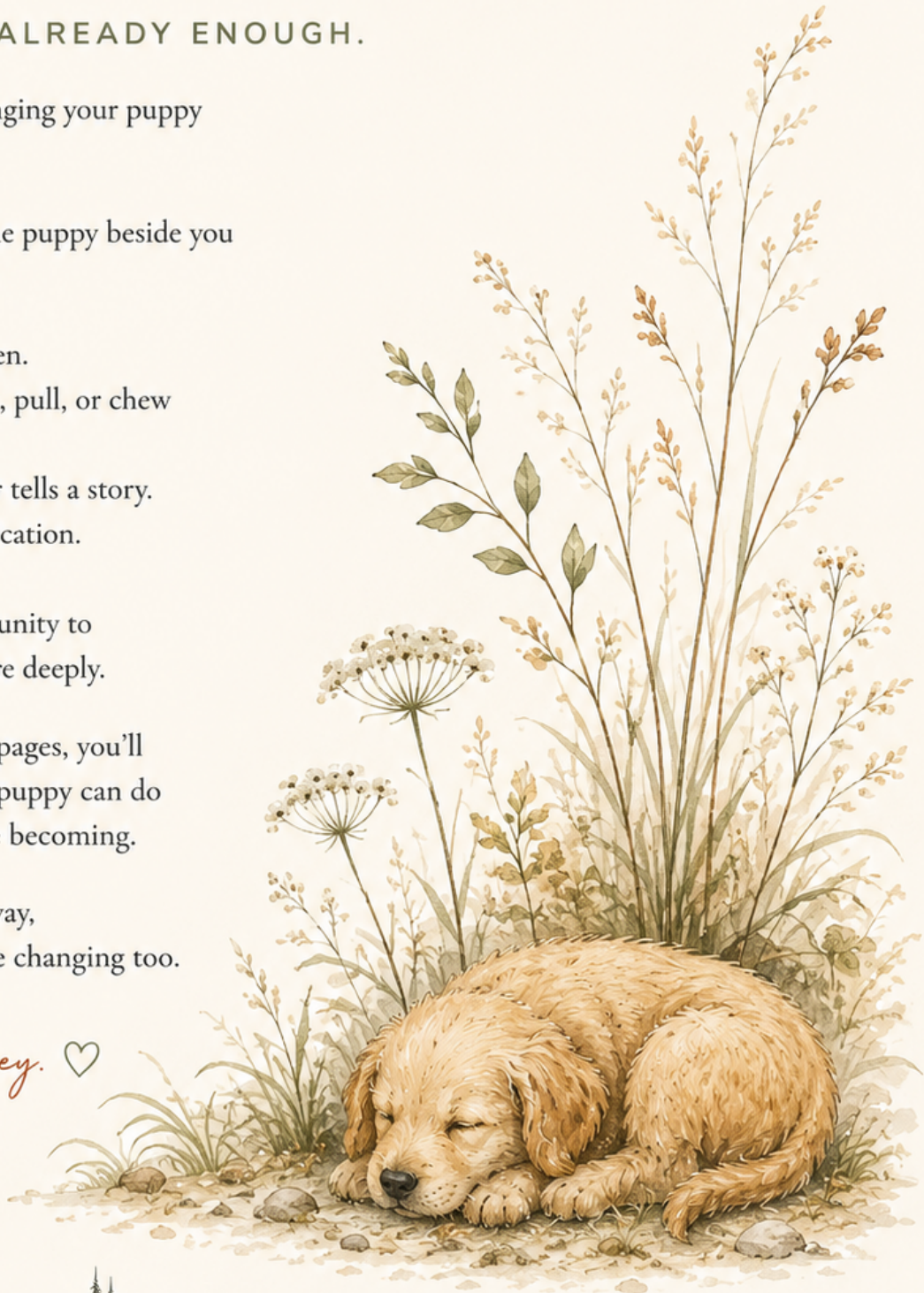
Every success is earned.

Every challenge is an opportunity to understand one another more deeply.

As you move through these pages, you'll notice less about what your puppy can do and more about who they're becoming.

And somewhere along the way, you may discover that you're changing too.

Welcome to the journey. ♡



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HOW TO USE THIS JOURNAL



NOTICE

You don't need to fill out every page.
Use what feels helpful in the moment.



BE PRESENT

Some days you'll write a lot.
Some days you'll simply smile
because your puppy surprised you.



BE GENTLE

There is no wrong way to do this.
This is your space to slow down
and connect.



CELEBRATE

The goal isn't perfection.
The goal is connection.



COME BACK

Return to these pages often.
Over time, you'll see how far
you've both come.





DAILY REFLECTION



TODAY'S ADVENTURE

Where did we explore?

WHAT DID WE PRACTICE?

- | | | |
|--|---|---|
| ☐ Basecamp | ☐ Brave Explorer | ☐ Regulation Reset |
| ☐ Find Me | ☐ Greeting Bubbles | ☐ Other _____ |
| ☐ Follow the Leader | ☐ Wait for Me | |

MY PUPPY FELT...



Calm



Curious



Unsure



Excited



Overwhelmed

WHAT HELPED TODAY?

ONE THING THAT MADE ME SMILE...



*Tiny moments.
Big connection.
Beautiful journey.*



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PAUSE & NOTICE



*Sometimes the most powerful moments are the quiet ones.
Take a pause. Notice the little things.*

TODAY I NOTICED...

MY PUPPY LOOKED AT ME WHEN...

MY PUPPY ASKED FOR SPACE WHEN...

MY PUPPY RECOVERED AFTER...

ONE TINY SUCCESS...



*Growth isn't
always loud.
Sometimes it
looks like trust.
And that's
everything.*



PAUSE & NOTICE If your puppy could write one sentence about today,
what might it be? _____

SKETCH YOUR DAY



*Draw a moment from today.
It could be something big or something small.
Capture it in your own way.*



IDEAS TO SKETCH:

- A walk together
- Playtime joy
- A quiet cuddle
- Something they discovered
- A new skill
- A silly moment



TELL THE STORY BEHIND YOUR SKETCH.



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QUESTIONS FOR JESSICA



*Bring your questions, big or small.
I'm here to support you and your puppy on this journey.*

WHAT'S GOING WELL?

WHAT'S FEELING CHALLENGING?

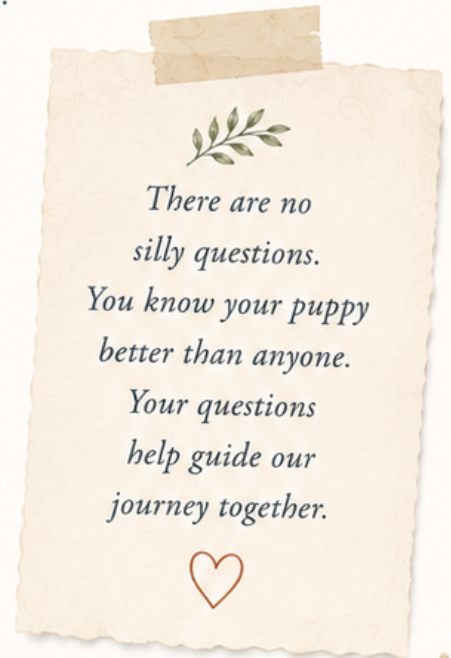
WHAT AM I UNSURE ABOUT?

WHAT WOULD BE MOST HELPFUL RIGHT NOW?

ANYTHING ELSE ON YOUR HEART?



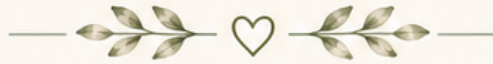
*We grow together.
You ask, I listen,
and we find the way forward.* 



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OUR STORY

A few moments I'll never want to forget...



The day we met...



The first thing that
made me laugh...



Our favourite place
together...



Something my puppy
taught me...



A moment that
made me proud...



One thing I hope we
always keep doing...



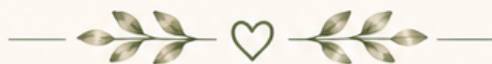
*Add a photo, a paw print,
a drawing, a keepsake...*
This is our story.



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A LETTER TO MY PUPPY



Words from my heart to yours.

When you came into my life...

I didn't know then that...

You taught me...

One day, when you're older, I hope you still...

Thank you for...

Love, _____

Date _____



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