

GUIDELINES FOR YOUR JOURNAL

It is recommended that you get a hardbound journal to write in. Write in your Journal every evening. You can print this document and slip the page into your hardbound Journal to keep track of the recommended questions.

Here are some thought-starters. Feel free to modify these suggestions and expand on what you write about.

- Did you Make a Positive Connection with a friend today? If so, who was this and what did you do or talk about?
- Did you Make a Positive Connection with a trusted adult today? If so, who was this and what did you do or talk about?
- How did you Reach Out to be Kind to others today? (Goal is reaching out to at least 5 people.) What did you do? How do you think this made this person feel? How did this make you feel?
- How did you Use Your Strengths today (Goal is to intentionally use a character strength you have or are developing at least 5 times a day.) What character strength did you use? What did you do? How do you think this worked? What did you learn?
- How did you Focus on the Good by paying attention to positive experiences? (Goal is to intentionally focus on at least 5 positive experiences a day.) What were the positive experiences? Why did these experiences make you feel happy?
- Did you take several minutes at least 5 times a day to Be Mindful? Did you engage in one longer session of meditation or yoga?
- Did you have to self-regulate in response to a more challenging situation? What happened that triggered you? If so, describe the situation. Were you able to self-regulate? If you were, how did this work? What did you learn? If you did not, what did you learn that you can use to make positive choices the next time this occurs?
- Did you have an experience where you needed to Keep Your Personal Power by standing tall and controlling your thinking? If so, describe the situation, describe how you responded, describe how this worked, and describe what you learned?
- Did you have an experience where you needed to intentionally Think Things Through to identify a strategy to take in response to a situation that occurred? If so, describe the situation, describe the strategies you considered, the strategy you chose and why, describe how this worked, and describe what you learned?
- Did you set a goal for today or for this week and decide on several action steps to accomplish this goal? If so, describe your goal and action steps, describe what happened, and describe what you learned? What goal do you want to achieve tomorrow? What actions steps do you need to take to accomplish this goal?