

VARSITY  BRANDS

BELIEVE IN
YOU

**EMPOWERMENT
JOURNAL**


SEL by **OPEN**

Go Be Great!



NAME _____

SCHOOL _____

GRADE _____

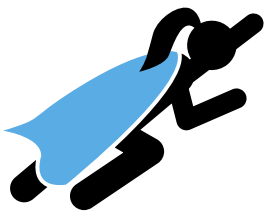
Your personal empowerment story.
Choose how to share your greatness!

EMPOWERMENT

/noun/ The process of becoming stronger and more confident, especially in controlling one's life and claiming one's rights.

STUDENTS HAVE THE RIGHT TO...

- live optimistically.
- act on positive motivation.
- live with respect for self and others.
- communicate with a unique voice.
- make choices about how to share their greatness.



**THIS IS
YOUR STORY**

Go Be Great!

“Reach high, for the stars lie hidden in your soul.” – Langston Hughes

What is an empowerment journal?

This journal is your guide to unlocking greatness. Within every living thing there is greatness, and every example of greatness is unique. Your greatness must look different from someone else’s greatness. **The world depends on this uniqueness.**

On the pages of this journal, you will discover the gifts you bring with you each and every day. You’ll build the confidence and skills that you’ll use to unlock your greatness.

You will build **self-awareness** skills, like recognizing and discussing your emotions. You’ll learn **self-management** strategies that will help you stay motivated and focused. You will think about **social awareness** as you work to respect the unique greatness of your classmates and friends. You’ll work to build trusting **relationships** with positive communication and encouraging words. And you will practice **decision-making** that will allow you to share your greatness with the world.

This work won’t be easy. You won’t have all of the answers — and that’s okay. No one has ever had all of the answers. And remember, greatness is unlocked through trial and error. It’s okay to make mistakes — that’s how you learn and grow. It’s okay to be afraid — that’s how you show your courage. Every emotion has a purpose and every mistake has a lesson.

It’s time to unlock your greatness. GO BE GREAT!



unlock your greatness

Weeks 1 – 5 Wellness Log: Physical Activity & Nutrition

Let's track our wellness goals!

Daily Physical Activity: Check the box every day that you are active for 60 minutes or more. Physical activity keeps our bodies strong and our minds focused.

Weekly Nutrition: Check the box every week that you reach your nutrition goal. That means that on most days, you avoid sugary drinks, and at most meals, you eat a lot of fruits and veggies!

Week 1

Daily Physical Activity		Weekly Nutrition Goal	
M: 60 minutes	<input type="checkbox"/>	1/2 of my plate is fruits & veggies	<input type="checkbox"/>
T: 60 minutes	<input type="checkbox"/>	No sugary drinks	<input type="checkbox"/>
W: 60 minutes	<input type="checkbox"/>		
T: 60 minutes	<input type="checkbox"/>	Weekly DIY Goal	
F: 60 minutes	<input type="checkbox"/>	_____	
S: 60 minutes	<input type="checkbox"/>	_____	<input type="checkbox"/>
S: 60 minutes	<input type="checkbox"/>		

Week 2

Daily Physical Activity		Weekly Nutrition Goal	
M: 60 minutes	<input type="checkbox"/>	1/2 of my plate is fruits & veggies	<input type="checkbox"/>
T: 60 minutes	<input type="checkbox"/>	No sugary drinks	<input type="checkbox"/>
W: 60 minutes	<input type="checkbox"/>		
T: 60 minutes	<input type="checkbox"/>	Weekly DIY Goal	
F: 60 minutes	<input type="checkbox"/>	_____	
S: 60 minutes	<input type="checkbox"/>	_____	<input type="checkbox"/>
S: 60 minutes	<input type="checkbox"/>		

Week 3

Daily Physical Activity		Weekly Nutrition Goal	
M: 60 minutes	<input type="checkbox"/>	1/2 of my plate is fruits & veggies	<input type="checkbox"/>
T: 60 minutes	<input type="checkbox"/>	No sugary drinks	<input type="checkbox"/>
W: 60 minutes	<input type="checkbox"/>		
T: 60 minutes	<input type="checkbox"/>	Weekly DIY Goal	
F: 60 minutes	<input type="checkbox"/>	_____	
S: 60 minutes	<input type="checkbox"/>	_____	<input type="checkbox"/>
S: 60 minutes	<input type="checkbox"/>		

Week 4

Daily Physical Activity		Weekly Nutrition Goal	
M: 60 minutes	<input type="checkbox"/>	1/2 of my plate is fruits & veggies	<input type="checkbox"/>
T: 60 minutes	<input type="checkbox"/>	No sugary drinks	<input type="checkbox"/>
W: 60 minutes	<input type="checkbox"/>		
T: 60 minutes	<input type="checkbox"/>	Weekly DIY Goal	
F: 60 minutes	<input type="checkbox"/>	_____	
S: 60 minutes	<input type="checkbox"/>	_____	<input type="checkbox"/>
S: 60 minutes	<input type="checkbox"/>		

Week 5

Daily Physical Activity		Weekly Nutrition Goal	
M: 60 minutes	<input type="checkbox"/>	1/2 of my plate is fruits & veggies	<input type="checkbox"/>
T: 60 minutes	<input type="checkbox"/>	No sugary drinks	<input type="checkbox"/>
W: 60 minutes	<input type="checkbox"/>		
T: 60 minutes	<input type="checkbox"/>	Weekly DIY Goal	
F: 60 minutes	<input type="checkbox"/>	_____	
S: 60 minutes	<input type="checkbox"/>	_____	<input type="checkbox"/>
S: 60 minutes	<input type="checkbox"/>		

Weekly DIY Goal: Create a Do-It-Yourself (DIY) Goal each week. This goal can be anything! Get 8 hours of sleep each night, learn a new song on an instrument, call your favorite aunt or uncle, develop a new skill. It can literally be anything that is productive and helps you become a better version of you. You can even stretch a goal from one week to the next. These short-term goals should be fun and rewarding.

I AM POWERED BY OPTIMISM

Optimism is hopefulness and confidence about the future.
It's feeling good about what's going to happen.

.....

When I say, "It's going to be a great day," it's easier for me to see the greatness all around me. Feeling good about working toward a goal is an important part of reaching that goal.

.....

Success Is Powered by Optimism

Here are some optimistic words and phrases that I can choose to say to myself and others:

- I admire how hard you work.
 - You have amazing skills.
 - I am brave when I need to be.
 - You are so creative.
 - Excellent! Fantastic!
 - I am happy that you are my friend.
 - I learned a meaningful lesson from that mistake.
-



Sometimes bad things will happen that you can't control. Some days it will be really hard to be optimistic. Positive words help to get us back on track. Your positive words will help a friend who is having a bad day. Just remember, nothing lasts forever. Bad things will come and go. What is always true is this: YOU have greatness that is waiting to be shared with the world.

Monday: Getting to know my emotions (Trust).

Why do I feel trust?	When do I feel trust?
<div style="border: 2px solid black; border-radius: 50%; width: 150px; height: 150px; margin: 0 auto; display: flex; align-items: center; justify-content: center;">TRUST</div>	
What does trust feel like?	How is trust helpful?

Use the emotion square to think about *trust*.

Trust is a good feeling that you get when you can rely on someone. It's also a feeling that you get when you believe that something will turn out the way you want it to.

Friends trust each other to be good listeners. We trust bridges that we drive over in cars. We have a good feeling that they will stay strong and sturdy.

Use the box to the left to write some ideas about what trust means to you. Think about the why, when, what, and how of trust in your life.

Tuesday: In my own words.

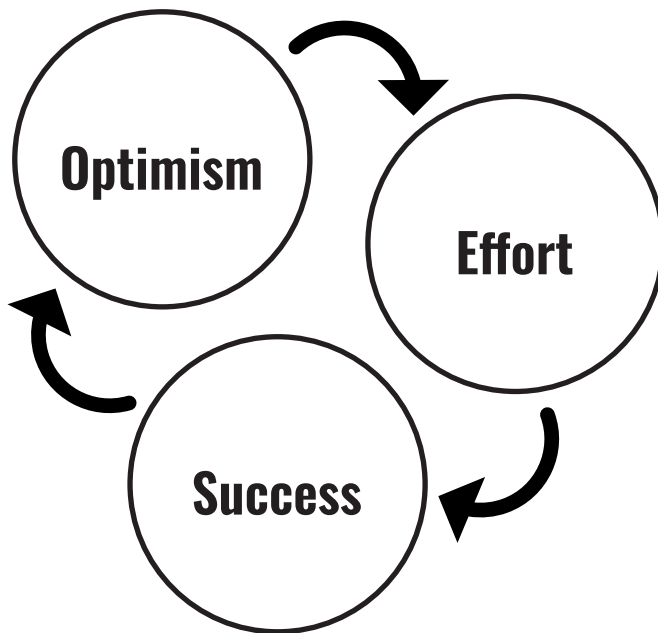
- What does it mean to be trustworthy?

Wednesday: Let's look at optimism.

- What does optimism look like? What does it sound like?



Thursday: The optimism > effort > success loop.



- > **Optimism fuels effort.**
- > **Effort fuels success.**
- > **Success fuels optimism.**

Think about a time when you were really excited to try something new. Then, when you gave it a try you had fun! What happened next? You wanted to try again! **That's the optimism, effort, success loop.**

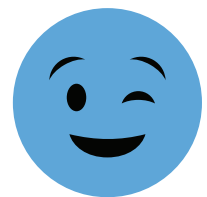
- Write about one new thing that you really want to try. Why do you want to try it?

Friday: Cause and effect.

This week we have explored trust and optimism. Think about the things that make you feel *trust*. Write a few of those things in the “causes” box to the right.

Causes

Effect



TRUST

Saturday/Sunday: This is your time.

- Think about the past week. Use this space to write anything that's on your mind.

Monday: Getting to know my emotions (Enthusiasm).

Why do I feel enthusiastic?	When do I feel enthusiastic?
<div style="border: 2px solid black; border-radius: 50%; width: 150px; height: 150px; margin: 0 auto; display: flex; align-items: center; justify-content: center;">ENTHUSIASM</div>	
What does enthusiasm feel like?	How is enthusiasm helpful?

Use the emotion square to think about *enthusiasm*.

Enthusiasm is a good feeling that you get when you are excited about a goal and are motivated to work toward that goal.

It's often easy to feel enthusiasm at the beginning of a project, but it's a challenge to maintain enthusiasm for a long stretch of time. However, keeping the feeling of enthusiasm strong is a big part of success.

Use the box to the left to write some ideas about what enthusiasm means to you. Think about the why, when, what, and how of enthusiasm in your life.

Tuesday: In my own words.

- What does it mean to be enthusiastic?

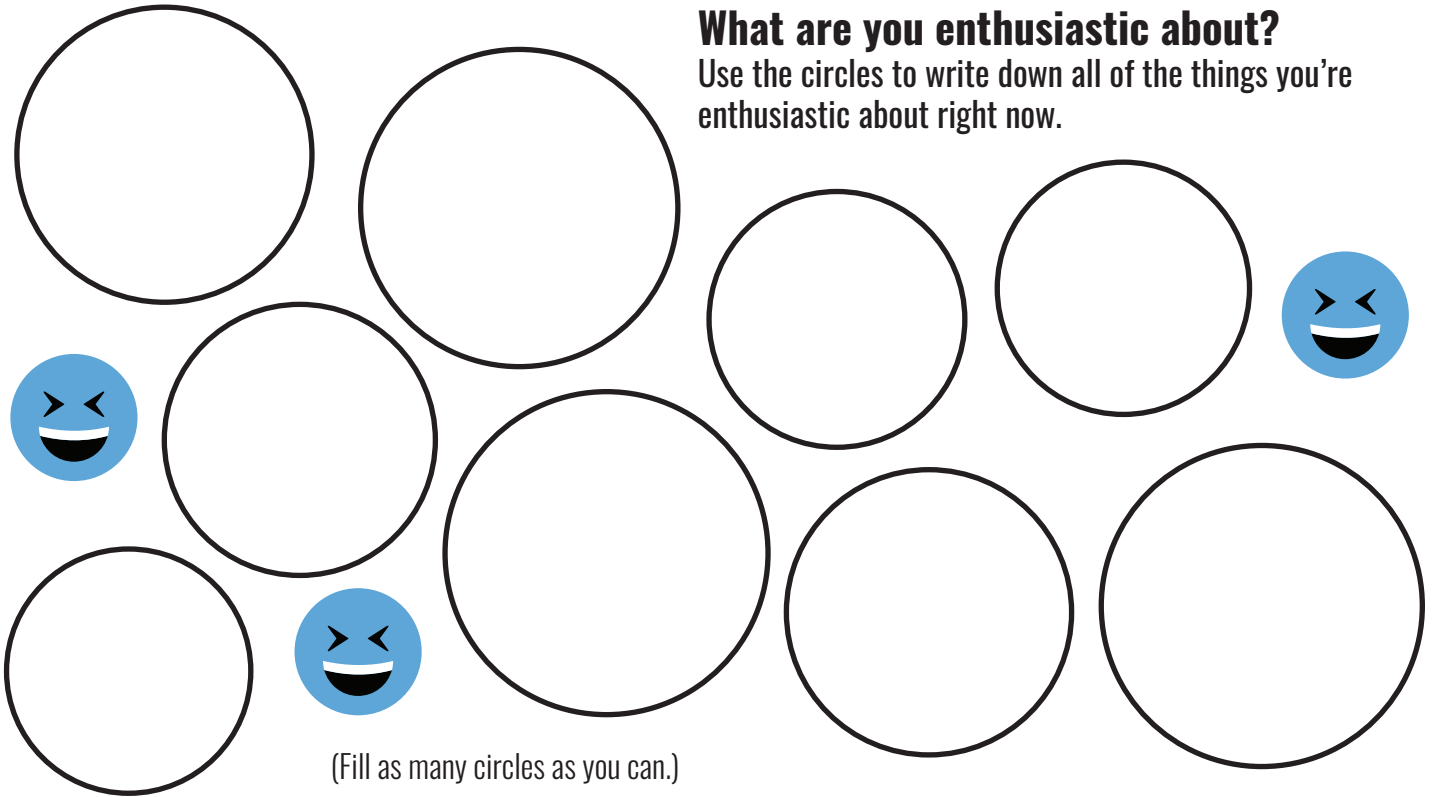
Wednesday: Let's look at enthusiasm.

- What does enthusiasm look like? What does it sound like?

Thursday: Know your enthusiasm.

What are you enthusiastic about?

Use the circles to write down all of the things you're enthusiastic about right now.



(Fill as many circles as you can.)

Friday: Cause and effect.

This week we have explored enthusiasm. Think about the things that make you feel *enthusiastic*. Write a few of those things in the “causes” box to the right.

Causes



Effect




ENTHUSIASTIC

Saturday/Sunday: This is your time.

- Think about the past week. Use this space to write anything that's on your mind.



Monday: Getting to know my emotions (Encouragement).

Why do I feel encouraged?	When do I feel encouraged?
<div style="text-align: center;">ENCOURAGEMENT</div>	
What does encouragement feel like?	How is encouragement helpful?

Use the emotion square to think about feeling *encouraged*.

Feeling encouraged is a positive emotion that you get when you believe things are going your way and you want to continue making progress.

The people you trust can give you encouragement to boost your energy and enthusiasm. You can give people you love encouragement when they're feeling tired or disappointed.

Use the box to the left to write some ideas about what feeling encouraged means to you. Think about the why, when, what, and how of encouragement in your life.

Tuesday: In my own words.

- What does it mean to be encouraging for others?

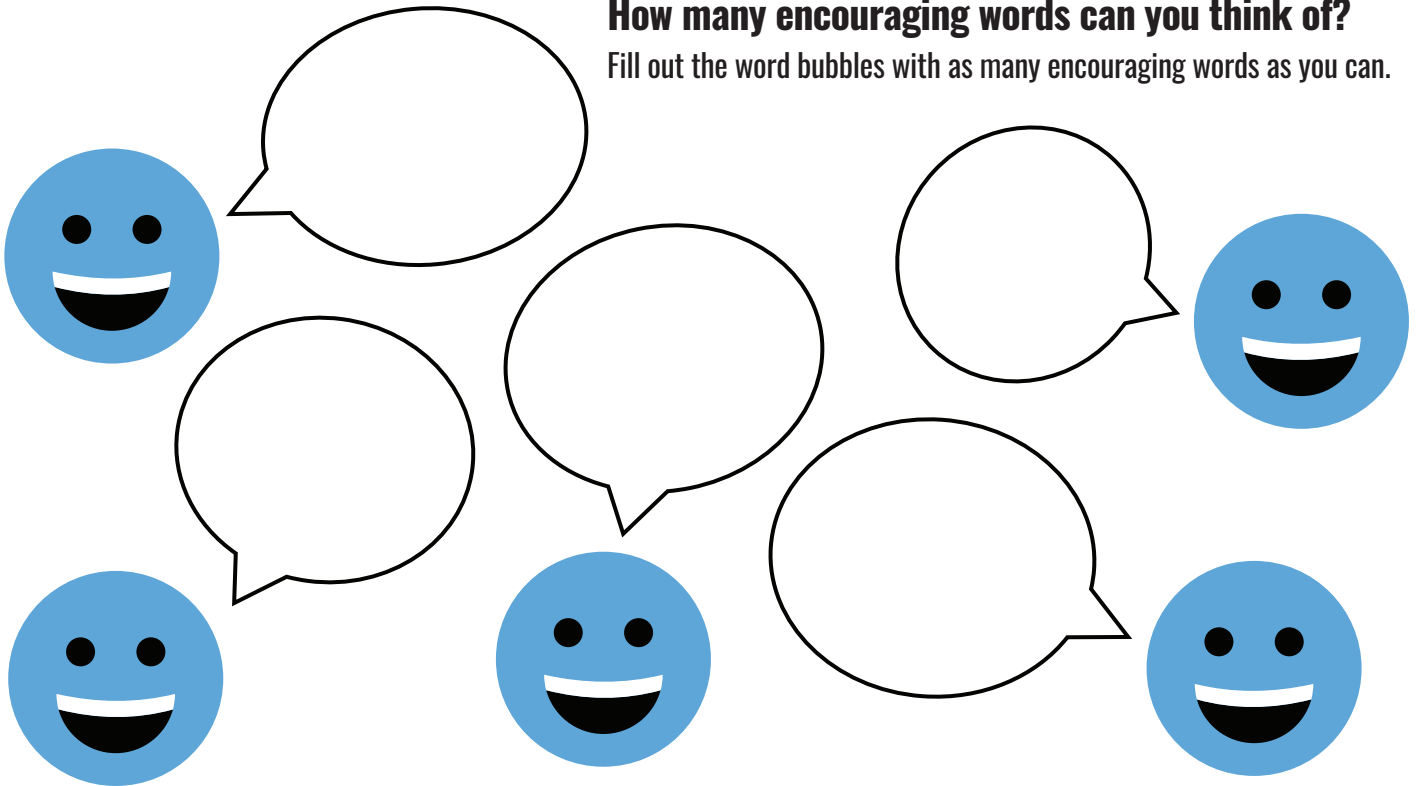
Wednesday: Let's look at encouragement.

- What does encouragement look like? What does it sound like?

Thursday: Encouraging words.

How many encouraging words can you think of?

Fill out the word bubbles with as many encouraging words as you can.



Friday: Cause and effect.

This week we have explored the feeling of *encouragement*. Think about the people and things that *encourage* you. Write a few of those things in the “causes” box to the right.

Causes

Effect



Saturday/Sunday: This is your time.

- Think about the past week. Use this space to write anything that's on your mind.



Monday: Getting to know my emotions (Fear).

Why do I feel fear?	When do I feel fear?
<div style="border: 2px solid black; border-radius: 50%; width: 150px; height: 150px; margin: 0 auto; display: flex; align-items: center; justify-content: center;">FEAR</div>	
What does fear feel like?	How is fear helpful?

Use the emotion square to think about *fear*.

We don't think of fear as a positive emotion. However, it's meant to keep us safe from danger. Fear is also useful when it tells us to ask others for help, but sometimes it's not easy to ask for help.

Fear also helps us demonstrate courage. People who act with courage feel fear, but do what's right even though they are afraid. If you're afraid to ask for help when you need it, use courage to find a person who will support you.

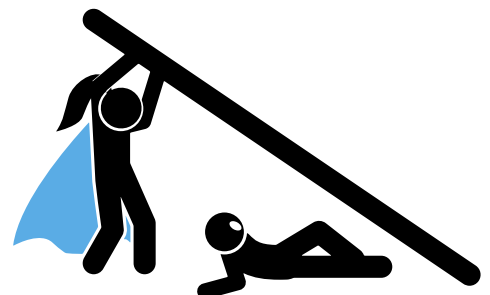
Use the box to the left to write some ideas about what feeling fear means to you. Think about the why, when, what, and how of fear in your life.

Tuesday: In my own words.

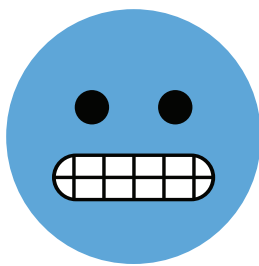
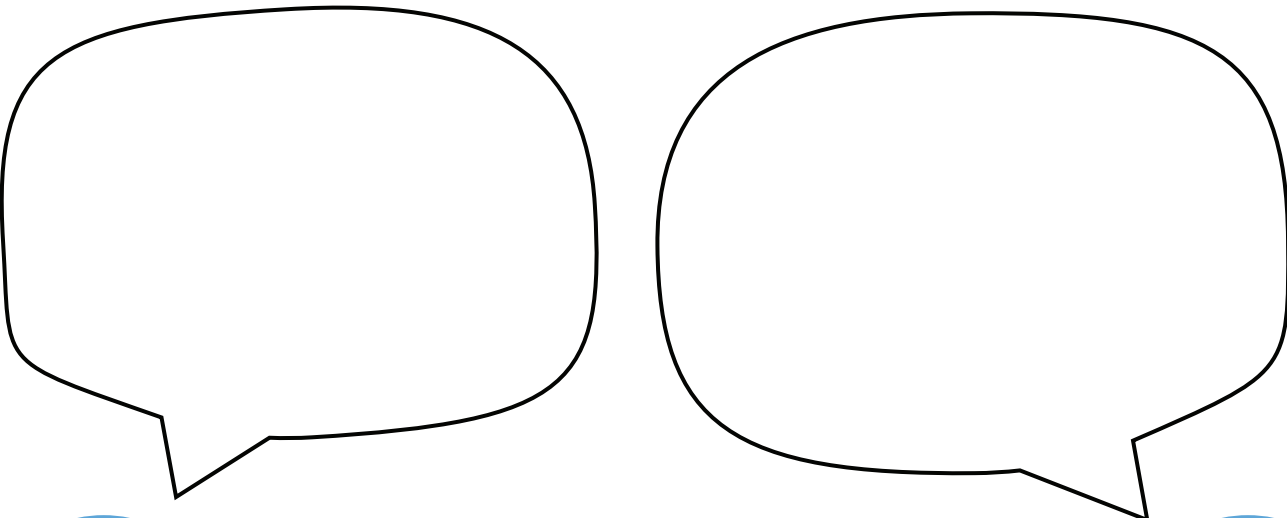
- What does it mean to feel fear?

Wednesday: Let's look at fear.

- What does fear look like? What does it sound like?



Thursday: Fear and courage.



Help a friend overcome fear and act with courage!
Use the word bubbles to create a conversation between two friends.

< One friend is afraid. The other friend wants to help. >

Friday: Cause and effect.

This week we have explored the feeling of *fear*. What are things that make you feel afraid? Write a few of those things in the “causes” box to the right.

Causes



Effect



FEAR

Saturday/Sunday: This is your time.

- Think about the past week. Use this space to write anything that's on your mind.

Monday: Getting to know my emotions (Motivation).

Why do I feel motivated?	When do I feel motivated?
<div style="border: 2px solid black; border-radius: 50%; width: 150px; height: 150px; margin: 0 auto; display: flex; align-items: center; justify-content: center;">MOTIVATION</div>	
What does motivation feel like?	How is motivation helpful?

Use the emotion square to think about *motivation*.

Motivation is a positive feeling that gives us an energy boost when we're working toward a goal. Enthusiasm and encouragement help to fuel motivation. Fear can work against motivation.

Sometimes you need to be motivated to do work that you would rather not do, like cleaning your home or taking out the trash. It can be helpful to think about how your work is helping others.

Use the box to the left to write some ideas about what feeling motivated means to you. Think about the why, when, what, and how of motivation in your life.

Tuesday: In my own words.

- What does it mean to feel motivated?

Wednesday: Let's look at motivation.

- What does motivation look like? What does it sound like?



Thursday: How to make motivation – a recipe.

Let's whip up a batch of *motivation*!

Use the “recipe” card to create instructions for making motivation happen in your life and in the lives of your friends and family.

INGREDIENTS:	HOW TO PREPARE:	TIPS FOR SERVING:
(What goes into your motivation?)	(How do you get <u>and</u> stay motivated?)	(How do you use motivation?)

Friday: Cause and effect.

This week we have explored the feeling of *motivation*. What makes you feel motivated? Write a few of those things in the “causes” box to the right.

Causes

Effect



MOTIVATED

Saturday/Sunday: This is your time.

- Think about the past week. Use this space to write anything that's on your mind.

Weeks 6 – 10 Wellness Log: Physical Activity & Nutrition

Let's track our wellness goals!

Daily Physical Activity: Check the box every day that you are active for 60 minutes or more. Physical activity keeps our bodies strong and our minds focused.

Weekly Nutrition: Check the box every week that you reach your nutrition goal. That means that on most days, you avoid sugary drinks, and at most meals, you eat a lot of fruits and veggies!

Week 6

Daily Physical Activity	Weekly Nutrition Goal
M: 60 minutes <input type="checkbox"/>	1/2 of my plate is fruits & veggies <input type="checkbox"/>
T: 60 minutes <input type="checkbox"/>	No sugary drinks <input type="checkbox"/>
W: 60 minutes <input type="checkbox"/>	
T: 60 minutes <input type="checkbox"/>	Weekly DIY Goal
F: 60 minutes <input type="checkbox"/>	_____
S: 60 minutes <input type="checkbox"/>	_____ <input type="checkbox"/>
S: 60 minutes <input type="checkbox"/>	

Week 7

Daily Physical Activity	Weekly Nutrition Goal
M: 60 minutes <input type="checkbox"/>	1/2 of my plate is fruits & veggies <input type="checkbox"/>
T: 60 minutes <input type="checkbox"/>	No sugary drinks <input type="checkbox"/>
W: 60 minutes <input type="checkbox"/>	
T: 60 minutes <input type="checkbox"/>	Weekly DIY Goal
F: 60 minutes <input type="checkbox"/>	_____
S: 60 minutes <input type="checkbox"/>	_____ <input type="checkbox"/>
S: 60 minutes <input type="checkbox"/>	

Week 8

Daily Physical Activity	Weekly Nutrition Goal
M: 60 minutes <input type="checkbox"/>	1/2 of my plate is fruits & veggies <input type="checkbox"/>
T: 60 minutes <input type="checkbox"/>	No sugary drinks <input type="checkbox"/>
W: 60 minutes <input type="checkbox"/>	
T: 60 minutes <input type="checkbox"/>	Weekly DIY Goal
F: 60 minutes <input type="checkbox"/>	_____
S: 60 minutes <input type="checkbox"/>	_____ <input type="checkbox"/>
S: 60 minutes <input type="checkbox"/>	

Week 9

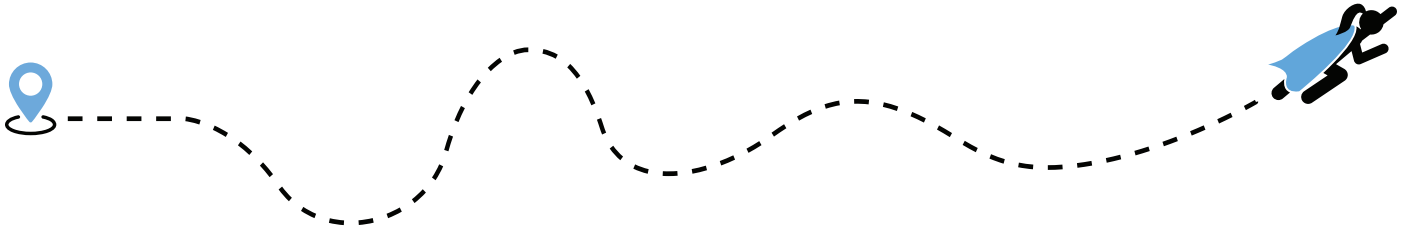
Daily Physical Activity	Weekly Nutrition Goal
M: 60 minutes <input type="checkbox"/>	1/2 of my plate is fruits & veggies <input type="checkbox"/>
T: 60 minutes <input type="checkbox"/>	No sugary drinks <input type="checkbox"/>
W: 60 minutes <input type="checkbox"/>	
T: 60 minutes <input type="checkbox"/>	Weekly DIY Goal
F: 60 minutes <input type="checkbox"/>	_____
S: 60 minutes <input type="checkbox"/>	_____ <input type="checkbox"/>
S: 60 minutes <input type="checkbox"/>	

Week 10

Daily Physical Activity	Weekly Nutrition Goal
M: 60 minutes <input type="checkbox"/>	1/2 of my plate is fruits & veggies <input type="checkbox"/>
T: 60 minutes <input type="checkbox"/>	No sugary drinks <input type="checkbox"/>
W: 60 minutes <input type="checkbox"/>	
T: 60 minutes <input type="checkbox"/>	Weekly DIY Goal
F: 60 minutes <input type="checkbox"/>	_____
S: 60 minutes <input type="checkbox"/>	_____ <input type="checkbox"/>
S: 60 minutes <input type="checkbox"/>	

Weekly DIY Goal: Create a Do-It-Yourself (DIY) Goal each week. This goal can be anything! Get 8 hours of sleep each night, learn a new song on an instrument, call your favorite aunt or uncle, develop a new skill. It can literally be anything that is productive and helps you become a better version of you. You can even stretch a goal from one week to the next. These short-term goals should be fun and rewarding.

WORKING TOWARD GREAT GOALS



A goal is the object of purposeful effort.
It is the destination of a journey.



Reaching a goal requires focus and effort.

Research shows that writing down your goals makes you more likely to achieve your goals.

This includes creating an *action plan* and a system to hold yourself *accountable* for achieving your goals.



Action Plan /noun/

A formal sequence of steps that guide you toward a goal.

Accountability /noun/

The fact and understanding that you are responsible for something.
You alone are accountable for your effort and focus.



“When you take risks you learn that there will be times when you succeed and times when you fail and both are equally important.” – **Ellen DeGeneres**

Go Be Great!

Weeks 6 – 10: GREAT GOAL WORKSHEET

It's time to set a GREAT goal! People who do great things are people who set goals and then work toward achieving those goals. Every 5 weeks you will use a GREAT goal worksheet to set and then work toward a new GREAT goal.

Some goals will take longer than 5 weeks to achieve. That's okay! If you need more time, use the next GREAT goal worksheet to update your efforts and timeline. **Let's get started!**



Goal's Name

Describe your goal in 5 words or less. Congratulations! This new, simple statement is now your goal's name.

Reason for your Goal

Every GREAT goal has a "why" that gives it purpose and direction. How will this goal make your world a better place?

Efforts Required

How are you going to achieve your goal? List 4 specific steps that you will take today, tomorrow, next week, and beyond.

Accountability Partner

When you tell someone about your goal, it becomes real. List 1 or 2 people that you will share your goal with. Ask them to help you stay accountable.

Timeline for your Goal

Today is your starting point. When do you want to achieve your goal? Set a finish line and then place the efforts listed above in order on the timeline.



Goal's Name:

Reason for your Goal:

Efforts Required

>Today...

>Tomorrow...

>Next Week...

>Beyond Next Week...

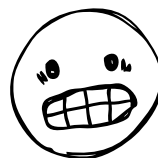
Accountability Partner 1:

Partner 2:

Great Goal Timeline

Today	Tomorrow	Next Week	Beyond	Finish Line
Date:	Date:	Date:	Date:	Date:
Effort:	Effort:	Effort:	Effort:	Effort:

DOODLE PAGE



Doodling is scientifically shown to be awesome for you.
Use this space for doodle therapy (LOL).



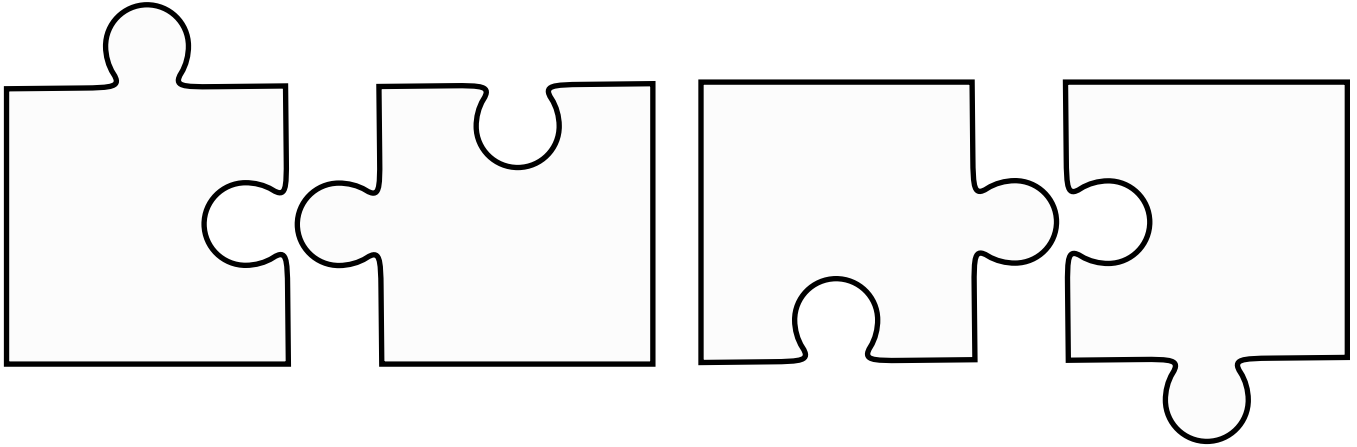
Monday: Piece by piece, we build trust.

TRUST

We build trust with our actions.

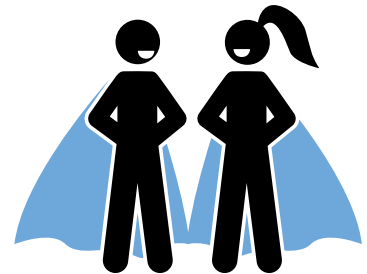
Every time you are truthful and reliable for friends or family members, you're teaching them that they can trust you. You're putting the pieces of trust into place.

In each piece of the puzzle below, write something that you can do this week to build people's trust in you.



Tuesday: In my life.

- Trust is related to happiness. How does being trustworthy help make people happy?



Wednesday: Let's relax.

- What does it mean to relax?
- How does trust help a person relax?

Thursday: Let's build T.R.U.S.T.

- Use the letters T-R-U-S-T to build a positive statement that can help you be great.

T
R
U
S
T

Here are some words you can use:
(or you can think of your own words)

Together
Think
Terrific
Time
Total
Truth
Trophy

Ultimate
Up
Unbroken
Use
Until
Uplift
Upbeat

Repeat
Rest
Right
Recharge
Respect
Realize
Rock

Solution
Search
Surprise
Save
Somebody
Soon
Smile

Friday: Cause and effect.

This week we have explored *trust* and how it can help us relax. Think about the things that help you *relax*. Write a few of those things in the “causes” box to the right.

Causes

Effect



RELAXED

Saturday/Sunday: This is your time.

- Think about the past week. Use this space to write anything that's on your mind.

Monday: Getting to know my emotions (Enthusiasm).

ENTHUSIASM

Enthusiasm fuels our path to success.

The energy and excitement that you feel when you're working toward a goal is called *enthusiasm*.

People are enthusiastic about things that interest them the most. Let's explore the things that interest you!

In the light bulbs, write the names of things that you're interested in.



Tuesday: In my own words.

People feel enthusiastic when they feel that what they're doing has purpose.

- In your own words, what does purpose mean?

Wednesday: Finding Purpose.

Think about your favorite subject in school.

- Why does that subject give you a feeling of purpose?

Thursday: Let's build E.N.E.R.G.Y.

- Use the letters E-N-E-R-G-Y to build an enthusiastic statement about your life.

E
N
E
R
G
Y

Here are some words you can use:
(or you can think of your own words)

Every
Excitement
Earn
Eager
Effort

New
Name
Nacho
Now
Natural

Real
Race
Ramp

Go
Goal
Glad
Great
Gain

You
Yes
Years
Yippie
Young

Rise
Run
Ray

Friday: Cause and effect.

This week we have explored enthusiasm, purpose and energy. Think about the things that make you feel *energized*. Write a few of those things in the “causes” box.

Causes

Effect



ENERGIZED

Saturday/Sunday: This is your time.

- Think about the past week. Use this space to write anything that's on your mind.

Monday: Getting to know my emotions (Encouragement).

ENCOURAGEMENT

“Everyone has inside of them a piece of good news. The good news is that you don’t know how great you can be!”
– Anne Frank

School work is important. Lots of people tell you that. But, let's explore *why* it's important to *you*.

Make two lists. List #1 will include amazing things you want to do.

List #2 will match the school subject to the amazing things in list #1.

List #1: Amazing Things to Do	List #2: Matching School Subjects
<p>Example: Interior Designer -----></p> <p>Example: Space Station Engineer -----></p>	<p><----- Art, Math, Writing</p> <p><----- Science, Math, Writing</p>

Tuesday: In my life.

- Write 1 or 2 things that you're good at. How are those things related to your schoolwork?

Wednesday: Love to learn.

- List 2 things that you'd like to learn about. Next to each topic, write 1 person or place that you can go use as a resource to jump-start your learning.

TOPIC

--

RESOURCE

TOPIC

--



RESOURCE



Thursday: Be K.I.N.D.

- Encouraging friends and family is an act of kindness. Practice being kind by using the letters K-I-N-D to build a positive statement that can help *others* be great.

K
I
N
D

Here are some words you can use:
(or you can think of your own words)

Key
Kingdom
Knack
Key
King
Know
Kudos

New
Neighbor
Number
Nice
Now
Near
Name

Inspire
In
Impact
Ink
Inch
Is
Idol

Dazzle
Double
Dream
Dude
Devote
Dance
Day

Friday: Cause and effect.

Your encouragement can inspire people toward greatness! Think about the people and things that *inspire* you. Write a few of those things in the “causes” box to the right.

Causes

Effect



INSPIRED

Saturday/Sunday: This is your time.

- Think about the past week. Use this space to write anything that's on your mind.

Monday: Getting to know my emotions (Fear).

FEAR

“Everything you want is on the other side of fear.”

– Jack Canfield

Fear can be our friend. It keeps us safe from danger. It makes us more alert and ready for action. Fear is the only thing that allows us to be courageous. **Without fear there is no need for courage.**

Acts of courage are all around us. People working in grocery stores while wearing masks are being brave. People who work in doctors' offices are teaching us courage. Teachers who are working hard to learn new ways to teach are facing their fears in order to help their students. Acts of courage and bravery are all around us.

In the past year, how have you faced fear and demonstrated courage?

Tuesday: In my own words.

- What does it mean to be brave?

Wednesday: Let's look at courage.

- What does courage look like? What does it sound like?



Thursday: Be B.R.A.V.E.

- Embrace and face your fear. Be B.R.A.V.E. for yourself and for the people you care love. Use the letters B-R-A-V-E to create a statement of courage that you can share.

B
R
A
V
E

Here are some words you can use:
(or you can think of your own words)

Be
Beautiful
Best
Bright
Boost

View
Very
Vast
Value
Vault

Run
Rad
Ramp
Real
Rare

Excellent
Earn
Epic
Elevate
Energy

Ace
Accept
About

Above
Act
Allow

Friday: Cause and effect.

This week we have explored fear, courage and bravery. Think about the things that help you feel *brave*. Write a few of those things in the “causes” box.

Causes

Effect



BRAVE

Saturday/Sunday: This is your time.

- Think about the past week. Use this space to write anything that's on your mind.

Monday: Getting to know my emotions (Motivation).

MOTIVATION

“The future depends on what you do today.”

– Mahatma Ghandi

Inside the word *MOTIVATION* you can make the word *MOTION*. Motivation is your *ENTHUSIASM* in *MOTION*.

Dreams don't become real without action. Goals are not accomplished without movement.

Look back at the **GREAT goal** that you set earlier in this journal.

In the space below, write down all of the actions that you've taken to achieve your goal.

If you fill the space — AMAZING! If you don't fill the space, write 1 thing you'll do today to put your goal in motion.

Tuesday: In my life.

- What are the things that motivate you?

Wednesday: Let's look at motivation.

- Who is the most motivated person that you know? What do you think keeps them moving?

Thursday: M.O.V.E. toward your goals!

- Use the letters M-O-V-E to create a motivational statement that you can share.

M
O
V
E

Here are some words you can use:
(or you can think of your own words)

Most
Meaningful
Make
My
Map
Major
Main

View
Very
Vast
Value
Vault
Verge
Valor

Of
Okay
Own
Oath
Offer
Occur
Odds

Excellent
Earn
Epic
Elevate
Energy
Eye
Eager

Friday: Cause and effect.

This week we revisited motivation. What are the things that have *motivated* you toward your GREAT goal? Write a few of those things in the “causes” box to the right.

Causes

Effect



Saturday/Sunday: This is your time.

- Think about the past week. Use this space to write anything that's on your mind.

