HEALTH 11 JOURNAL TOPICS

1. What’s ONE thing you would like to see accomplished by next year? And List “51 Things I am going to BE, DO, or HAVE…”
2. Review your List. What is your Main Vision (Dream)? WHY is this Vision/Dream important to you (Passion & Purpose)?
3. What are the Requirements of your Vision/Dream? Are you willing to commit and perform the Requirements with excellence (Pursuit)?
4. What was a major challenge or major event (good or bad) that helped make you into the person you are today?
5. What qualities do you look for in a significant other? Are you these qualities yourself? Describe a healthy relationship.
6. Write a Letter to someone about your life in 5 years. Write it in present tense. Write a Clear VISION of what it is you wanted that you created. Describe it in detail. “Dear…..I am so happy and grateful now that….”
7. What are you grateful for? Write a gratitude list of at least 20 things. How do you show your gratitude for at least 3 of those things?
8. What do you want your “Legacy” to be? What are you going to create in your life?
9. What is something that didn’t work out the way you wanted it to, but it ended up being a blessing in disguise?
10. Name one person who has made a difference in your life or who has inspired you. Why?
11. What are one or several things that you have learned during this semester? How are you going to apply those lessons in your life?