HEALTH 11 JOURNAL TOPICS SUMMER 2020

1. **July 8:** 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. **July 9:** Review your List. What is your Main Vision (Dream)? WHY is this Vision/Dream important to you (Passion & Purpose)?
3. **July 14:** What are the Requirements of your Vision/Dream? Are you willing to commit and perform the Requirements with excellence (Pursuit)?
4. **July 15:** What was a major challenge or major event (good or bad) that helped make you into the person you are today?
5. July 16: What qualities do you look for in a significant other? Are you these qualities yourself? Describe a healthy relationship.
6. **July 21:** 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. July 22: 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. July 23: What do you want your “Legacy” to be? What are you going to create in your life?
9. July 28: What is something that didn’t work out the way you wanted it to, but it ended up being a blessing in disguise?
10. July 29: Name one person who has made a difference in your life or who has inspired you. Why?
11. July 30: What healthy habits do you have in your life? How long have you had those habits and why are they important to you?
12. August 4: What habits do you have that are getting in the way of living your best life? How is it impacting your life? What is one thing you can do to work through that habit and transform it so that it can serve your health and happiness in a powerful way?
13. August 5: What is the greatest lesson you have ever learned and what advice would you give your younger self?
14. August 6: What are one or several things that you have learned during this semester? How are you going to apply those lessons in your life?