HEALTH 2 JOURNAL TOPICS

1. 51 Things I am going to BE, DO, or HAVE…
2. Review your List. Choose your top TWO-THREE one-year Goals. Write down WHY you will absolutely achieve these goals within the next twelve months. Write down What kind of person it will take to achieve all that you want. Describe the character traits, values, beliefs, virtues, etc., this person would embody.
3. Write down WHY you have not accomplished these goals in the past. WHAT holds you back? What may get in your way in the future and what will you do to OVERCOME the obstacles?
4. 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….”
5. What do you want your “Legacy” to be? What are you going to create in your life?
6. What is something that didn’t work out the way you wanted it to, but it ended up being a blessing in disguise?
7. Name one person who has made a difference in your life or who has inspired you. Why?
8. What qualities do you look for in a significant other? Are you these qualities yourself? Describe a healthy relationship.
9. Gratitude Assessment…
   1. 3 Amazing People in my life are:
   2. 3 Great things about my physical body are:
   3. 3 Great things about my home and where I live are:
   4. 3 Great things about where I work and what I do for a living (or school) are:
   5. 3 Great gifts of unique talent and skill I have been given are:
   6. 3 Great gifts of knowledge and experience I have been given are:
   7. 3 Ways I have experienced “luck” in my life are:
   8. 3 Ways in which my life is abundant are:
10. What are one or several things that you have learned during the first part of this semester? How are you going to apply those lessons in your life?