Lesson 1 Preparing for Take Off - Setting Reachable Goals

Journal Assignments

Write a paragraph explaining one of the following quotations:

“You gotta have goals.” Zig Ziglar

“They can do all because they think they can.” Virgil

“Climb high, climb far, your goal the sky, your aim the star.” Anonymous

Lesson 2 Rocket Science - Making Responsible Decisions

Journal Assignments

Write a paragraph explaining one of the following quotations:

“I discovered I always have choices, and sometimes it’s only a choice of attitude.” Judith Kowlton, Chicken Soup for the Kid’s Soul

“Don’t make decisions based on the advice of friends who won’t have to deal with the outcome.” Anonymous
Lesson 3 Systems Check - Identifying and Managing Emotions

Journal Assignments

Write a paragraph explaining one of the following quotations:

“Your day will go the way the corners of your mouth turn.” Anonymous

“Music is what feelings sound like.” Anonymous

Lesson 4 This is Your Captain Speaking - Effective Communication

Journal Assignments

Write a paragraph explaining one of the following quotations:

“Say what you mean and mean what you say, but don’t say it mean.” Anonymous

“The most important thing in communication is to hear what isn’t being said.” Peter Drucker

Lesson 5 My Flight Crew - Bonding and Relationships

Journal Assignments

Write a paragraph explaining one of the following quotations:

“Friendship is not a big thing…it’s a million little things.” Author Unknown

“The secret to friendship is being a good listener.” Anonymous

“True friendship is when two friends can walk in opposite directions, yet remain side by side.” Author Unknown
Lesson 6 Initiate Launch - *Respect for Self and Others*

**Journal Assignments**

Write a paragraph explaining one of the following quotations:

“Why fit in when you were born to stand out?” *Dr. Seuss*

“If you start a conversation with the assumption that you are right or that you must win, obviously it is difficult to talk.” *Wendell Berry*

“I firmly believe that respect is a lot more important, and a lot greater, than popularity.” *Julius Erving*

Lesson 7 Smooth Landing - *Conflict Resolution*

**Journal Assignments**

Write a paragraph explaining one of the following quotations:

“Peace cannot be kept by force; it can only be achieved through understanding.” *Albert Einstein*

“Unless both sides win, no agreement can be permanent.” *Jimmy Carter*

“Whenever you’re in a conflict with someone, there is one factor that can make the difference between damaging your relationship and deepening it. That factor is attitude.” *William James*
Lesson 8 **Initiate Countdown - Anger Management**

**Journal Assignments**

Write a paragraph explaining one of the following quotations:

“Learn to be calm and you will always be happy.” *Paramhansa Yogananda*

“Peace is not absence of conflict, it is the ability to handle conflict by peaceful means.” *Ronald Reagan*

“10% of conflict is due to difference in opinion and 90% is due to delivery and tone of voice.” *Ritu Ghatuourey*

Lesson 9 **Shields Up - Identifying and Managing Bullying Situations**

**Journal Assignments**

Write a paragraph explaining one of the following quotations:

“Never do a wrong thing to make a friend – or to keep one.” *Robert E. Lee*

“Wrong is wrong even if everyone is doing it. Right is right even if no one is doing it.” *St. Augustine*

“No one can make you feel inferior without your consent.” *Eleanor Roosevelt*
Lesson 10 Flight Academy - Being a Positive Role Model

Journal Assignments

Write a paragraph explaining one of the following quotations:

“Being a role model is a privilege.” Allyson Felix

“Example is leadership.” Albert Schweitzer

“Today a reader, tomorrow a leader.” Margaret Full