Lesson 1 My Road Ahead - Setting Reachable Goals

Journal Assignments

Write a paragraph explaining one of the following quotations:

“People with goals succeed because they know where they’re going.” Earl Nightingale

“Goals in writing are dreams with deadlines.” Brian Tracy

“The great thing in this world is not so much where we are, but in what direction we are moving.” Oliver Wendell Holmes

Lesson 2 Who’s in the Driver’s Seat? - Making Responsible Decisions

Journal Assignments

Write a paragraph explaining one of the following quotations:

“Using the power of decision gives you the capacity to get past any excuse to change any and every part of your life in an instant.” Anthony Robbins

“Once you make a decision, the universe conspires to make it happen.” Ralph Waldo Emerson

“Life is the sum of all your choices.” Albert Camus
Lesson 3 Diagnostic Tune-Up - Identifying and Managing Emotions

Journal Assignments

Write a paragraph explaining one of the following quotations:

“I cannot tolerate my bad behavior in another person for 10 seconds.” Garrison Wynn

“Happiness is when what you think, what you say, and what you do are in harmony.” Mahatma Gandhi

“Your real life is in the here and now. Once you figure out what kinds of experiences cause you to feel certain ways, you can change either the experiences, or when that’s not possible, change your responses to them.” Alan Marlatt

Lesson 4 Express Yourself - Effective Communication

Journal Assignments

Write a paragraph explaining one of the following quotations:

“Any problem, big or small, within a family, always seems to start with bad communication. Someone isn’t listening.” Emma Thompson

“Bad human communication leaves us less room to grow.” Rowan D. Williams

“Communication works for those who work at it.” John Powell
Lesson 5 Peer Pressure - Bonding and Relationships

Journal Assignments

Write a paragraph explaining one of the following quotations:

“No child is immune to peer pressure.” Kathi Hudson

“Talk to your children about peer pressure. Explain what a powerful force it can be, and tell them that you will never accept the excuse that everyone did it!” Tom McMahon

“Hermits have no peer pressure.” Steven Wright

Lesson 6 Confidence in Progress - Respect for Self and Others

Journal Assignments

Write a paragraph explaining one of the following quotations:

“The worst loneliness is to not be comfortable with yourself.” Mark Twain

“They cannot take away our self-respect if we do not give it to them.” Mahatma Gandhi

“Without self-confidence we are as babes in the cradle.” Virginia Woolf
Lesson 7 A Peaceful Approach - Conflict Resolution

Journal Assignments

Write a paragraph explaining one of the following quotations:

“People who fly into a rage always make a bad landing.” Will Rogers

“An eye for an eye will only make the whole world blind.” Mahatma Gandhi

“Speak when you are angry and you will make the best speech you will ever regret.” Ambrose Bierce

Lesson 8 Keep Your Cool - Anger Management

Journal Assignments

Write a paragraph explaining one of the following quotations:

“Anger is an acid that can do more harm to the vessel in which it is stored than to anything on which it is poured.” Mark Twain

“For every minute you remain angry, you give up sixty seconds of peace of mind.” Ralph Waldo Emerson

“When angry, count to ten before you speak. If very angry, count to one hundred.” Thomas Jefferson
Lesson 9 **What to Say** - *Identifying and Managing Bullying Situations*

**Journal Assignments**

Write a paragraph explaining the following quotation:

“Courage is fire, and bullying is smoke.” *Benjamin Disraeli*

“What if the kid you bullied at school, grew up, and turned out to be the only surgeon who could save your life?” *Lynette Mather*

“When people don’t like themselves very much, they have to make up for it. The classic bully was actually a victim first.” *Tom Hiddleston*

Lesson 10 **That’s Entertainment?** - *Media Violence*

**Journal Assignments**

Write a paragraph explaining one of the following quotations:

“Nothing good ever comes of violence.” *Martin Luther*

“Love soothes wounds, while hatred and violence deepen them.” *Willie Stargell*