Lesson 1 Set to Win - Setting Reachable Goals

Journal Assignments

Write a paragraph about one of the following quotations:

“Don’t quit. The Wright Brothers dreamed of a machine that would fly through the air. Now one may see evidence, all over the world, that they dreamed soundly.” Napoleon Hill

“The future does not get better by hope. It gets better by plan. And to plan for the future, we need goals.” Jim Rohn

Lesson 2 The Decision Is Yours - Making Responsible Decisions

Journal Assignments

Write a paragraph about one of the following quotations:

“Not only do I stop to think about things, I stop to think about things extensively.” Jerry Seinfeld

“You can’t build a reputation on what you are going to do.” Henry Ford

“My basic principle is that you don’t make decisions because they are easy; you don’t make them because they are cheap; you don’t make them because they are popular; you make them because they’re right.” Theodore Hesburgh
Lesson 3 Understanding Me - Identifying and Managing Emotions

Journal Assignments

Write a paragraph about the following quotation:

“Life is 10% what happens to you and 90% how you react to it.” Charles Swindoll

Lesson 4 Say It With Style - Effective Communication

Journal Assignments

Write a paragraph about one of the following quotations:

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

“It takes a great man to be a good listener.” Calvin Coolidge

Lesson 5 The Right Connection - Bonding and Relationships

Journal Assignments

Write a paragraph about one of the following quotations:

“I don’t need a friend who changes when I change and who nods when I nod; my shadow does that much better.” Plutarch

“Lots of people want to ride with you in the limo, but what you want is someone who will take the bus with you when the limo breaks down.” Oprah Winfrey

“Since there is nothing so well worth having as friends, never lose a chance to make them.” Francesco Guicciardini
Lesson 6 **Celebrating Differences** - *Respect for Self and Others*

**Journal Assignments**

Write a paragraph about one of the following quotations:

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

*“Diversity is the one true thing we all have in common. Celebrate it every day.”*  
*Unknown*

*“We may have different religions, different languages, different colored skin, but we all belong to one human race.”*  
*Kofi Annan*

Lesson 7 **Meeting Point** - *Conflict Resolution*

**Journal Assignments**

Write a paragraph about one of the following quotations:

*“Peace is not the absence of conflict but the presence of creative alternatives for responding to conflict- alternatives to passive or aggressive responses, alternatives to violence.”*  
*Dorothy Thompson*

*“Man must evolve for all human conflict a method which rejects revenge, aggression, and retaliation. The foundation of such a method is love.”*  
*Martin Luther King, Jr.*

*“Conflict cannot survive without your participation.”*  
*Wayne Dyer*
Lesson 8 Anger Outlet - Anger Management

Journal Assignments

Write a paragraph about one of the following quotations:

“He who angers you conquers you.” Elizabeth Kenny

“Anger is one letter short of danger.” Eleanor Roosevelt

“Holding on to anger is like grasping a hot coal with the intent of throwing it at someone else; you are the one that gets burned.” Buddha

Lesson 9 Home Base - Identifying and Managing Bullying Situations

Journal Assignments

Write a paragraph about one of the following quotations:

“Never be bullied into silence. Never allow yourself to be made a victim. Accept no one’s definition of your life; define yourself.” Harvey Fierstein

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

“When a bully is held accountable for his actions, his future actions will change. Bad behavior only continues for those who allow it.” Gary Hopkins
Lesson 10 Site Survey - Peer Violence

Journal Assignments

Write a paragraph about one of the following quotations:

“To paraphrase several sages: Nobody can think and hit someone at the same time.”  
Susan Sontag

“Violence is a disease, a disease that corrupts all who use it regardless of the cause.”  
Chris Hedges

“Violence is not only impractical but immoral.”  
Martin Luther King Jr.