Lesson 1 The Architect - Setting Reachable Goals

Journal Assignments

Write a paragraph about one of the following quotations:

“If one does not know to which port one is sailing, no wind is favorable.” Seneca

“It takes as much energy to wish as it does to plan.” Eleanor Roosevelt

“Obstacles don’t have to stop you. If you run into a wall, don’t turn around and give up. Figure out how to climb it, go through it, or work around it.” Michael Jordan

Lesson 2 iDecide - Making Responsible Decisions

Journal Assignments

Write a paragraph about one of the following quotations:

“How would the person I would like to be, do the thing I am about to do?” Jim Cathcart

“Nothing is more difficult, and therefore more precious, than to be able to decide.” Napoleon Bonaparte

“When you have to make a choice and you don’t make it, that itself is a choice.” William James
Lesson 3 Calibrating Sensors - Identifying and Managing Emotions

Journal Assignments

Write a paragraph about one of the following quotations:

“If you don’t manage your emotions, then your emotions will manage you.” Doc Childre and Deborah Rozman

“Feelings are much like waves; we can’t stop them from coming but we can choose which one to surf.” Jonatan Mårtensson

“The walls we build around us to keep sadness out also keeps out the joy.” Jim Rohn

Lesson 4 Press Send - Effective Communication

Journal Assignments

Write a paragraph about one of the following quotations:

“Talking to you is like talking to the wall.” Anonymous

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

“Speak when you are angry and you’ll make the best speech you’ll ever regret.” Dr. Laurence J. Peter
Lesson 5 Friend Request - Bonding and Relationships

Journal Assignments

Write a paragraph about one of the following quotations:

“They may forget what you said, but they will never forget how you made them feel.” Carl W. Buechner

“Shared joy is a double joy; shared sorrow is half a sorrow.” Swedish Proverb

“The most valuable things in life are not measured in monetary terms. The really important things are not houses and lands, stocks and bonds, automobiles and real estate, but friendships, trust, confidence, empathy, mercy, love and faith.” Bertrand Russell

Lesson 6 Compatibility - Respect for Self and Others

Journal Assignments

Write a paragraph about one of the following quotations:

“Respect your efforts, respect yourself. Self-respect leads to self-discipline. When you have both firmly under your belt, that’s real power.” Clint Eastwood

“The willingness to accept responsibility for one’s own life is the source from which self-respect springs.” Joan Didion

“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

“No one can make you feel inferior without your consent.” Eleanor Roosevelt
Lesson 7 Optimal Resolution - Conflict Resolution

Journal Assignments

Write a paragraph about one of the following quotations:

“Don’t ever let them pull you down so low as to hate them.” Booker T. Washington

“Peace cannot be kept by force. It can only be achieved by understanding.” Albert Einstein

“There are three truths: my truth, your truth, and the truth.” Chinese Proverb

Lesson 8 System Feedback – Constructive Criticism

Journal Assignments

Write a paragraph about one of the following quotations:

“Honest criticism is hard to take, particularly from a relative, a friend, an acquaintance, or a stranger.” Franklin P Jones

“Criticism is something you can easily avoid by saying nothing, doing nothing, and being nothing.” Aristotle

Lesson 9 What’s the Deal – Identifying and Managing Bullying Situations

Journal Assignments

Write a paragraph about one of the following quotations:

“I would rather be a little nobody, than to be an evil somebody.” Abraham Lincoln

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

“Never be bullied into silence.” Harvey Fierstein
Journal Assignments

Write a paragraph about one of the following quotations:

“Everyone has a right to peaceful coexistence, the basic personal freedoms, the alleviation of suffering, and the opportunity to lead a productive life…” *Jimmy Carter*

“Violence is not power, but the absence of power.” *Ralph Waldo Emerson*

“The cause of violence is not ignorance. It is self-interest. Only reverence can restrain violence - reverence for human life and the environment.” *William Sloan Coffin*