Lesson 1 Graduation Day - Goal Setting

Putting it in Writing

Write a paragraph about one of the following quotations:

“When it is obvious that the goals cannot be reached, don’t adjust the goals, adjust the action steps.” Confucius

“Our greatest weakness lies in giving up. The most certain way to succeed is always to try just one more time.” Thomas Edison

“You measure the size of the accomplishment by the obstacles you had to overcome to reach your goals.” Booker T. Washington

Lesson 2 Who’s in Charge Here? - Decision Making

Putting it in Writing

Write a paragraph about one of the following quotations:

“Do the best you can until you know better. Then when you know better, do better.” Maya Angelou

“In any moment of decision, the best thing you can do is the right thing, the next best thing is the wrong thing, and the worst thing you can do is nothing.” Theodore Roosevelt

“The only person you are destined to become is the person you decide to be.” Ralph Waldo Emerson
Lesson 3 Feelings 101 - Identifying and Managing Emotions

Putting it in Writing

Write a paragraph about one of the following quotations:

“Let’s not forget that the little emotions are the great captains of our lives and we obey them without realizing it.” Vincent Van Gogh

“I’ve learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.” Maya Angelou

“The emotions aren’t always immediately subject to reason, but they are always immediately subject to action.” William James

Lesson 4 Say What You Mean, Mean What You Say
Effective Communication

Putting it in Writing

Write a paragraph about one of the following quotations:

“When the eyes say one thing, and the tongue another, a practiced man relies on the language of the first.” Ralph Waldo Emerson

“Everything becomes a little different as soon as it is spoken out loud.” Hermann Hesse

“We have two ears and one mouth so that we can listen twice as much as we speak.” Epictetus
Lesson 5 The Ties That Bind - Bonding and Relationships

Putting it in Writing

Write a paragraph about one of the following quotations:

“Whenever you’re in 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

“Love does not claim possession, but gives freedom.” Rabindranath Tagore

“It is not our purpose to become each other; it is to recognize each other, to learn to see the other and honor him for what he is.” Hermann Hesse

Lesson 6 Many Rivers to Cross – Respect for Self and Others

Putting it in Writing

Write a paragraph about one of the following quotations:

“I think the reward for conformity is everyone likes you but yourself.” Rita Mae Brown

“If you want to be respected by others, the great thing is to respect yourself. Only by that, only by self-respect will you compel others to respect you.” Fyodor Dostoyevsky, The Insulted and Humiliated

“I never meet a ragged boy in the street without feeling that I may owe him a salute, for I know not what possibilities may be buttoned up under his coat.” James A. Garfield
Lesson 7 The Resolution Solution – Conflict

Putting it in Writing

Write a paragraph about one of the following quotations:

“The tough-minded respect difference. Their goal is a world made for safe differences.” Ruth Fulton Benedict

“The problem is not that there are problems. The problem is expecting otherwise and thinking that having problems is a problem.” Theodore Rubin

“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

Lesson 8 Maximizing Life, Minimizing Stress – Stress Management

Putting it in Writing

Write a paragraph about one of the following quotations:

“Stressed is desserts spelled backwards.” Anonymous

“Stress level: extreme. It’s like she was a jar with the lid screwed on too tight, and inside the jar were pickles, angry pickles, and they were fermenting, and about to explode.” Fiona Wood, Six Impossible Things

“It’s like driving a car with your foot on the brake.” Allen Elkin

“Stress is unnecessary, and unnecessary stress is very unnecessary.” TemitOpe Ibrahim
Lesson 9 #Compatibility – Healthy Dating

Putting it in Writing

Write a paragraph about one of the following quotations:

“Unreturned love is like trying to make a sandwich with one slice of bread. Don’t stress—fold it in half and love yourself.” Jarod Kintz, *This Book is Not FOR SALE*

“To know oneself is to study oneself in action with another person.” Bruce Lee

“I miss your smile… but I miss mine more.” Laurel House

Lesson 10 Finding Perspective – Social Media Awareness

Putting it in Writing

Write a paragraph about one of the following quotations:

“The reason we struggle with insecurity is because we compare our behind-the-scenes with everyone else’s highlighted reel.” Steven Furtick

“It doesn’t matter how many people you have on social networking sites. What matters is how you benefited them and how you benefited from them.” Nash

“An open Facebook page is simply a psychiatric dry erase board that screams, “Look at me. I am insecure. I need your reaction to what I am doing, but you’re not cool enough to be my friend. Therefore, I will just pray you see this because the approval of God is not all I need.” Shannon L. Alder

“We sometimes take photos (or record a video) so that we can later see what was happening while we were busy taking photos (or recording a video).” Mokokoma Mokhonoana

“Social media has turned all of us into Dogs. The moment a single dog is unhappy with something, it starts barking, and then hundreds of others join the barking immediately. We no longer use our brains, we just join the chorus.” EverSkeptical