

## Journal Assignments #1-10

Journal Assignments will consist of responding to quotes and short essay writing prompts. You should number each entry and answer in complete sentences using as many specific details as possible. When responding to a quote, you should explain what you think the quote means in 3-4 sentences or more. There is no right or wrong answer, only your interpretation. You can use examples, or relate it to something in your life. Create a precise and concise response using specific details.

1. "Knowledge about health is vital; without it, no other life goal can be successfully achieved."  
--Unknown
2. "Failure to prepare, is preparing to fail..." --Unknown
3. Describe yourself under the 3 elements of health. Which is your healthiest and why? Which do you need to work on the most? What can you do to improve your overall wellness?
4. "Never use your problems as an excuse for bad attitudes or behavior." --J. Meyers
5. Think of an example of a major decision that would require the use of the decision making process. Using specific details, describe how someone could use the proactive decision making style to make his/her choice. (include all 5 steps of the process in your answer)
6. "Character is what you do when no one is looking." --Henry Huffman
7. "I don't know the key to success, but the key to failure is trying to please everybody."  
--Unknown
8. Personality activity writing: Choose a person other than yourself and choose what color (green, gold, blue or orange) you think best describes him/her. Write 3-4 sentences with specific examples of why you think so.
9. "Your now is not your forever." --John Greene
10. Stress writing: Give examples and explain what are the major stressors in your life. What is a healthy strategy that you could use to help you deal with or control these stressors?