## **Journal Instructions:**

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.

26. "It's better to walk alone, than with a crowd going in the wrong direction." --Diane Grant

- 27. "The less you respond to rude, critical and argumentative people, the more peaceful your life will become." --Mandy Hale
- 28. "Kindness is in our power, even when fondness is not." -- Mandy Hale

29. "Most folks are about as happy as they make up their minds to be." -- Abraham Lincoln

30. "The true measure of a man is how he treats someone who can do him absolutely no good." -- Ann Landers

31. "You may know my name, but you don't know my story." -- Unknown

**32.** Should fast food restaurants take any responsibility for the health of their customers? Think about the video we watched, "Supersize Me" and discuss your thoughts on obesity in America and the role of fast food restaurants.

33. "I have always believed that exercise that exercise is the key not only to physical health but to peace of mind." --Nelson Mandela

34. "Those who do not find time for exercise will have to find time for illness." -- Earl Derby

35. "Sports do not build character. They reveal it." -- Heywood Broun

- 36. "Never do for a child what he is capable of doing for himself." --Elizabeth Hainstock
- 37. "The will to win is important, but the will to prepare is vital." --Joe Paterno
- *38. "Everything has its beauty, but not everyone sees it" --Confucius*
- 39. "Time is all you have. You may find one day that you have less than you think." --Randy Pausch
- 40. "People don't care how much you know, until they know how much you care." -Unknown