

# 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.

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. "So many people spend their health gaining wealth, and then have to spend their wealth to regain their health."  
--A.J. Reb Mater
6. "Character is what you do when nobody is looking."  
--Henry Huffman
7. "Looking back, we see with great clarity, and what once appeared as difficulties now reveal themselves as blessings."  
--Dan Millman
8. "I don't know the key to success, but the key to failure is trying to please everybody."  
--Bill Cosby
9. "Reputation is for time; character is for eternity."  
--J. B. Gough
10. "Those who stand for nothing shall fall for anything."  
--Alexander Hamilton