



# Journal Activity

Identify something you have accomplished:

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Write how you felt when you accomplished it.

Can you remember and use that feeling to help you to accomplish more?

Did you ever feel like giving up while you were working on your accomplishment? What would have happened if you had quit when it was hard?

What is something you want to accomplish in the future?

How will using Desire, Time & Effort help you accomplish it?

Why is working hard more important than being smart?