

Journal Prompts

Desire, Time, & Effort

Secondary Journals

Secondary Journal #1: Identify something you have accomplished: 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 quite when it was hard? What is something you want to accomplish in the future? How will using desire, time, and effort help you accomplish it? Why is working hard more important than being smart?

Secondary Journal #2 (Art): Create a picture, collage, or photograph that represents how you have felt when you accomplished something.

Secondary Journal #3 (Music): Listen to the WhyTry song "Desire, Time, & Effort." Answer questions and write about the song.

Secondary Journal #4 (Game Plan): Create an effort timeline. Identify what you are spending most of your time and effort doing. (Past, Present, Future)