

Journal Prompts

Plugging In

Secondary Journals

Secondary Journal #1: List 5 social skills that are important for creating a healthy relationship. (What do others notice about you that they like?) Make a list. How can you do more of these things?

Secondary Journal #2 (Observation): Observe the behavior of someone that you know and would like to have as a friend. Write down at least three positive things that they do or say.

Secondary Journal #3 (Music): Listen to the WhyTry song "Plugging In."

Secondary Journal #4 (Art): Make drawing, get a photo, or create a collage that represents the people that have made a positive impact on your life.

Secondary Journal #5 (Plugging In): Our first support system in life is our parents. We should put effort into this relationship because it is not only our first support system, but is often one of the longest lasting. How much time each day are you spending with your parents or guardian? Try at least two things from the list below to help you tap into your parent or guardian as a support system. How did they respond when you showed interest in them and did these things?

Secondary Journal #6 (Game Plan): Identify a list of people that you want to connect with for help in accomplishing your goals. Have them help you develop a game plan.