

Journal Prompts

Jumping Hurdles

Secondary Journals

Secondary Journal #1: Perseverance – n. “To continue doing something despite obstacles, difficulties, and setbacks.” What does that definition mean to you? What is an example of your own perseverance? What does it mean to start where you are and move forward? What are some hurdles that you have already jumped over in your life?

Secondary Journal #2 (Art): Create a collage, symbol, or picture that will remind you to always jump back up.

Secondary Journal #3 (Observation): Put a penny in your shoe as a reminder to jump back up. At the end of the day, how many times during the day did you think about the penny? Find an object or make a small copy of a picture or symbol that will help remind you to jump back up when things are hard or difficult. Place it somewhere that you will see it everyday. What is the hardest physical thing you have ever done? What is the hardest mental thing you have ever done? Which was harder?

Secondary Journal #4: Try to think of a problem where you can apply the Problem Solving Formula. Practice using the Problem Solving Formula by trying it out on an issue you are facing.

Secondary Journal #5 (Plugging in): Ask a parent to share an example of someone who fell and got back up in life. You could write about what they told you below or you could let your parents write about it.

Secondary Journal #6 (Music): Listen to the song “Jump Back Up.” Answer questions and write about the song.

Secondary Journal #7 (Game Plan): Create a list of people you know that have jumped back up from their challenges. When you feel like giving up, look to them for motivation.

Secondary Journal #8 (Observation): Create your own “Dream Team” of five people that have inspired you to jump back up. List 1-3 characteristics of why they are motivational to you (someone you look up to).