

Journal Prompts

Lift the Weight

Secondary Journals

Secondary Journal #1: What do you put most of your time and effort into? List the top three things that you spend your time doing outside of school. Do these things give you opportunity and self-respect? Identify positive resistance. What resistance (laws or rules) do you have that is helping you become stronger? How?

Secondary Journal #2 (Music): Listen to the WhyTry song "Lift the Weight"

Secondary Journal #3 (Game Plan): Your new workout: Identify three new positive activities that you can focus your time and energy on to help you become a stronger person.

Secondary Journal #4 (Art): Create a picture, collage, or photograph of an opportunity that you want to have in the future. Use that picture as a motivation when you are struggling to lift the weight today.