



Journal Activity

Create your own creed or motto. It should represent something positive that you want to become or achieve. It can be something to tell yourself (your self-talk) when things are getting intense. Remember that you can't control everything that happens; you can only control what you do about it. Put your creed or motto somewhere where you can see it every day (your locker, bedroom, or your mirror.)

A large rectangular area enclosed by a dashed blue line, intended for writing a personal creed or motto.

Write down one reason not to give up. It could be a person you care about, or something you believe in.

Write down one thing that you feel passionately about.