



Journal Activity

Where do you see yourself on the "Reality Ride?" Mark where you are on the ride with a star or a stick figure of yourself.

Have you ever gotten into trouble for the same thing over and over? How have you gotten out of the loop in the past?

List your top 5 strengths:

- 1)
- 2)
- 3)
- 4)
- 5)

How can these strengths help you get out of the loop?