

Journal Prompts

Reality Ride

Secondary Journals

Secondary Journal #1: Where do you see yourself on The Reality Ride? On a picture of the rollercoaster, mark where you are with a star or a stick figure of yourself.

Secondary Journal #2: What do the words, opportunity, freedom, and self-respect mean to you?

Secondary Journal #3 (Art): Draw a picture of your own Reality Ride. Label the things that cause you to crash. Place a star or a stick figure marking where you are on the ride.

Secondary Journal #4 (Art): Draw a picture or make a collage (taking photographs or pictures from a magazine, etc.) creating an image that represents an opportunity you would like to have in life.

Secondary Journal #5 (Music): Write a song, rap, or poem about your reality. You can take the melody of your favorite song and write new lyrics for it that tells your story.

Secondary Journal #6 (Music): Listen to the song "Reality Ride."

Secondary Journal #7 (Observation Activity): Think about anyone you know that is always in trouble. Observe their decision-making. Write why you think they are stuck in the loop.

Secondary Journal #8 (Game Plan): What opportunities would you like to have in life? Use the timeline below to create a 1-year, 5-year, and 10-year goal for each section.

Secondary Journal #9 (Game Plan): Goal Setting: Barriers, solutions, rewards, commitment