

MY LIFE MISSION

Student Name: _____

Parent Signature _____

I want my future to include:

4 things I want to be known for:

The steps I will take to reach these goals:

Who's on my team:

Accountability Partners:

Mentors:

Roadblocks I should prepare for:

My plan to avoid or deal with these road blocks:

What can I do to positively impact the world around me?



DEFINE YOUR FUTURE

Today in class we made SMART goals (Specific, Measurable, Achievable, Relevant, and Timely).

Answer the questions below to help you better define how your goal will affect your future.

What obstacles have you had to overcome in your life?

How have those obstacles made you stronger?

How have those obstacles prepared you to accomplish your dreams?

How do you motivate yourself to take action?

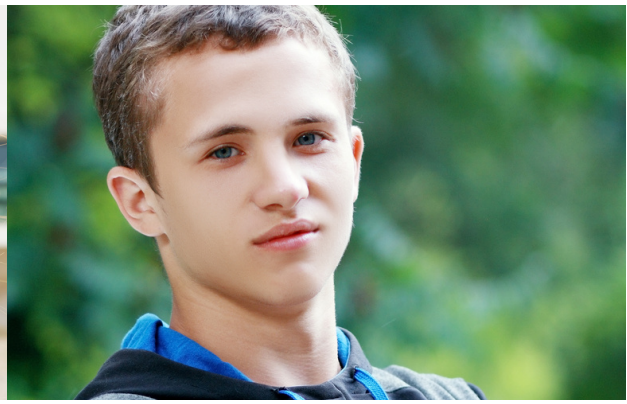
What do you think your purpose in life is?

Who do you admire? What makes you admire this person?

How could you make yourself better?

How could you make the world better?





RESPONSIBILITY **Session 5**

Name _____

Adult Signature _____

Name some ways you showed responsibility in the past week.

List 2 areas that your parents/guardians would like you to be more responsible.

How could being more responsible benefit you?

If you were more responsible, how could that benefit others?

What worthwhile contribution do you want to make in the world?
How is responsibility necessary for you to make this contribution?

Challenge Your Negative Thoughts

Homework: Session 5



Student's Name: _____

Name

Parent Signature _____

Check mark the thought distortions you need to work on and circle two new ways to challenge that thinking.

THOUGHT DISTORTIONS

- ALL OR NOTHING
- OVERGENERALIZING
- CATASTROPHIZING
- PERSONALIZING
- MIND READING
- MENTAL FILTERING
- DISCOUNTING THE POSITIVE
- "SHOULD" STATEMENTS
- EMOTIONAL REASONING
- LABELING

CHALLENGE YOUR NEGATIVE THINKING:

Am I confusing a thought
with a fact?

Am I jumping to
conclusions?

Am I condemning myself
as a total person based on
an event?

What is the evidence that
it's true? What is the
evidence that it's not
true?

What advice would I give
a friend?

Am I assuming something
that has nothing or little
to do with me?

Am I assuming that I
am helpless?

Name: _____

Adult Signature _____

Homework Session 4

TOOT YOUR HORN

Honestly complete as many of the statements as you can

Qualities that I like about myself are:

I consider myself good at:

I've been successful at:

My friends would say that my positive qualities include:

What I enjoy most is:

I am loved by:

People compliment me for:

I laugh when I think about:

I feel good about myself when I:

I feel peaceful when:



RESPECTED ADULT INTERVIEW

Homework Session 3

What is a valuable lesson you have learned?

What are your priorities in life?

What is an experience you have had that you are thankful for?

Have you gone through a difficult time in your life that you now feel made you a better person in the long run? Can you explain this situation?

How did you choose your career? Are you thankful for your career? If you could have a "do over" would you choose the same career path?

If you could go back and tell the high school version of yourself something, what would it be?



Homework Session 2

Self Awareness

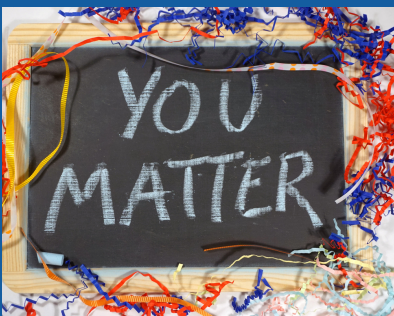
NAME:

ADULT SIGNATURE:

HOW I FEEL
EMOTIONALLY
RIGHT NOW

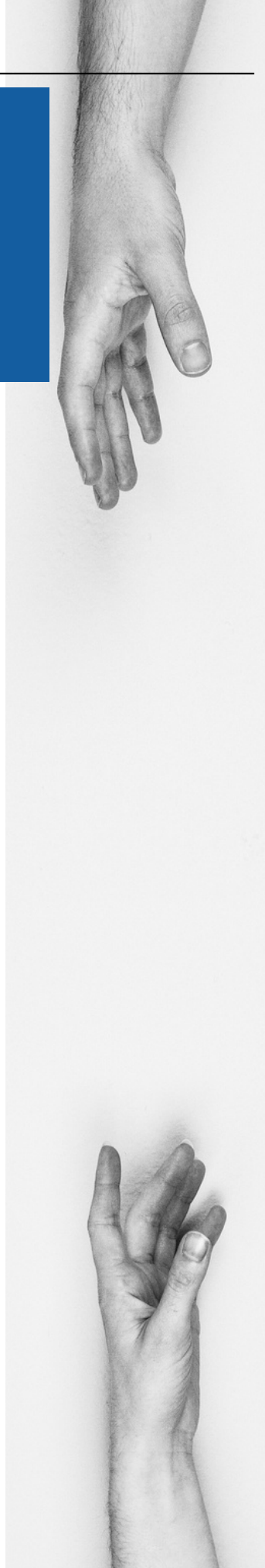
WRITE ABOUT
SOMETHING
YOU LEARNED
IN THIS OR
LAST WEEK'S
SESSION

WHAT DO YOU
WANT TO LEARN
MORE ABOUT?



UNDERSTANDING EMPATHY

Homework Session 1



EMPATHY

The ability to understand and share the feelings of another.

Write about a time you were hurt by someone. How could that person have shown you empathy?

How could you respond with empathy to someone who has different beliefs than you do?

