



Activity

Reflect and Write a Journal Entry...

Learn Power Words!

- ❖ believe – accept as true
- ❖ common sense – knowing to make good choices, insight, wisdom
- ❖ confident – positive, sure of oneself
- ❖ content – satisfied and happy
- ❖ fooled – tricked
- ❖ imagination – creation in your mind
- ❖ negative – not helpful or useful
- ❖ positive – good or useful
- ❖ respect – see as worthy
- ❖ understand - to know

Use two of the above Power Words in a journal entry about the BIG picture idea:

You have the gift of thought to use as you choose. Imagine that.

Note! Use “I.” Share your thoughts and feelings. Show insight and connection.