

## Journal Questions

Students may use a spiral notebook to write down their journal responses to the following questions.

### **Lesson Four: How to Create a Hopeful Mind**

What are three things you are grateful for?

What are three positive things that have happened in your day?

### **Lesson Five: Hopeful Purpose**

Different paths I could take in my life based on what I love to do are:

What it might be like to live out my passions:

The way I might feel pursuing my purpose and passion is:

Where I might live if I pursue my purpose and passion is:

I would be surrounded by: