**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: