

JOURNALING ACTIVITY

For this activity, learners are tasked to keep a journal during the duration of the course. This activity will be referred to as a self-reflection. Self-reflection is the process of observing and analyzing one's own thoughts, feelings, and behaviors. Learners will assess how this impacts their lives by answering the following questions honestly. As a result of participating in this exercise, learners will have a greater understanding of who they are and what they can do to improve their situations.

MATERIALS NEEDED FOR THE ACTIVITY:

- A journaling template will be provided for the learners OR
- Learners may use any material they would like (Notebooks, word processors like MS Word or Google Docs, PowerPoint, etc.)

INSTRUCTIONS:

- 1. Before the lesson begins, the learners must answer the following questions as honestly as they can:**
 - a. What are my strengths and weaknesses? Have my weaknesses been beneficial to me in any way?
 - b. What scares me the most right now?
 - c. What is something I find inspiring?
 - d. What's something I would like to do more of and why?
 - e. What's something I would like to do less of and why?
 - f. How important is my mental health to me?
 - g. Do I make enough time for myself each week? What do I do to treat or reward myself?
 - h. Have I been holding myself back in any way?
 - i. What matters to me most right now?
 - j. What could I do to be happier?

- 2. At the end of the lesson, the learners must answer the following question as honestly as they can:**
 - a. Are you happy with your existing lifestyle, based on your answers? What inspires you to keep going, and how do you believe you're doing it? How do you feel about change? Is change something you welcome or dread? Explain why you believe this is the case.

- 3. Learners are encouraged to share their thoughts and feelings with the class at the end of the session.**