

A large yellow pencil graphic is positioned vertically on the left side of the page, with its tip pointing upwards. The pencil's body extends across the top of the page, forming a horizontal line that serves as the top border of the journal activity area. The pencil has a pink eraser at the top left and a silver ferrule with three rings. The main body of the pencil is yellow with a thin black outline.

Journal Activity

Write about the hardest physical and mental thing you have ever done.

What can you learn from those experiences?