



Journal Response 4: Jumping Hurdles

Why is it important to believe you can jump the hurdle? How can positive self-talk help you jump your hurdle? What are some examples of positive self-talk you have used to get over a hurdle?

A large area of the page is filled with horizontal lines for writing. Each line is composed of a solid top line, a dashed middle line, and a solid bottom line, providing a guide for letter height and placement.