

# Journal Prompts

## **Motivation Formula**

### **Elementary Journals**

Elementary Art Prompt #1: Draw a picture of someone who motivates you. Write down who it is and why they motivate you. Create your own creed or motto. It should represent something positive you want to be or achieve. It can be something you tell yourself (positive self-talk)

Elementary Art Prompt #2: Create a cover for your WhyTry journal. Draw something that represents your passions or interests. You may want to include your creed or motto.

Elementary Intro Activity: Have students list some examples of their passion, purpose, or interests. Have students write about and/or draw a picture about what their dream is and then share with the class.

Elementary Journal Overview: Have students complete the following activity on the Introductory Activity page for the Motivation Formula

Elementary Vocab List: Define different terms related to the Motivation Formula

Elementary Journal #1: What does motivation mean? Tell about something that motivates you. How does it motivate you and why?

Elementary Journal #2: What is something that is a challenge for you? How can you use that challenge as motivation to try harder?

Elementary Journal #3: Tell about a time when you used positive self-talk to get through a challenge. How did it help?

Elementary Journal #4: What does having "character of heart" mean to you?

Elementary Journal #5: What is opportunity? What is an opportunity you would like to have? What are some things you could do to get that opportunity?

Elementary Journal #6: What does it mean to have more freedom? What are some ways you can lose freedom? What are some freedoms you have? How would it feel to lose those freedoms?

Elementary Journal #7: What does it mean to have self-respect? What is something you do that helps you feel respect for yourself?

Elementary Journal #8: What does it mean to have a passion? What is something you are passionate about and why? In what way could you use your passion to help others?

Elementary Journal #9: List at least 5 things that interest you. Pick on and write why it interests you and what more you could learn about or do with this interest. Tell how you could use that interest to help others.

Elementary Journal #10: What does it mean to have a purpose? What do you think might be one of your purposes and why?