

NOTEBOOK CHECK 3

PROMPT #12

- **How can you encourage others to exercise?**
 - **Friends? /Strangers? Explain both**
- **Explain and give examples of what/how this would actually take place?**

PROMPT #13

- **Are your expectations for yourself too high or too low? EXPLAIN**
- **What would you like more of in your life? EXPLAIN**

PROMPT #14

- **What patterns have you noticed over the last 14 days that NEED attention? Explain how these are impacting your life. What changes you can make to improve.**

PROMPT #15

**Identify someone who
needs encouragement.
How would you give it to
them?**

PROMPT #16

- Free write for 5 minutes on the following prompt...
- What is the difference between a healthy, productive conversation & *divisive*, destructive conversations? How do you recognize these differences early on in the conversation? How can we steer conversations one way or another?
- **Definition of divisive:** Tending to cause disagreement or hostility between people.

PROMPT #17

- What do you think of when you hear the word “self-care”? What does it mean to you? How can you practice it more?

PROMPT #18

- **What is perception? Give an example of a topic which has two different perceptions. Explain how this can be harmful or helpful.**

- Example:

Topic: The teacher calls you aside and discusses a missing assignment with you.

Perception 1: The teacher is trying to help me improve my grade. Shows the teacher cares and is encouraging me to improve.

Perception 2: The teacher is singling me out and is always making me feel stupid in front of my peers.

PROMPT #19

- Describe what this quote means to you. Give one personal example as to how you relate.

“Never regret a day in your life: good days give happiness, bad days give experiences, worst days give lessons, and best days give memories.”