

25 JOURNAL PROMPTS FOR A NEW YOU

1. When are you the most inspired, most motivated, most charged up?
2. How can you make your life more meaningful starting today?
3. What are your core values?
4. What are some of the biggest things you've learned in life to date?
5. Where are you living right now – the past, future or present?
6. Is there something you're still holding onto? Is it time to let go?
7. Are you living your life to the fullest right now?
8. Do you love yourself? Why or why not.
9. How can you love yourself more today?
10. What is your inner dialogue like?
11. Who are the 5 people you spend the most time with?
12. Are these people enabling you or holding you back?
13. What are you passionate about, and what inspires you the most?
14. What is your life like today, are you living the life of your dreams?
15. How do you want to be remembered?
16. What does your ideal self look like? What does it mean to be your highest self?
17. What would you want to experience in your life if time and money weren't an issue?
18. If you had one year left to live, what would you do?
19. What good habits do you want to cultivate?
20. What type of lifestyle would you like to live in the next five years?
21. What are three ways you would define financial success?
22. What age do you want to retire, if at all?
23. How hard are you willing to work to get what you want?
24. What short term "losses" are you willing to accept to reap amazing future gains?
25. What is your risk threshold and how can you avoid playing things conservatively?

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Journal Entry Topics

Larry Swartz



Journal Entry Topics:

A New Look at the Interactive Writing Classroom Stephen Sharp, 2011-06-16 Teaching students how to write more effectively is a goal that English teachers of all levels share How can you motivate your students to produce their best writing think critically and participate more actively in class How can you conduct workshops in your classroom that create a more dynamic interactive student centered environment This practical comprehensive guide to teaching writing offers English teachers a variety of new classroom tested instructional activities workshops lesson plans journal entries teaching strategies and creative assignments to use in their classrooms including modified mini lessons and group discussions that engage students and stimulate critical thinking Emphasizing the proven benefits of cooperative learning the book includes step by step instructions for special writing workshops on invention strategies critical reading thesis statements draft feedback narrative writing debates outlining introductions proofreading and editing and much more Additional topics include how to coach students manage problematic students attack plagiarism and deal with student evaluations Journals in the Classroom Judith Ann Isaacs, Janine Shinkoskey Brodine, 1994 This book provides valuable advice on how to initiate or supplement a journal writing program in your classroom Learn how journal writing promotes fluency and confidence Includes over 100 tried and true ideas and a question and answer section The Embodied Teen Susan Bauer, 2018-07-17 The first book to offer a somatic movement education curriculum adapted to the unique needs of adolescents Susan Bauer presents a groundbreaking curriculum for teaching teens how to integrate body and mind enhance kinesthetic intelligence and develop the inner resilience they need to thrive now and into adulthood Designed for educators therapists counselors and movement practitioners The Embodied Teen presents a pioneering introductory student centered program in somatic movement education Using the student's own body as the lab through which to learn self care injury prevention body awareness and emotional resilience Bauer teaches basic embodiment practices that establish the foundation for further skill development in sports dance and leisure activities Students learn the basics of anatomy and physiology and unlearn self defeating habits that impact body image and self esteem By examining their cultural perceptions they discover their body prejudices helping them to both respect diversity and gain compassion for themselves and others Concise and accessible the lessons presented in this book will empower teens as they navigate the volatile physical and emotional challenges they face during this vibrant powerful stage of life **Teaching Tough Topics** Larry Swartz, 2020-01-15 Teaching Tough Topics shows teachers how to lead students to become caring citizens as they read and respond to quality children's literature It focuses on topics that can be challenging or sensitive yet are significant in order to build understanding of social justice diversity and equity Racism Homophobia Bullying Religious Intolerance Poverty and Physical and Mental Challenges are just some of the themes explored The book is rooted in the belief that by using picture books novels poetry and nonfiction teachers can enrich learning with compassion and empathy as students make connections to texts to others and to the world

Educational Technology Beyond Content Brad Hokanson, Gregory Clinton, Andrew A. Tawfik, Amy

Grincewicz, Matthew Schmidt, 2020-04-09 This book is the outcome of a research symposium sponsored by the Association for Educational Communications and Technology AECT Consisting of twenty four chapters including an introduction and conclusion it argues that informational content should not be the main element of education and that to provide more for learners it is necessary to go beyond content and address other skills and capabilities It also discusses the false premise that learning is complete when the information is known not when learners seek more their own directions answers and ideas The authors assert that the ability to synthesize solve problems and generate ideas is not based on specific content although education often focuses solely on teaching content Further they state that content can be separated from the learning process and that instructional design and educational technology must be about the skills habits and beliefs to be learned

Instructor's Manual to Accompany The International Story Ruth Spack, 1998-07-28 The International Story is an anthology with guidelines for reading and writing about fiction The Instructor's Manual provides teaching suggestions detailed notes and summaries of the readings in the Student's Book *Multiethnic American Literatures* Helene Adams Androne, 2014-12-08 This book provides original essays that suggest ways to engage students in the classroom with the cultural factors of American literature Some of the essays focus on individual authors works others view American literature more broadly and still others focus on the application of culturally based methods for reading All suggest a closer look at how ethnicity culture and pedagogy interact in the classroom to help students better understand the complexity of works by African Americans Native Americans Asian Americans Latinos and several other sometimes overlooked American cultural groups Instructors considering this book for use in a course may request an examination copy here **Using Journals With**

Reluctant Writers Scott Abrams, 2000-05-11 I loved the book and the soulful responses it generated from my reluctant writers Dee Conklin Ph D Teacher Reno Sparks Indian Colony Reno NV This journal program is authentic and gets students to write Because the journal topics reflect current issues my students respond positively And I get great insight into their lives Carol Popowich Resource Teacher Marshall Alternative High School Bend OR This is a book that is sorely needed I'm impressed with the mature way the topics are presented to the students Rob Owens Teacher Washburn Rural High School Topeka KS This is one of the best books I have seen on topics for writing All students could benefit from this not just the reluctant writer Carol Miller Intervention Specialist Mineral Ridge High School Mineral Ridge OH Inspire your students to communicate and reflect through writing Using Journals With Reluctant Writers is an effective language arts tool for teachers especially those who teach at risk alternative and special education students Designed to inspire even the most reluctant writers journal topics are followed by non revealing non threatening exercises to introduce writing as a means of expression and to allow students to test teacher reactions Positive teacher responses then encourage students to move on to material that require more personal reflection and further elaboration Whether using the journals for daily practice or weekly

assignments teachers can effectively lead students through critical thinking self discovery and ultimately more relevant and proficient writing Each chapter begins with a topical thought provoking quote and concludes with suggested videos and related readings that can be used for more comprehensive assignments Using Journals With Reluctant Writers also assists teachers and students in creating a complete language arts portfolio Highlights of this teacher s guide include Topical chapter opening quotes that instill deeper self reflection Multiple questions for each topic to encourage more in depth responses Suggested readings for more comprehensive assignments Suggested videos for each journal topic students relate well to videos Flexible format for daily entries or weekly assignments 45 journal topics for weekly assignments throughout the academic year An essential resource for any teacher who wants to motivate students to write well and write often while thinking critically about their own lives and choices

Trauma-Informed Practices for the Classroom and Beyond Laura B. Waller, William N. Bender, 2024-06-13 Find the right strategies and tools to support students who experience trauma Studies show that 46 75% of children experience trauma often resulting in challenging behavior depression and anxiety as well as long term physical and mental health issues Today s educators counselors and clinicians need the right strategies to help Written by experts with years of experience working with children and teens exposed to adverse childhood experiences ACEs Trauma Informed Practices for the Classroom and Beyond describes the most effective tools available and walks you through how to implement them with compassion and fidelity Inside you ll find Detailed and easy to implement interventions that alleviate the effects of trauma including mindfulness journaling restorative justice and more Trauma informed practices to use with all students regardless of their age or the duration or frequency of their trauma exposure Ways educators can prepare their classrooms and schools to support students who experience ACEs This how to guide and its companion website with discussion points recommended videos and additional resources equips you with evidence based techniques and instructions to support children and teens with ACEs and enhances your practice to better serve the students who need our help most

Nature and the Mind Marc Berman, 2025-08-12 From the acclaimed founder of environmental neuroscience Dr Marc Berman comes a groundbreaking guide that reveals how interacting with nature can be the secret to improved mental and physical health Dr Marc Berman the pioneering creator of the field of environmental neuroscience has discovered the surprising connection between mind body and environment with a special emphasis on the natural environment He has devoted his life to studying it If you sometimes feel drained distracted or depressed Dr Berman has identified the elements of a nature prescription that can boost your energy sharpen your focus change your mood and improve your mental and physical health He also reveals how central attention is to all of these functions and how interactions with nature can restore it Nature and the Mind is both an introduction to a revolutionary new scientific field and a helpful guide to better living In these pages he draws on his original research and research from others and shares life altering findings such as Just eleven more trees on your street can decrease cardio metabolic disorders like stroke diabetes and heart disease A short walk in

nature can improve attention by almost twenty percent decrease depression symptoms and make people feel more spiritual and self reflective More greenspace around schools and homes is related to better school performance reduced crime and improved working memory Many of these effects can be achieved even if you don't like nature With an engaging and approachable style Dr Berman offers the nature prescription for physical health mental health and social health Importantly you don't have to pack up your house and move to the country to participate The nature prescription includes practical ways to bring the outside indoors and to naturize our spaces no matter where you live The positive effects of nature don't just end at the individual contact with nature can make people more caring towards one another promote economic and racial justice encourage people to care more for the environment and more This groundbreaking guide explains why and how nature is good for our brains and bodies and gives us a window into fundamental aspects of our psychology and physiology that can be improved through interactions with nature

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