

Lesson 1 The Architect - *Setting Reachable Goals*

Journal Assignments

Write a paragraph about one of the following quotations:

"If one does not know to which port one is sailing, no wind is favorable." *Seneca*

"It takes as much energy to wish as it does to plan." *Eleanor Roosevelt*

"Obstacles don't have to stop you. If you run into a wall, don't turn around and give up. Figure out how to climb it, go through it, or work around it." *Michael Jordan*

Lesson 2 iDecide - *Making Responsible Decisions*

Journal Assignments

Write a paragraph about one of the following quotations:

"How would the person I would like to be, do the thing I am about to do?" *Jim Cathcart*

"Nothing is more difficult, and therefore more precious, than to be able to decide." *Napoleon Bonaparte*

"When you have to make a choice and you don't make it, that itself is a choice." *William James*

Lesson 3 Calibrating Sensors - Identifying and Managing Emotions

Journal Assignments

Write a paragraph about one of the following quotations:

"If you don't manage your emotions, then your emotions will manage you." *Doc Childre and Deborah Rozman*

"Feelings are much like waves; we can't stop them from coming but we can choose which one to surf." *Jonatan Mårtensson*

"The walls we build around us to keep sadness out also keeps out the joy." *Jim Rohn*

Lesson 4 Press Send - Effective Communication

Journal Assignments

Write a paragraph about one of the following quotations:

"Talking to you is like talking to the wall." *Anonymous*

"The most important thing in communication is to hear what isn't being said." *Peter Drucker*

"Speak when you are angry and you'll make the best speech you'll ever regret." *Dr. Laurence J. Peter*

"The walls we build around us to keep sadness out also keeps out the joy." *Jim Rohn*

Lesson 5 Friend Request - *Bonding and Relationships*

Journal Assignments

Write a paragraph about one of the following quotations:

"They may forget what you said, but they will never forget how you made them feel." *Carl W. Buechner*

"Shared joy is a double joy; shared sorrow is half a sorrow." *Swedish Proverb*

"The most valuable things in life are not measured in monetary terms. The really important things are not houses and lands, stocks and bonds, automobiles and real estate, but friendships, trust, confidence, empathy, mercy, love and faith." *Bertrand Russell*

"The walls we build around us to keep sadness out also keeps out the joy." *Jim Rohn*

Lesson 6 Server Not Responding - *Effects of Alcohol Use*

Journal Assignments

Write a paragraph about one of the following quotations:

"Is it you or the alcohol talking?" *Author Unknown*

"The first thing in the human personality that dissolves in alcohol is dignity." *Author Unknown*

Lesson 7 The Social Hacker - *Effects of Nicotine Use*

Journal Assignments

Write a paragraph about the following quotation:

"Cigarette smoking is just plain NASTY." *Steve Fitzhugh*

Lesson 8 The Blunt Truth - *Effects of THC and Marijuana Use*

Journal Assignments

Write a paragraph about the following quotation:

“Your life is the sum total of all the choices you make, both consciously and unconsciously. If you can control the process of choosing, you can take control of all aspects of your life. You can find the freedom that comes from being in charge of yourself.” *Robert Bennett*

Lesson 9 Not What the Doctor Ordered *Street, Prescription, and OTC Drugs*

Journal Assignments

Write a paragraph about the following quotation:

“Not feeling is no replacement for reality. Your problems today are still your problems tomorrow.” *Larry Michael Dredla*

Lesson 10 The Operating System – *Understanding Risks and Course*

Journal Assignments

Write a paragraph about the following quotation:

“Your future depends on many things, but mostly on you.” *Frank Tyger*