

Personal Growth Journal

The goal of this weekly journal is to have you write about your growth as a person.

TELL: HOW YOU HAVE GROWN PERSONALLY over the last year. Strengths, areas for growth, progress towards goals and ideas.

You will write about your thoughts, feelings, ideas, memories, and opinions in response to events **either:**

a. in the world

- *Discuss news issues/stories you have listened to/read that made you think or reconsider your ideas and opinions about things.*
 - How have you developed/changed your ideas/opinions recently?
 - Why? What prompted you to have these ideas? You may have experienced something, viewed or read about something that affected your ideas.)

OR

b. that have happened to you within the last year or so

- *Discuss how you used to feel, think, worry or be, and how you have changed, or added strategies and coping skills to your life, how you deal with pressure/stress/anxiety, friendships, or organize your time.*
 - What personal struggles have you faced at home, school or elsewhere recently (last year or so)?
 - How are you dealing with the issue/struggle?
 - How have your feelings about it changed?
 - Have you learned to live with it? If so, how?
 - How did you resolve it or how will you overcome it? What helped you deal with the issue?

Criteria

- The QUALITY of your ideas for your self-reflection is what I am looking for. I want to feel your struggle & feel your growth; it isn't a recipe or a list. It's a personal diary.

Begin with a clear introduction, and follow a logical sequence, as well as applying conventions of standard English.

- 2 paragraphs: Topic sentence, 2-3 detail sentences and a clincher.
- Include openers & powerful vocabulary (no banned words).
- Proofread for COPS. Draft quality. Symbols of Correction welcomed...
- Double spaced on paper or Google Docs (Golden Rules).