

VARSITY // BRANDS



EMPOWERMENT JOURNALS



Go Be Great!



NAME: _____

SCHOOL: _____

GRADE: _____

Your personal empowerment story.
Choose how to share your greatness!

EMPOWERMENT

/noun/ the process of becoming stronger and more confident, especially in controlling one's life and claiming one's rights.

STUDENTS HAVE THE RIGHT TO...

- live optimistically.
- act on positive motivation.
- live with respect for self and others.
- communicate with a unique voice.
- make choices about how to share their greatness.



**THIS IS
YOUR STORY**

Go Be Great!

Reach high, for the stars lie hidden in your soul. – Langston Hughes

What is an Empowerment Journal?

This journal is your guide to unlocking greatness. Within every living thing there is greatness and every example of greatness is unique. Your greatness must look different from someone else's greatness. **The world depends on this uniqueness.**

On the pages of this journal you will discover the gifts that you bring with you each and every day. You'll build the confidence and skills that you will use to unlock your greatness.

You will build **Self-Awareness** skills like recognizing and discussing your emotions. You'll learn **Self-Management** strategies that will help you stay motivated and focused. You will think about **Social Awareness** as you work to respect the unique greatness of your classmates and friends. You'll work to build trusting **Relationships** with positive communication and encouraging words. And you will demonstrate **Decision Making** that will allow you to share your greatness with the world.

This work won't be easy. You won't have all of the answers – and that's okay. No one has ever had all of the answers. And remember, greatness is unlocked through trial and error. It's okay to make mistakes – that's how you learn and grow. It's okay to be afraid – that's how you show your courage. Every emotion has a purpose and every mistake has a lesson.

It's time to unlock your greatness. GO BE GREAT!



Unlock Your Greatness

Weeks 1 - 5 Wellness Log: Physical Activity & Nutrition

Let's track our wellness goals!

Daily Physical Activity: Check the box every day that you are active for 60 minutes or more. Physical activity keeps our bodies strong and our minds focused.

Weekly Nutrition: Check the box every week that you reach your nutrition goal. That means that on most days you avoid sugary drinks and at most meals you eat a lot of fruits & veggies!

Week 1

Daily Physical Activity	Weekly Nutrition Goal
M: 60 Minutes <input type="checkbox"/>	1/2 of My Plate is Fruits & Veggies <input type="checkbox"/>
T: 60 Minutes <input type="checkbox"/>	No Sugary Drinks <input type="checkbox"/>
W: 60 Minutes <input type="checkbox"/>	
T: 60 Minutes <input type="checkbox"/>	Weekly DIY Goal
F: 60 Minutes <input type="checkbox"/>	_____
S: 60 Minutes <input type="checkbox"/>	_____ <input type="checkbox"/>
S: 60 Minutes <input type="checkbox"/>	

Week 2

Daily Physical Activity	Weekly Nutrition Goal
M: 60 Minutes <input type="checkbox"/>	1/2 of My Plate is Fruits & Veggies <input type="checkbox"/>
T: 60 Minutes <input type="checkbox"/>	No Sugary Drinks <input type="checkbox"/>
W: 60 Minutes <input type="checkbox"/>	
T: 60 Minutes <input type="checkbox"/>	Weekly DIY Goal
F: 60 Minutes <input type="checkbox"/>	_____
S: 60 Minutes <input type="checkbox"/>	_____ <input type="checkbox"/>
S: 60 Minutes <input type="checkbox"/>	

Week 3

Daily Physical Activity	Weekly Nutrition Goal
M: 60 Minutes <input type="checkbox"/>	1/2 of My Plate is Fruits & Veggies <input type="checkbox"/>
T: 60 Minutes <input type="checkbox"/>	No Sugary Drinks <input type="checkbox"/>
W: 60 Minutes <input type="checkbox"/>	
T: 60 Minutes <input type="checkbox"/>	Weekly DIY Goal
F: 60 Minutes <input type="checkbox"/>	_____
S: 60 Minutes <input type="checkbox"/>	_____ <input type="checkbox"/>
S: 60 Minutes <input type="checkbox"/>	

Week 4

Daily Physical Activity	Weekly Nutrition Goal
M: 60 Minutes <input type="checkbox"/>	1/2 of My Plate is Fruits & Veggies <input type="checkbox"/>
T: 60 Minutes <input type="checkbox"/>	No Sugary Drinks <input type="checkbox"/>
W: 60 Minutes <input type="checkbox"/>	
T: 60 Minutes <input type="checkbox"/>	Weekly DIY Goal
F: 60 Minutes <input type="checkbox"/>	_____
S: 60 Minutes <input type="checkbox"/>	_____ <input type="checkbox"/>
S: 60 Minutes <input type="checkbox"/>	

Week 5

Daily Physical Activity	Weekly Nutrition Goal
M: 60 Minutes <input type="checkbox"/>	1/2 of My Plate is Fruits & Veggies <input type="checkbox"/>
T: 60 Minutes <input type="checkbox"/>	No Sugary Drinks <input type="checkbox"/>
W: 60 Minutes <input type="checkbox"/>	
T: 60 Minutes <input type="checkbox"/>	Weekly DIY Goal
F: 60 Minutes <input type="checkbox"/>	_____
S: 60 Minutes <input type="checkbox"/>	_____ <input type="checkbox"/>
S: 60 Minutes <input type="checkbox"/>	

Weekly DIY Goal: Create a Do-It-Yourself (DIY) Goal each week. This goal can be anything! Get 8-hours of sleep each day, learn a new song on an instrument, call my favorite aunt or uncle, develop a new skill. It can literally be anything that is productive and helps you become a better version of you. You can even stretch a goal from one week to the next. These short-term goals should be fun and rewarding.

I AM POWERED BY OPTIMISM

Optimism is hopefulness and confidence about the future.
It's feeling good about what's going to happen.

.....

When I say, "it's going to be a great day," then it's easier for me to see the greatness all around me. Feeling good about working toward a goal is an important part of reaching that goal.

.....

Success is Powered by Optimism

Here are some optimistic words and phrases that I can choose to say to myself and others:

- I admire how hard you work.
 - You have amazing skills.
 - I am brave when I need to be.
 - You are so creative.
 - Excellent! Fantastic!
 - I am happy that you are my friend.
 - I learned a meaningful lesson from that mistake.
-



Sometimes bad things will happen that you can't control. Some days it will be really hard to be optimistic. Positive words help to get us back on track. Your positive words will help a friend who is having a bad day. Just remember, nothing lasts forever. Bad things will come and go. What is always true is this – YOU have greatness that is waiting to be shared with the world.

Monday: Getting to know my emotions – Trust.

Why do I feel trust?	When do I feel trust?
	
What does trust feel like?	How is trust helpful?

Use the emotion square to think about TRUST.

Trust is a good feeling that you get when you can rely on someone. It's also a feeling that you get when you believe that something will turn out the way that you want it to.

Friends trust each other to be good listeners. We trust bridges that we drive over in cars. We have a good feeling that they will stay strong and sturdy.

Use the box to the left to write some ideas about what trust means to you. Think about the why, when, what, and how of trust in your life.

Tuesday: In my own words.

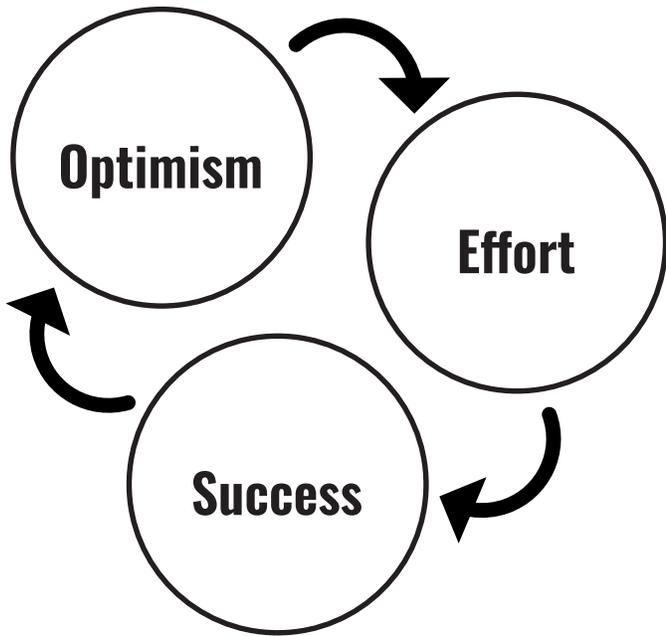
- What does it mean to be trustworthy?

Wednesday: Let's look at optimism.

- What does optimism look like? What does it sound like?



Thursday: The Optimism > Effort > Success Loop



- > **Optimism fuels Effort.**
- > **Effort fuels Success.**
- > **Success fuels Optimism.**

Think about a time when you were really excited to try something new. Then, when you gave it a try you had fun! What happened next? You wanted to try again! **That's the Optimism, Effort, Success Loop.**

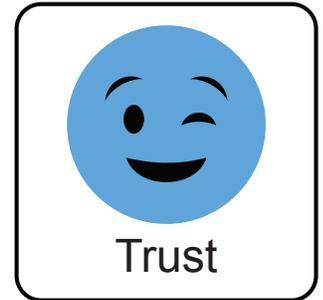
- Write about one new thing that you really want to try? Why do you want to try it?

Friday: Cause and Effect!

This week we have explored trust and optimism. Think about the things that make you feel TRUST. Write a few of those things in the “causes” box to the right.

Causes

Effect



Saturday/Sunday: This is your time.

- Think about the past week. Use this space to write anything that's on your mind.



Monday: Getting to know my emotions – Enthusiasm.

Why do I feel enthusiastic?	When do I feel enthusiastic?
ENTHUSIASM	
What does enthusiasm feel like?	How is enthusiasm helpful?

Use the emotion square to think about ENTHUSIASM.

Enthusiasm is a good feeling that you get when you are excited about a goal and are motivated to work toward that goal.

It's often easy to feel enthusiasm at the beginning of a project but it's a challenge to maintain enthusiasm for a long stretch of time. However, keeping the feeling of enthusiasm strong is a big part of success.

Use the box to the left to write some ideas about what enthusiasm means to you. Think about the why, when, what, and how of enthusiasm in your life.

Tuesday: In my own words.

- What does it mean to be enthusiastic?

Wednesday: Let's look at enthusiasm.

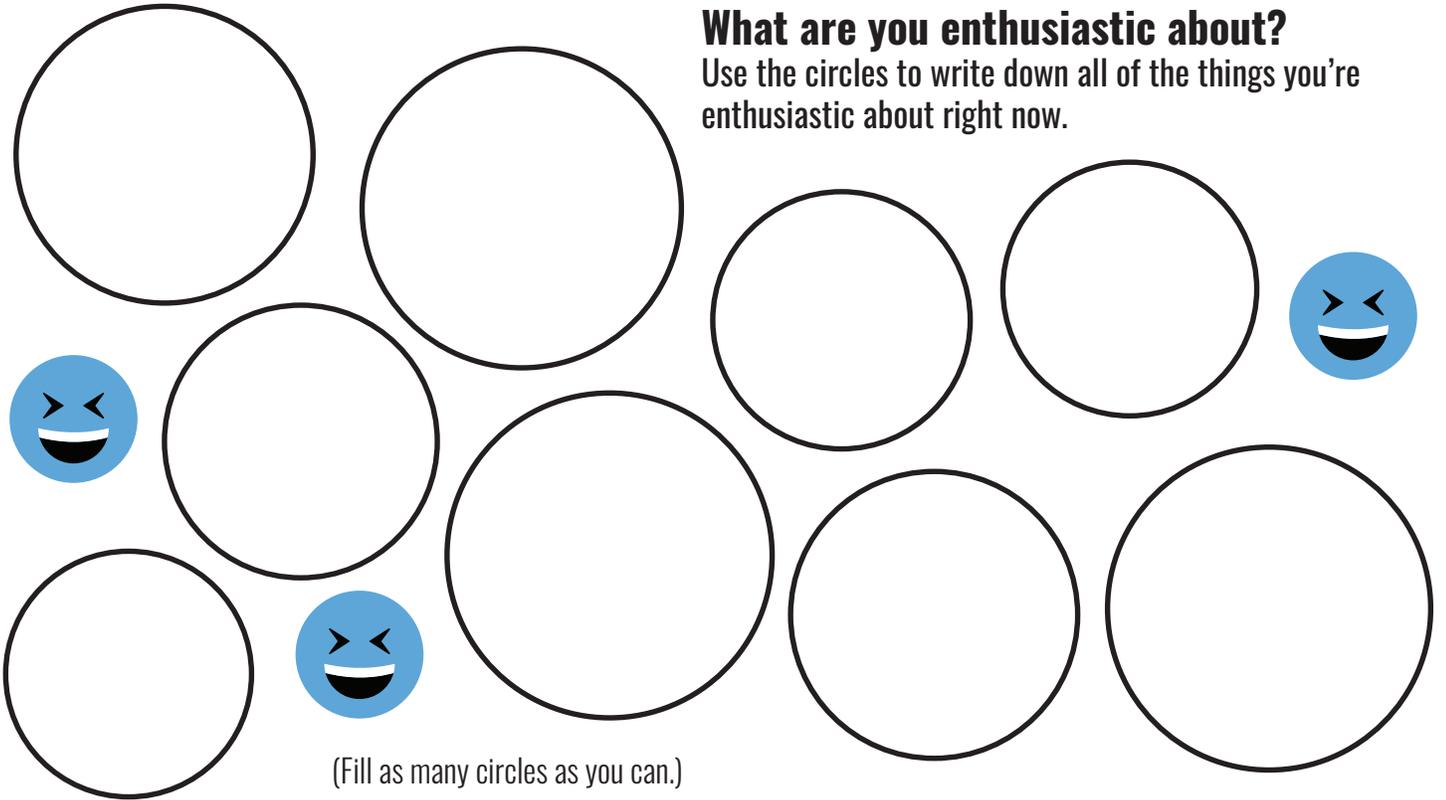
- What does enthusiasm look like? What does it sound like?



Thursday: Know Your Enthusiasm

What are you enthusiastic about?

Use the circles to write down all of the things you're enthusiastic about right now.

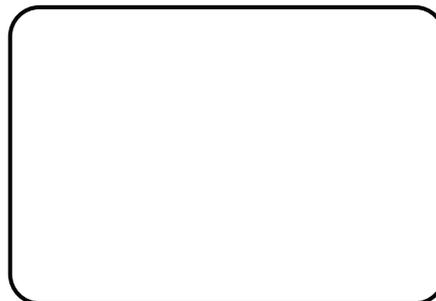


(Fill as many circles as you can.)

Friday: Cause and Effect!

This week we have explored enthusiasm. Think about the things that make you feel ENTHUSIASTIC. Write a few of those things in the "causes" box to the right.

Causes



Effect



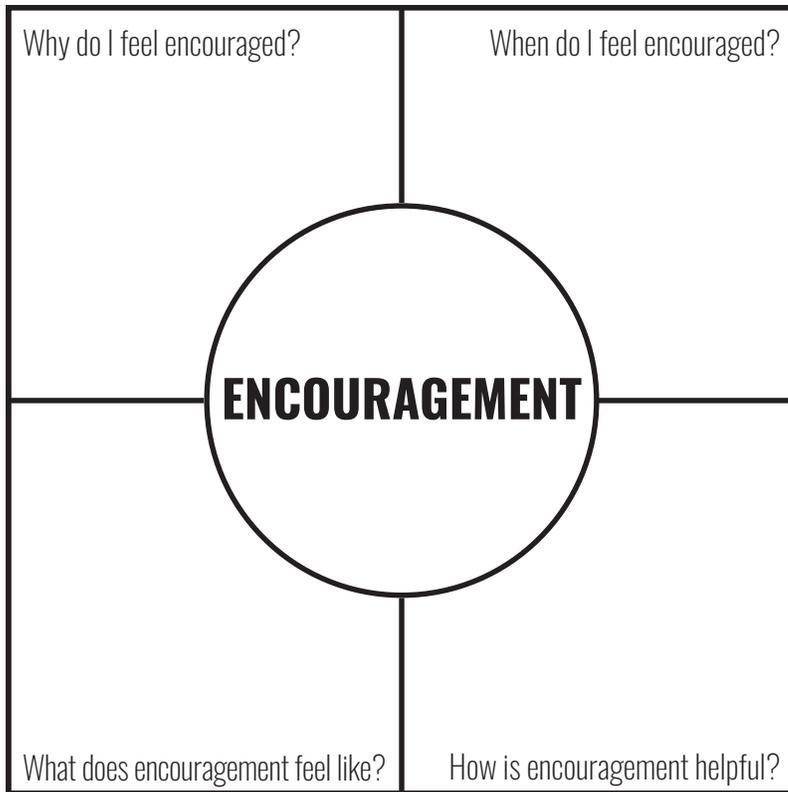
Enthusiasm

Saturday/Sunday: This is your time.

- Think about the past week. Use this space to write anything that's on your mind.



Monday: Getting to know my emotions – Encouragement.

Why do I feel encouraged?	When do I feel encouraged?
 <p>ENCOURAGEMENT</p>	
What does encouragement feel like?	How is encouragement helpful?

Use the emotion square to think about feeling ENCOURAGED.

Feeling encouraged is a positive emotion that you get when you believe things are going your way and you want to continue making progress.

The people you trust can give you encouragement to boost your energy and enthusiasm. You can give people you love encouragement when their feeling tired or disappointed.

Use the box to the left to write some ideas about what feeling encouraged means to you. Think about the why, when, what, and how of encouragement in your life.

Tuesday: In my own words.

- What does it mean to be encouraging for others?

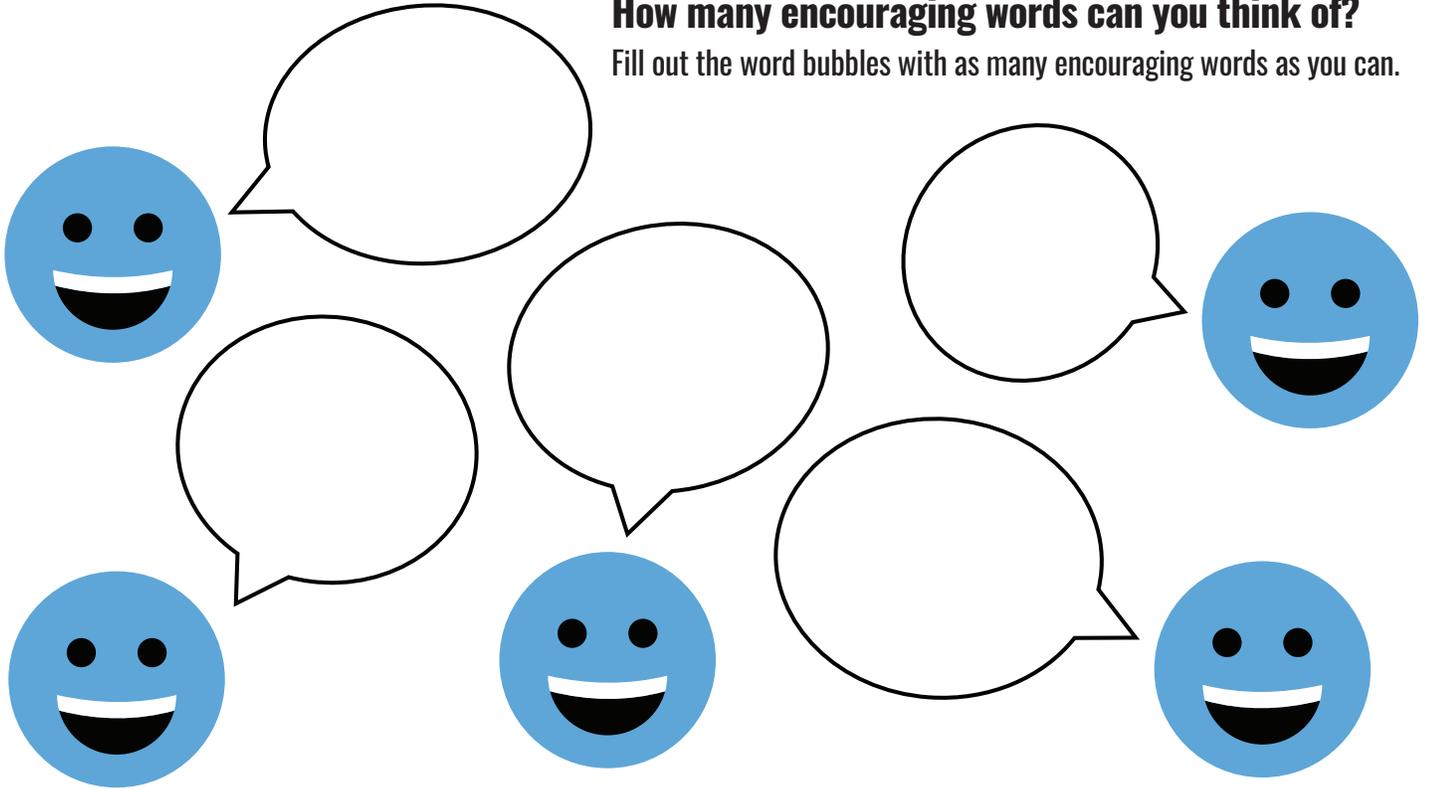
Wednesday: Let's look at encouragement.

- What does encouragement look like? What does it sound like?

Thursday: Encouraging Words

How many encouraging words can you think of?

Fill out the word bubbles with as many encouraging words as you can.



Friday: Cause and Effect!

This week we have explored the feeling of ENCOURAGEMENT. Think about the people and things that ENCOURAGE you. Write a few of those things in the “causes” box to the right.

Causes

Effect



Saturday/Sunday: This is your time.

- Think about the past week. Use this space to write anything that's on your mind.



Monday: Getting to know my emotions – Fear.

Why do I feel fear?	When do I feel fear?
FEAR	
What does fear feel like?	How is fear helpful?

Use the emotion square to think about FEAR.

We don't think of fear as a positive emotion. However, it's meant to keep us safe from danger. Fear is also useful when it tells us to ask others for help, but sometimes it's not easy to ask for help.

Fear also helps us demonstrate courage. People who act with courage feel fear, but do what's right even though they are afraid. If you're afraid to ask for help when you need it, use courage to find a person who will support you.

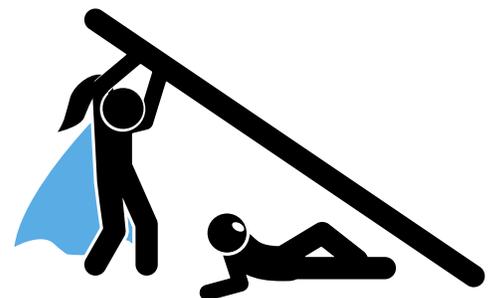
Use the box to the left to write some ideas about what feeling fear means to you. Think about the why, when, what, and how of fear in your life.

Tuesday: In my own words.

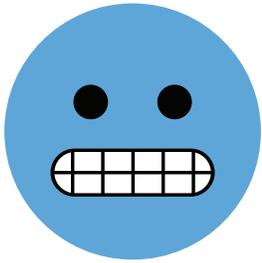
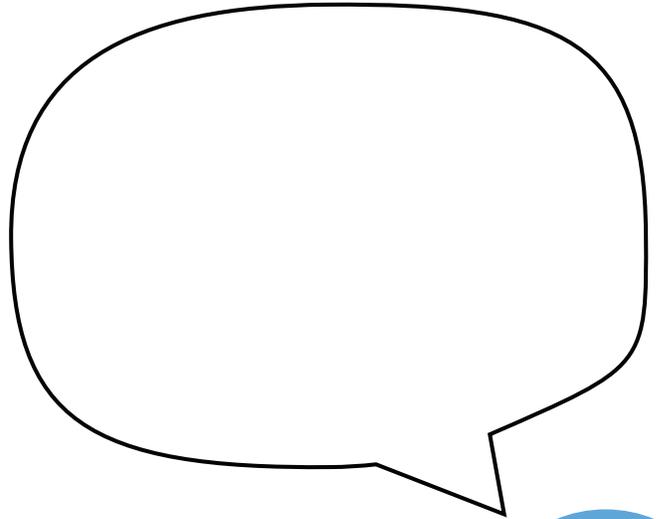
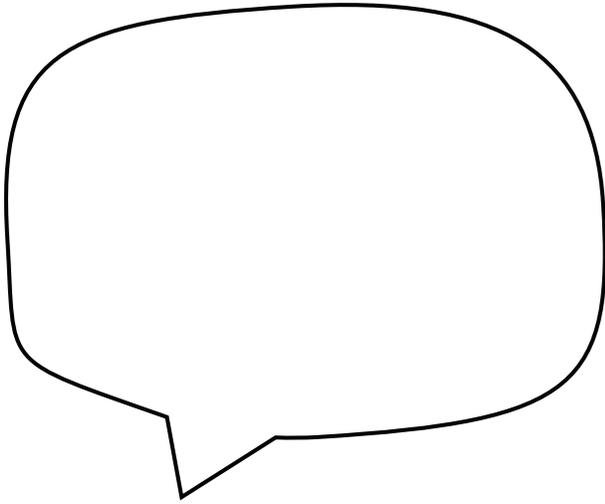
- What does it mean to feel fear?

Wednesday: Let's look at fear.

- What does fear look like? What does it sound like?



Thursday: Fear and Courage

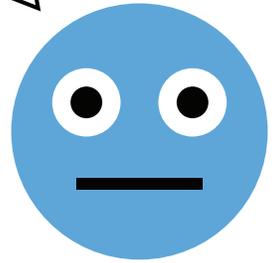


Help a friend overcome fear and act with courage!

Use the word bubbles to create a conversation between two friends.

< One friend is afraid.

The other friend wants to help. >



Friday: Cause and Effect!

This week we have explored the feeling of FEAR. What are things that make you feel afraid? Write a few of those things in the “causes” box to the right.

Causes

Effect



Saturday/Sunday: This is your time.

- Think about the past week. Use this space to write anything that’s on your mind.

Monday: Getting to know my emotions – Motivation.

Why do I feel motivated?	When do I feel motivated?
 <p>MOTIVATION</p>	
What does motivation feel like?	How is motivation helpful?

Use the emotion square to think about **MOTIVATION**.

Motivation is a positive feeling that gives us an energy boost when we're working toward a goal. Enthusiasm and Encouragement help to fuel motivation. Fear can work against motivation.

Sometimes you need to be motivated to do work that you would rather not do, like cleaning your home or taking out the trash. It can be helpful to think about how your work is helping others.

Use the box to the left to write some ideas about what feeling motivated means to you. Think about the why, when, what, and how of motivation in your life.

Tuesday: In my own words.

- What does it mean to feel motivated?

Wednesday: Let's look at motivation.

- What does motivation look like? What does it sound like?

Thursday: How to make motivation – a recipe.

Let's whip up a batch of MOTIVATION!

Use the “recipe” card to create instructions for making motivation happen for in your life and in the lives of your friends and family.

INGREDIENTS:	HOW TO PREPARE:	TIPS FOR SERVING:
(What goes into your motivation?)	(How do you get <i>and</i> stay motivated?)	(How do you use motivation?)

Friday: Cause and Effect!

This week we have explored the feeling of MOTIVATION. What makes you feel motivated? Write a few of those things in the “causes” box to the right.

Causes

Effect



Saturday/Sunday: This is your time.

- Think about the past week. Use this space to write anything that's on your mind.