



BIG LIFE JOURNAL CHALLENGE

***for 2018 version (check 2nd pg of book)**

Mentee/Mentor Name _____

VISION

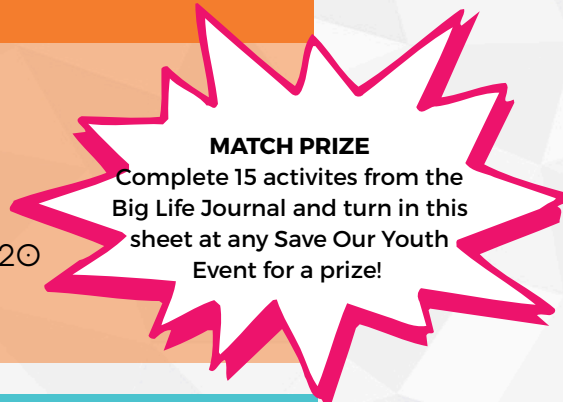
The ability to imagine a future that is brighter and better than the past, inspiring hope and purpose.

- In the Zone p34-37
- Defining Success p70-71
- Discovering New Joy p42-45
- 10 Years From Now p78-79
- World Issues p46-47
- Who You Want to Be p80-81
- Interviewing Others p56-59
- Vision Board p84-86
- Your YouTube Channel p62-65
- The World in 50 Years p94-95

WAY

Exposure to undiscovered pathways helps inform decisions to turn a vision into reality.

- Exploring Jobs p54-55
- Create a Bucket List p72-75
- What Are Goals? p98-101
- Setting Your goals p102-108
- Brainstorm New Skills p114-117, 120
- Support System p124-125



MATCH PRIZE

Complete 15 activities from the Big Life Journal and turn in this sheet at any Save Our Youth Event for a prize!

WILL

The personal drive, skills, mindset, and support needed to walk the path, overcome challenges, and stay on course.

- Growth Mindset p8-15, 21
- Positive Affirmations p22-27
- Creating an Awesome Jar p112-113
- Good/Bad Habits p126-127
- Science Behind Quitting p128-131
- Overcoming Obstacles p133-139

