



BIG LIFE JOURNAL CHALLENGE

***for 2024 updated version (check 2nd pg of book)**

Mentee/Mentor Name _____

VISION

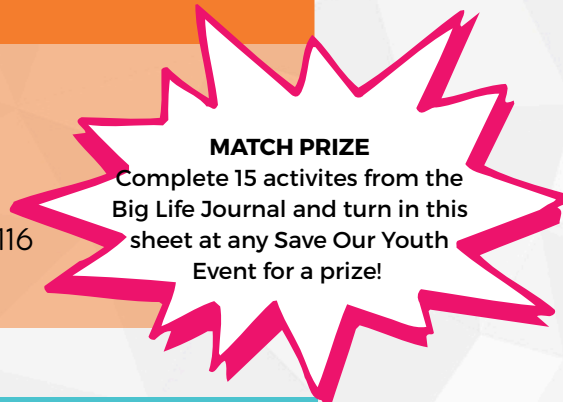
The ability to imagine a future that is brighter and better than the past, inspiring hope and purpose.

- Exploring You p34-39
- Discovering New Joy p44-47
- World Issues p48-49
- YouTube Channel p60-63
- Defining Success p70-71
- 10 Years From Now p74-75
- Vision Board p82-84
- The World in 50 Years p92-93

WAY

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

- New Activities p56-57
- Create a Bucket List p76-79
- What Are Goals? p96-98
- Setting dreams/goals p99-106, 116
- Brainstorm New Skills p110-113



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 p8-17, 23
- Positive Affirmations p24-29
- Gratitude p68-69
- Energize Yourself p114-115, 134-137
- Overcoming Obstacles p120-125
- Good/Bad Habits p126-127
- Science Behind Quitting p130-133
- Awesome Jar p152-153

