

A large yellow pencil graphic is positioned vertically on the left side of the page, with its tip pointing upwards. The pencil's body extends across the top of the page, forming a horizontal border. The eraser is pink and the ferrule is silver. The main body of the pencil is yellow with a thin black outline. The page content is enclosed in a yellow border that follows the pencil's path.

Journal Activity

The first step in jumping the hurdle is to identify it. List some hurdles you have had or are now facing. Pick one of those hurdles and list 5 options that could help you jump over that hurdle.