

A large yellow pencil graphic is positioned vertically on the left side of the page, with its tip pointing upwards. The pencil has a pink eraser at the top and a silver ferrule. The main body of the pencil is yellow with a black outline. The page is framed by a thick yellow border that follows the shape of the pencil's body.

Journal Activity

Identify something you have accomplished:

- How did you feel when you accomplished it?
- How can that feeling help you accomplish more?
- Did you ever feel like giving up...?
- How did you push through those feelings of wanting to give up?
- What is something you want to accomplish in the future?
- How will Desire, Time, & Effort help you accomplish it?