

Appendix C

Student Journal Prompts

1. What was your growth area from the survey? If you had multiple, please choose one.
Choose a mantra for your growth area and write it five times below.
2. Which mantra did you choose?
Why did you select this mantra? How (or when) do you see yourself using it?
3. Identity: List 3-5 characteristics that define your identity.
How does your mantra relate to your identity? Use at least 1 example to support your answer.
4. Make a collage (on any app or using magazines) that represents your mantra. Print it out and glue it below.
5. What does it feel like to recite your mantra? Circle 1-2 emotion words below.
Why did you choose that quadrant? Talk about your emotional and physical experience when you recite your mantra.
6. Choose a song that relates to your mantra.
Why did you choose this song? Use at least one musical element (dynamics, tempo, instruments, lyrics, etc.) to explain your answer.
7. Think about a moment in life that you really struggled. Write about that moment below.
Would the mantra have helped you get through this difficult time? Why or why not? (at least one example)
8. What mantra do you wish your family members had?
Come up with a mantra that would work for our school community. If we were to post something in the hallway to help everyone, what should it say?
9. Calendar to track progress.

CHECK-IN: HOW OFTEN ARE YOU USING YOUR MANTRA?						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1108 Morning ☐ Recall ☐ Evening ☐	1109 Morning ☐ Recall ☐ Evening ☐	1150 Morning ☐ Recall ☐ Evening ☐	121 Morning ☐ Recall ☐ Evening ☐	122 Morning ☐ Recall ☐ Evening ☐	123 Morning ☐ Recall ☐ Evening ☐	124 Morning ☐ Recall ☐ Evening ☐
125 Morning ☐ Recall ☐ Evening ☐	126 Morning ☐ Recall ☐ Evening ☐	127 Morning ☐ Recall ☐ Evening ☐	128 Morning ☐ Recall ☐ Evening ☐	129 Morning ☐ Recall ☐ Evening ☐	1210 Morning ☐ Recall ☐ Evening ☐	1211 Morning ☐ Recall ☐ Evening ☐
1212 Morning ☐ Recall ☐ Evening ☐	1213 Morning ☐ Recall ☐ Evening ☐	1214 Morning ☐ Recall ☐ Evening ☐	1215 Morning ☐ Recall ☐ Evening ☐	1216 Morning ☐ Recall ☐ Evening ☐	1217 Morning ☐ Recall ☐ Evening ☐	1218 Morning ☐ Recall ☐ Evening ☐
1219 Morning ☐ Recall ☐ Evening ☐	1220 Morning ☐ Recall ☐ Evening ☐	1221 Morning ☐ Recall ☐ Evening ☐	1222 Morning ☐ Recall ☐ Evening ☐	1223 Morning ☐ Recall ☐ Evening ☐	1224 Morning ☐ Recall ☐ Evening ☐	1225 Morning ☐ Recall ☐ Evening ☐
1226 Morning ☐ Recall ☐ Evening ☐	1227 Morning ☐ Recall ☐ Evening ☐	1228 Morning ☐ Recall ☐ Evening ☐	1229 Morning ☐ Recall ☐ Evening ☐	1230 Morning ☐ Recall ☐ Evening ☐	1231 Morning ☐ Recall ☐ Evening ☐	1102 Morning ☐ Recall ☐ Evening ☐