

My Thinking Journal

The word journal comes from the French word "jour" which means day. A journal is a book for keeping a daily record like a diary. We are going to keep a thinking journal. This means you'll be recording something about your thinking in your journal every day. Your journal is your record about your thinking from day-to-day. Below you will find questions that will help you record your thinking for today.

The journal of _____
 (Your Name) _____ (Date)

Irresponsible Thinking Today:

1. Have you done something that hurt another person? What did you do?

2. What were you thinking before you hurt this person.

3. How was this person hurt by your actions?

4. What thinking will help you stop hurting other people?

5. Explain what life will be like for others and for you when you are making right choices.

Responsible Thinking Today:

1. What have you done that helped another person today?

2. What were you thinking when you helped this person today.

3. How was this person helped by you?

4. What were you thinking when you helped them?

5. What thinking will help you to continue to help others?

