

## StudentsXpress ENJOY THE JOURNEY

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Draw a picture of yourself doing something that makes you happy.  
What are you doing in the picture? Why does it make you happy?

Write about the people you enjoy being with on your journey each day.  
What makes these people special? Draw a picture of them.

How do you shut down negative self-talk in order to enjoy life?  
What are some of the positive things you tell yourself and others?

Write about a time you turned a negative situation  
into something positive?

Draw a picture or a write a story/poem just to make someone smile.

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Please turn in your submissions to your teacher  
or [rachel@studentsxpress.com](mailto:rachel@studentsxpress.com) by November 13

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