Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Journal Entries Chapter 8: Thinking Positively about the Future**

1. Write five positive statements about your future.
2. Write five beliefs that will help you to be successful in the future.
3. Psychologists Martin Seligman and Sonya Lyubomirsky write about the secrets to happiness. List five of their ideas and tell whether you agree or disagree with them.
4. Write five intention statements about increasing your future happiness.

I intend to

1. Henry Ford said, “Whether you think you can, or think you can’t …you’re right.” Base on this quote, how can your thoughts help you to be successful in college and in your career?