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. What is one behavior you would like to change to increase success and happiness in your life? Using the model just outlined, what are some beginning steps to making this change?