**Journal Entries Chapter 9: Thinking Positively about the Future

Name:**

Directions: The journal entries are an opportunity to think about the material in the text and apply it to your own life. Answer the questions with a paragraph or list rather than a phrase or sentence.

1. Consider the life stage theories of Erik Erikson, Daniel Levinson, and Gail Sheehy, and then write a paragraph about your current life stage and whether you agree or disagree with their theories. Here is an easy outline:

According to Erik Erikson, my life stage is

According to Daniel Levinson, my life stage is

According to Gail Sheehy, my life stage is

I agree with or I disagree with

1. Write five intention statements about thinking positively about your life. In thinking about your statements, consider these factors: optimism, hope, future-mindedness, belief in yourself, the self-fulfilling prophecy, positive self-talk, affirmations, visualizing your success, and successful beliefs.
2. Psychologists Martin Seligman and Sonya Lyubomirsky write about the secrets to happiness. Write about four of their ideas with which you agree or disagree.
3. Write five intention statements about increasing your future happiness. I intend to . . .
4. Henry Ford said, “Whether you think you can, or think you can’t . . . you’re right.” Based on this quote, how can your thoughts help you to be successful in college and in your career?