

## **WEEK #10**

Questions for your Challenge to Change journal entries are from “The Harbor TV” video on “Change Your World,” by Brent Aragon. If you missed the video on Monday, ask Mr. V for the video link.

### **Tuesday**

1. What changes can you make in your life in regards to how you see yourself and how you treat others?
2. What can you do today to affect those in your immediate circle? To affect those outside of your immediate circle?

### **Monday**

1. When have you felt belittled by something that someone else said about you? What did that person say (or do) to hurt you?
2. How can you put Brent’s advice into action to cope with those feelings in the future?