



## UNIT 1 • LESSON 1 JOURNAL PROMPTS

What does “on time” mean to you? Under normal circumstances, what prevents you from showing up on time? Explain your answer.

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When you are on time and others are late, how does it make you feel?

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Overscheduling activities can often lead to absences or tardiness. Do you feel as though you participate in too many activities during one day? Does this lead to missing obligations or arriving late? Explain your answer.

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Are you known as someone who can be relied on to show up or someone who often is nowhere to be found? If the latter applies to you, what actions can you take to make a change?

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List several distractions that often stand in your way from either showing up at all or being on time. What can you do to eliminate the distractions? Explain your answer.

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DATE \_\_\_\_\_