



Project Checklist

Focus on the Positive

Purpose: The purpose of this project is to practice being aware of your thoughts and feelings, as well as the impact of your responses on others.

Overview: Keep a daily record of your moods and attitudes for a minimum of two weeks, noting when you feel positive or negative, your successes and efforts, and three things for which you are grateful. Record and evaluate any changes in your behavior or the behavior of those around you. At a club meeting, share some aspect of your experience. You may choose to schedule a 2-to 3-minute report or a 5-to 7-minute speech. After completing your speech, submit your signed Project Completion Form to your Vice President Education to indicate you completed the journal.

This project includes:

- ▶ Recording your daily moods and attitudes for a minimum of two weeks
- ▶ A 2- to 3-minute report or a 5- to 7-minute speech
- ▶ The Project Completion Form

Your speech can be persuasive, humorous, informational, or crafted in any style that appeals to you and supports your speech content

Keep a daily record of your moods and attitudes for a minimum of two weeks.

Note when you are feeling positive or negative, your successes and efforts, and three things for which you are grateful. (Remember, you will not be required to share the intimacies of your journal with any member of your club.)

After noting your feelings, make note of any changes in your behavior or the behavior of those around you.

After two weeks, evaluate changes and trends.

Schedule your report or speech with the Vice President Education. You may choose to deliver a 2- to 3-minute report or a 5- to 7-minute speech.

Write your report or speech.

Rehearse your report or speech.

Submit your signed Project Completion Form to the Vice President Education.

When all components of your assignment are finished, complete your self-reflection by adding what you have learned to the last column of the Know-Wonder-Learned activity.