Season 2 | Episode 7

**Elise Swopes**

**Instructions:** Watch the video on YouTube ([LINK HERE](https://youtu.be/Ocw_LUG4n0U)), and then answer the questions below on this page.

**[Writing Prompt 1]** The past couple of months have been a reality that none of us would have chosen. In Episode 7, Elise Swopes reminds us that practicing positivity and staying healthy is essential to reaching your long-term goals. List 2 things you’re doing today to stay positive and healthy.

**[Writing Prompt 2]** Even when things seem out of your control, there are opportunities to begin creating the person that you want to become. Imagine yourself 6 months in the future. Describe one major improvement you’ve made during that time and how you feel about your future accomplishments.

**[Writing Prompt 3]** Finally, list 2 things you will do tomorrow to begin building this future version of yourself.

share your dreams and goals on social media using #believeinyouchallenge