



Season 2 | Episode 7
Elise Swopes

Instructions: Watch the video on YouTube ([LINK HERE](#)), 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