**Knightly Journal Assignment**

English 2



For a week you will keep a daily journal of the deeds and acts you perform that relate to your oath (this includes Saturday and Sunday). This will help to keep you focused on your desired improvements.

If you do more than one good deed/act in a day related to your oath, feel free to write about all of your good deeds. If you do not do a good deed/act one day, still write a journal, but tell why you were unable to meet your goal, or write about one of the topics listed below.

**Title each entry with the date.**

**Write at least ½ page of binder paper per day.**

**You should have at least seven journal entries.**

**35 points**

**Due on \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Here are some ideas of what to write:

* How successful were you today at following your oath?
* How will following this oath help you?
* How do you think you will feel at the end of the week if you accomplish the oath?
* How will you feel if you do not accomplish the oath?
* How do you feel as you are making this change in your life? Is change easy or difficult for you?
* How are you keeping yourself motivated to carry out the oath this week?
* What do you tell yourself when you fail at something in life?
* What do you tell yourself when you succeed at something in life?
* What if everyone carried out your oath- what would the world be like?
* Do those around you influence how successful you are at accomplishing your goals? Do they affect you in a positive or negative way?
* Has your oath had an effect on someone besides you?
* How have your friends/parents/siblings/others reacted to your oath? Did you tell them about it?
* Were you knighted in class and did you share your oath with your classmates? How did that make you feel? If you did not share it with the class, why didn’t you?
* What challenges have you faced in attempting to carry out this oath?
* At the end of the week- how do you feel about this assignment? Was it worthwhile? Will you continue to carry on your oath even though the assignment is over?