Everyone gets off course at times, but only those who are self-aware can make a course correction to improve their lives.

**1. Write about a time when you were off course and took effective actions to get back on course.** Examples include ending an unhealthy relationship, entering college years after high school, changing careers, stopping an addiction, choosing to be more assertive, or changing a negative belief or bias you held about yourself, other people, or the world. Dive deep in your journal entry by asking and answering questions such as the following:

* In what area of my life was I off course?
* What choices had I made to get off course?
* What changes did I make to get back on course?
* What challenges did I face while making this change?
* What personal strengths helped me make this change?
* What benefits did I experience as a result of my change?

If I hadn’t made this change, what would my life be like today?

**2. Write about an area of your life in which you are off course today.** If you need help in identifying an area, review your desired outcomes and experiences from Journal Entry 8 and your goals and dreams from Journal Entry 9. Explain which area of your life is furthest from the way you would like it to be. What choices have you made that got you off course? What will be the effect on your life if you continue to stay off course?

The fact that you’ve made positive changes in the past is a good reminder that you have the personal strengths to make similar changes whenever you wish. All you need is the awareness that you’re off course and the motivation to make new choices.

Student story

1-Sarah was aware that her choices were not the best. She states that she was doing things she knew she shouldn’t be doing. Think of a time when you did something you knew you shouldn’t do. Why did you do it? How did you feel after you did it? Were there any consequences related to your behavior?

2. Sometimes you can consciously avoid a bad choice by making another choice preemptively. For example, if you know a certain friend will want you to go out and party, you might make a healthy plan with another friend first. Or, if you know that you’ll be tempted to purchase food that’s bad for you at a certain store, you might choose to take a different route home. It’s important to develop the ability to say “no” in your life, but it’s also helpful to think critically about the temptations you face each day. What kind of preemptive choices could you make in your own life? How could you avoid or say “no” to the negative experiences that limit your success?