Why Try?

Labely period #3

Tearing Off Your Label

Writing & discussion prompts:

What is a label?

What does it tell us?

What are some of the labels teenagers get put on them?

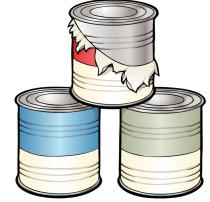
Which of those labels are positive? Which are negative?

What labels am I wrapped in?

What are the advantages I get from my label?

In what ways does my label limit me?

Who could you be WITHOUT the label?



Sun	Mon	Tue	Wed	Thu	Fri	Sat
23	24	25	26	27	28	29
What one action am I going to do to set myself up for a positively productive week?						What action did I take today to tear away at my labels?
			Ask my self each ni			
	Wh	at did I do today to tea	ar off my label? How	can I do more of this	tomorrow?	
What is the one positive statement I am going to tell myself this week?	Oct 1	2	3	4	5	What action did I take today to show my true, unlabeled, self?
	Wh	at did I do today to te	Ask my self each ni ar off my label? How		tomorrow?	
7	8	9	10	11	12	13
Game Time! What one action am I going to take to end GP #3 strong?						What action am I going to do today in recognition of my bravery to be myself, and label free?
			Ask my self each nig	ht:		
	Wha	t did I do today to tea			omorrow?	













