**Magazine Article‬**

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| Sometimes people say they are unhappy and feel negative about their lives. Why do you think this is? How could they develop a more positive approach? Write an article for your school magazine explaining your views andencouraging teenagers to overcome obstacles and be successful.  ‬ The advantages of planning your future and setting goals‬‬. The value of role models in inspiring young people and giving them someone  to look up to - finding someone to admire and model. The value of getting involved in community projects‬‬. The importance of doing things which bring pleasure (e.g. learning a new  skill, having a hobby, spending time with family and friends). ‬‬Because it's a magazine article you should use **interesting, descriptive** language and include an interesting **title** to catch the reader's attention. You can also break your writing up by including **sub-headings**.  Make sure you use your **own words** and don't copy from the Internet. Keep your audience and purpose in mind and write it in a way that is interesting for your peers to read. ‬‬ |
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**Assessment Task 2:** ‬

**Reflective Journal‬**

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| Each week, we are looking at a tool, tip or technique to help you take your life to the next level. As an athlete trains his or her body, so we must train our brain if we want to get the full benefits of a successful life. Each week write a reflective journal piece answering the following questions about the tool, tip or technique of the day.‬* What was the tool, tip or technique of the week?
* What is its purpose: How can it help you?
* How might you apply it this week? How are you going to practice it?
* What could be the benefit of practicing this tool?
* What have you learnt from the exercise today?
* Any other thoughts you have had.

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