

## **Tuesdays with Morrie Journal**

*As we read Tuesdays with Morrie, you will maintain a reflective journal with different topics that relate to the novel. For each topic, try to write at least half a page.*

### **Missive Mondays**

A missive is a letter, especially a long one. Write a letter expressing something you have been meaning to tell someone. Write at least ONE PAGE.

### **Truthful Tuesday**

“The truth will set you free”

Is there something that you need to be honest about? Is there a painful truth that you have learned about life? Meditate on the idea of truth and write about it.

### **Wisdom Wednesdays**

Each Wednesday, write at least half a page describing a life lesson that you learned.

At the end of the paragraph, summarize your lesson into an aphorism. An aphorism is a short observation that contains a truth. In the book, Morrie shares many of his aphorisms.

Examples:

- It's better to have loved and lost than never to have loved at all.
- An apple a day keeps the doctor away
- Death ends a life, not a relationship

### **Thankful Thursdays**

In Tuesdays with Morrie, we learn that thankfulness is a major characteristic of Morrie's life.

Write at least half a page reflecting on something that you are thankful for. You can even write a thank you letter for someone.

### **Future Friday**

Visualization can help you achieve your future goals. On Fridays, visualize something that you wish to accomplish. Imagine it with as much detail as you can. Now, describe what moment using imagery. Half a page.