

'Different Ways of Living' Journal  
Daily Entry Prompts

- Your observations (barriers and challenges encountered, reactions of other people to the student who was 'disabled')

I noticed that: \_\_\_\_\_

I observed: \_\_\_\_\_

It was challenging for the person with the disability to: \_\_\_\_\_

Other people reacted to the person with the disability this way: \_\_\_\_\_

- Your reactions (thoughts and emotions)

I felt: \_\_\_\_\_ when \_\_\_\_\_

This is what I was thinking: \_\_\_\_\_

I wonder if: \_\_\_\_\_

- New insights (new understanding which made you realize that you'll change your own behavior towards people with disabilities, and what specific changes you plan to make)

Now I understand: \_\_\_\_\_

Now, whenever I see a person with that disability I will/will not: \_\_\_\_\_

- New things you've learned (specific things)

The most important thing I learned was: \_\_\_\_\_