



My Student Journal



Here is your student journal for following in Master Ted Sun's teachings. Master Ted Sun recommends a journal as a way to get to know yourself and have the opportunity to chronicle your journey.

"We must be open-minded and open-hearted towards everything we encounter and control and minimize our emotional outbursts towards unexpected events. When you communicate with yourself, you can organize your thoughts and have a clear understanding of your thought process."

Master Ted Sun



If you are doing these experiences in class, you will be ready to find ways to deal with the many social and emotional challenges you will face in middle school.

Master Ted Sun has helped many people to find a happy life through his advice and counsel. There is really only one person you can control and that is yourself. When people are negative or hurtful, you can let them hurt you or you can respond with a strong sense of who you are and either ignore their comments or answer with a positive response.

*You become the person in control if you can realize you are important
to you and you matter !*

This is a journey to get you to realize your self-worth. You can be in charge of you. Of course, respecting your family, parents and elders is an important foundation for you. Respecting your teachers is a given. But learn to love and respect yourself. You do that by making honesty, integrity and kindness tools in your own "toolbox".

This guide will teach you about using visualization to provide you with positive energy. This is a gift you can use when you need to step back and recharge your batteries. These visualizations will help you center, clear your mind and be one with the universe where you belong.

Your journal is PRIVATE !

You should not share this with others. For your classes, you will have activities that will explore different important lessons. But the ones here in the journal belong to you. When you doubt yourself, come back to the positive things you wrote about yourself and be nourished! Even if your handwriting and spelling are not perfect, your thoughts belong to you and they are priceless. Try to be truthful with yourself. Here you can share all your fears, hopes and achievements without worrying if you are bragging or showing your anxiety. This is between you and your heart & soul and trying to become your best self.



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“Life is like a movie, filled with many different scenes and encounters, which will gradually make our lives more colorful as we progress through the journey in life.”

Master Ted Sun



You are the “star” of your own movie! Follow the advice to have a clear and sincere heart.

- ❖ Be kind to others
- ❖ Appreciate your many gifts and talents
- ❖ Take good care of your body
- ❖ Honor and love your family
- ❖ Be a true friend to your friends
- ❖ Honor your teacher
- ❖ Respect your school
- ❖ Care for your planet
- ❖ Treat others as you would want to be treated

Follow those simple rules and you will be successful and happy in life.

Whatever your religion, this opportunity fits into all of the good things that are taught to you. These are universal rules for growing up into a responsible and confident contributing member of society. The sooner you know yourself, the easier it will be to choose the right path and become successful. Remember that successful people are honest, trustworthy, caring, nurturing, show empathy for those less fortunate and most of all are true to themselves.