

Name _____



Reflections Over Time

Directions: Write two short journal entries about something meaningful to you (a hobby, friendship, goal, or experience). In the first entry, focus on **how long** something has lasted by using **for**. In the second entry, focus on **when** something started by using **since**.

Part 1: Journal Entry Using "For" → Write about a habit, skill, or goal you've been working on. Use **for** to show duration.

Guiding Questions:

- What activity or goal are you focusing on?
- How long have you been doing it?
- How has your experience changed over time?
- What keeps you motivated to continue?

Part 2: Journal Entry Using "Since" → Write about something that began at a specific point in time. Use **since** to show when it started.

Guiding Questions:

- When did this event or experience begin?
- How has it shaped your daily life or emotions?
- What changes have you noticed since it started?
- Why is this starting point important to you?
