Name: Date:

The Great Lock-In Challenge: Finish The School Year Strong

The Goal: From now until the final day of school, you are entering "The Great Lock-In" — a commitment to finish the school year with focus, discipline, and purpose.

Write ONE paragraph (10 sentences total) following the directions below.

Sentence 1: Introduce what you are locking in on for the rest of the school year.

Sentence 2: Explain why finishing strong is important to you.

Sentence 3: Describe the biggest distraction or obstacle you will face (phone, friends, laziness, etc.).

Sentence 4: Explain how you will overcome that obstacle.

Sentence 5: Use a metaphor to describe your mindset (for example, "I'm in the fourth quarter, and I refuse to slow down").

Sentence 6: Describe the daily habits or routines you will follow to stay focused.

Sentence 7: Explain how you will feel when you are fully locked in and giving your best effort.

Sentence 8: Imagine what your grades, mindset, or confidence will look like at the end of the year.

Sentence 9: Give yourself one piece of advice to stay disciplined and avoid slipping.

Sentence 10: End with a powerful statement beginning with: "By the last day of school, I will..."