



CHAMELEON PROJECT

Student Journal

8 WEEKS OF SUMMER TRANSFORMATION

**WHAT ARE YOUR
TRUE COLORS?**

THE CHAMELEON PROJECT

Student Journal

MY INFORMATION

Name: _____

Grade: _____

Small Group Leader: _____

My Starting Points: _____

JOURNAL INSTRUCTIONS

This journal is your personal space to reflect on each week's theme, track your growth, and document your journey through the Chameleon Project.

How to use this journal:

- Complete the weekly reflection questions
- Track your personal challenges and victories
- Record your "True Colors" moments
- Set goals for applying what you've learned

Remember, this journal is for YOU. Be honest with yourself as you answer these questions. Your journey from chameleon to champion is unique!

BEFORE WE BEGIN: WHERE I AM NOW

Date: _____

SELF-ASSESSMENT

Rate yourself on a scale of 1-10 (1 = struggling, 10 = thriving):

- **Authenticity:** _____ *How comfortable am I being my real self around others?*
- **Standing Firm:** _____ *How well do I maintain my values when pressured?*
- **Identity:** _____ *How clearly do I understand who God made me to be?*
- **Purpose:** _____ *How connected am I to God's purpose for my life?*
- **Relationships:** _____ *How healthy are my current friendships and relationships?*

MY STARTING POINT

Three words that describe me right now:

1. _____
2. _____
3. _____

One area where I tend to "change colors" to fit in:

What I hope to gain from these 8 weeks:

WEEK 1: DON'T BE A CHAMELEON

Living Your True Colors

Scripture Focus: *"Do not conform to the pattern of this world, but be transformed by the renewing of your mind."* - Romans 12:2

WEDNESDAY NIGHT NOTES

Key points from the message:

Quotes that stood out to me:

WEEKLY REFLECTION QUESTIONS

1. When was the last time you felt pressure to "blend in" rather than stand out? What happened?

2. What are some areas where you've been "changing colors" to fit in with others?

3. What's one area of your life where you've been trading long-term purpose for short-term comfort (like Esau did)?

4. What's your "even if" statement? "Even if _____, I will stand firm in my faith."

MY TRUE COLORS CHALLENGE

This week, I will stand out instead of blend in by:

I accomplished this: ☐ Yes ☐ Partially ☐ Not Yet

What I learned from trying:

POINT TRACKER

Points earned this week: _____

Activities completed: ☐ Wednesday Service ☐ Daily Devotions ☐ Weekly Challenge ☐
Bringing a Friend ☐ Other: _____

WEEKLY VICTORY

One moment I chose to be my true self instead of changing colors:

WEEK 2: FILTERS OFF

Living Authentic in a Fake World

Scripture Focus: *"Daniel purposed in his heart that he would not defile himself."* - Daniel 1:8

WEDNESDAY NIGHT NOTES

Key points from the message:

Quotes that stood out to me:

WEEKLY REFLECTION QUESTIONS

1. How much time do you spend making your social media posts "perfect"? Why do you think that is?

2. What are some "filters" you use in your everyday life (not just on social media)?

3. What parts of your faith journey do you tend to filter out when with friends or online?

4. What's one area where you need to purpose in your heart to stand firm, like Daniel did?

MY FILTERS OFF CHALLENGE

This week, I will remove these filters and be more authentic by:

I accomplished this: ☐ Yes ☐ Partially ☐ Not Yet

What I learned from trying:

POINT TRACKER

Points earned this week: _____

Points total so far: _____

Activities completed: ☐ Wednesday Service ☐ Daily Devotions ☐ Weekly Challenge ☐
Bringing a Friend ☐ Other: _____

WEEKLY VICTORY

One way I took a "filter" off and was more authentic this week:

WEEK 3: CANCEL-PROOF

Standing Firm When Culture Pushes Back

Scripture Focus: *"If we are thrown into the blazing furnace, the God we serve is able to deliver us... But even if he does not, we want you to know, Your Majesty, that we will not serve your gods."* - Daniel 3:16-18

WEDNESDAY NIGHT NOTES

Key points from the message:

Quotes that stood out to me:

WEEKLY REFLECTION QUESTIONS

1. What's the hardest part about standing up for your faith around friends or online?

2. When pressure rises, do you tend to stand firm or "turn dark" like a scared chameleon?

3. What's one biblical truth you're willing to stand on, even if it's unpopular?

4. How can you stand firm in your convictions while still showing love to those who disagree?

MY CANCEL-PROOF CHALLENGE

This week, I will stand firm in my faith by:

I accomplished this: ☐ Yes ☐ Partially ☐ Not Yet

What I learned from trying:

POINT TRACKER

Points earned this week: _____

Points total so far: _____

Activities completed: ☐ Wednesday Service ☐ Daily Devotions ☐ Weekly Challenge ☐
Bringing a Friend ☐ Other: _____

WEEKLY VICTORY

One time I stood firm in my faith when it would have been easier to blend in:

WEEK 4: LEVEL UP

Pursuing Purpose Over Popularity

Scripture Focus: *"For what will it profit a man if he gains the whole world, but loses his soul?"* - Mark 8:36

WEDNESDAY NIGHT NOTES

Key points from the message:

Quotes that stood out to me:

WEEKLY REFLECTION QUESTIONS

1. What's something you've done purely to gain popularity or followers?

2. How much of your time is spent pursuing popularity vs. pursuing purpose?

3. What dream or purpose has God placed in your heart that others might not understand?

4. What's one step you can take toward your God-given purpose this week?

MY LEVEL UP CHALLENGE

This week, I will pursue purpose over popularity by:

I accomplished this: ☐ Yes ☐ Partially ☐ Not Yet

What I learned from trying:

POINT TRACKER

Points earned this week: _____

Points total so far: _____

Activities completed: ☐ Wednesday Service ☐ Daily Devotions ☐ Weekly Challenge ☐
Bringing a Friend ☐ Other: _____

WEEKLY VICTORY

One way I chose purpose over popularity this week:

WEEK 5: MAIN CHARACTER ENERGY

Finding Your Identity in Christ

Scripture Focus: *"I praise you because I am fearfully and wonderfully made."* - Psalm 139:14

WEDNESDAY NIGHT NOTES

Key points from the message:

Quotes that stood out to me:

WEEKLY REFLECTION QUESTIONS

1. What "armor" (like Saul's) are you wearing that doesn't fit who God made you to be?

2. How often do you compare yourself to others on social media? How does it make you feel?

3. What makes you uniquely YOU? What gifts, talents, or qualities has God given you?

4. How would your life be different if you fully embraced being the main character in God's story?

MY MAIN CHARACTER CHALLENGE

This week, I will embrace my God-given identity by:

I accomplished this: ☐ Yes ☐ Partially ☐ Not Yet

What I learned from trying:

POINT TRACKER

Points earned this week: _____

Points total so far: _____

Activities completed: ☐ Wednesday Service ☐ Daily Devotions ☐ Weekly Challenge ☐
Bringing a Friend ☐ Other: _____

WEEKLY VICTORY

One way I embraced being the "main character" God created me to be:

WEEK 6: NO CAP

Dating Different in a Hookup Culture

Scripture Focus: *"God's will is for you to be holy, so stay away from all sexual sin. Then each of you will control his own body and live in holiness and honor."* - 1 Thessalonians 4:3-4

WEDNESDAY NIGHT NOTES

Key points from the message:

Quotes that stood out to me:

WEEKLY REFLECTION QUESTIONS

1. What messages about dating/relationships do you hear from culture that contradict what God says?

2. What boundaries have you set (or need to set) to honor God in your relationships?

3. How have you seen God's standards protect rather than restrict you?

4. What qualities are you looking for in a future dating relationship that honors God?

MY NO CAP CHALLENGE

This week, I will date differently/prepare to date differently by:

I accomplished this: ☐ Yes ☐ Partially ☐ Not Yet

What I learned from trying:

POINT TRACKER

Points earned this week: _____

Points total so far: _____

Activities completed: ☐ Wednesday Service ☐ Daily Devotions ☐ Weekly Challenge ☐
Bringing a Friend ☐ Other: _____

WEEKLY VICTORY

One way I chose God's standards over cultural pressure this week:

WEEK 7: SQUAD GOALS

Choosing Your Circle Wisely

Scripture Focus: *"Do not be deceived: Bad company corrupts good character."* - 1 Corinthians 15:33

WEDNESDAY NIGHT NOTES

Key points from the message:

Quotes that stood out to me:

WEEKLY REFLECTION QUESTIONS

1. Who are the five people you spend the most time with? How are they influencing you?

2. Which relationships in your life need better boundaries? Which need to be closer?

3. How can you be a light in darkness without becoming darkness yourself?

4. What qualities make up your ideal "godly squad"?

MY SQUAD GOALS CHALLENGE

This week, I will improve my circle of influence by:

I accomplished this: ☐ Yes ☐ Partially ☐ Not Yet

What I learned from trying:

POINT TRACKER

Points earned this week: _____

Points total so far: _____

Activities completed: ☐ Wednesday Service ☐ Daily Devotions ☐ Weekly Challenge ☐
Bringing a Friend ☐ Other: _____

WEEKLY VICTORY

One way I made a positive change to my "squad" this week:

WEEK 8: REFLECTING ON MY JOURNEY

Scripture Focus: *"Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think."* - Romans 12:2

MY 8-WEEK TRANSFORMATION

The biggest change I've seen in myself during these 8 weeks:

Areas where I've stopped being a chameleon and started showing my true colors:

My favorite memory from the Chameleon Project:

The most important lesson I learned:

FINAL SELF-ASSESSMENT

Rate yourself on a scale of 1-10 (1 = struggling, 10 = thriving):

- **Authenticity:** ____ *How comfortable am I being my real self around others?*
- **Standing Firm:** ____ *How well do I maintain my values when pressured?*
- **Identity:** ____ *How clearly do I understand who God made me to be?*
- **Purpose:** ____ *How connected am I to God's purpose for my life?*
- **Relationships:** ____ *How healthy are my current friendships and relationships?*

Growth areas (compare to your starting assessment):

MY COMMITMENT MOVING FORWARD

Three ways I commit to living my true colors after the Chameleon Project:

1. _____
2. _____
3. _____

People who will help keep me accountable:

POINTS & REWARDS SUMMARY

Total points earned: _____

Rewards redeemed:

Final reward selection:

MY CHAMELEON PROJECT MEMORIES

Use this space to collect signatures from friends, save meaningful quotes, or record special moments from the summer!

[BLANK SPACE FOR MEMORIES]

TRUE COLORS CONTACT LIST

Friends who help me live authentically:

Name: _____ Phone: _____

Name: _____ Phone: _____

Name: _____ Phone: _____

My Small Group:

Name: _____ Phone: _____

Name: _____ Phone: _____

Name: _____ Phone: _____

Name: _____ Phone: _____

Youth Leaders:

Name: _____ Phone: _____

Name: _____ Phone: _____

"You were created to STAND OUT, not to BLEND IN!" - The Chameleon Project