

NAME: \_\_\_\_\_



# Activity One

## Principles of Changing Your Current Reality

Your current reality is when you all of a sudden realize what's happening in the present, and how it affects the future. Maybe you're not in the place you imagined you would be at this time. Maybe you want to be further along in your career than you currently are. Defining your current reality can be hard. Follow the principles below to help change your current reality.

First, ask yourself the following questions about your current reality:

Where are you physically? \_\_\_\_\_

Where are you mentally? \_\_\_\_\_

Where are you emotionally? \_\_\_\_\_

Where are you socially? \_\_\_\_\_

Where are you spiritually? \_\_\_\_\_

Do you often feel like you're hanging on by a thread?     Yes     No

**Reflect:** What would you change about your life?

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**Act:** Imagine the change you would make. What is one outcome from this change?

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**Heal:** Understand that by changing your inner vision, you will change your outer vision. What change will you make to your inner vision?

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How will this change your outer vision?

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# Activity Two

## Realizing Your Vision Walkthrough

A life vision will help guide you through life. It will help you make decisions that lead to accomplishments. When planning your life vision, follow the tips below.

**Tell the truth:** *Don't lie to yourself about your current life. Don't make the same mistakes over and over again.*

What is one truth about your current life? What is one mistake you make over and over again?

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**Overcome obstacles:** *Be familiar with things that hold you back. Come up with strategies to fight them.*

What is one thing that holds you back? List at least 3 strategies to help fight it.

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**Narrow your focus:** *Limit the number of choices you're faced with. This will let you make careful decisions.*

Choose just one of your strategies from above. Why do you think this is your best option?

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**Know yourself:** *Ask yourself key questions. Get to know what drives you. You will be able to make your vision a reality.*

What's your biggest motivation? Why do you want your life to change?

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**Get back up when you fall:** *It's okay to fail. Just remember to try again.*

What is the worst-case scenario? How could you come back from it?

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# Activity Three



## The Mandela Effect Quiz

The Mandela Effect is when you have vivid memories of something that proves to be false. This term was coined by Fiona Broome. She remembered falsely that Nelson Mandela had died in prison in the 1980s. Below is a list of some common examples of the Mandela Effect. How many of these are you familiar with? Do you remember things wrong?

1. What colours are Uncle Sam's hat?

a) Red and white.

b) Blue and white.

2. How do you spell this popular candy bar?

a) KitKat

b) Kit-Kat

3. How do you spell this popular deli meat company?

a) Oscar Meyer

b) Oscar Mayer

4. How do you spell this popular cereal name?

a) Cap'n Crunch

b) Captain Crunch

5. Which airline is real?

a) Alaska Airlines

b) Alaskan Airlines

6. How do you spell this Disney villain's name?

a) Cruella de Vil

b) Cruella DeVille

7. What does the Evil Queen say in Disney's *Snow White*?

a) Magic mirror on the wall.

b) Mirror, mirror on the wall.

8. What famous line is said in the movie *Field of Dreams*?

a) If you build it, they will come.

b) If you build it, he will come.

Answers: 1. b); 2. a); 3. a); 4. b); 5. a); 6. a); 7. a); 8. b)

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# Activity Four

## Do Your Values Make You Happy?

Values are things you believe are important in the way you live your life. Values help decide your priorities. They help decide how to measure your life. When things don't line up with your values, this will lead to an unhappy life. When your actions do line up with your values, this shows you have integrity. Below is a series of scenarios. Determine whether the person will be happy based on the provided values.

1. Hunter values family. He works as a transport driver. His job takes him away from home a lot. Is Hunter happy? Explain.

- Yes       No

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2. Meilin doesn't value competition. She plays in a baseball league with her friends. She does value friendship. Is Meilin happy? Explain.

- Yes       No

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3. Omar values success. He does not value weakness. He is working on a group project. He's hoping to get a promotion afterward. Some of his co-workers are not pulling their weight. They are having trouble with the assignment. Is Omar happy?

- Yes       No

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Answers will vary, but may include:

- 1. No, Hunter is not happy. Although his job lets him provide for his family, he doesn't get to spend as much time with them as he would like.
- 2. Yes, Meilin is happy. Even though she doesn't value competition, she does value friendship. Playing in a baseball league with her friends lets her spend time with them.
- 3. No, Omar is not happy. He sees some of his co-workers as weak. He is worried he will not be successful.

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# Activity Five

## Goal-Setting Tips

Goals are things a person wants to reach. Goals help you plan for your future. Goal-setting is the process of making a plan to inspire someone to reach their goal. Setting goals is important to start new behaviours. It helps direct your attention. It helps keep the momentum of working towards something. Below is a series of tips to setting goals. Use this form to be successful when setting new goals.

**1. Research.** What have you learned from past failures?

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**2. Think ahead.** What are the disadvantages of NOT achieving your goal?

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What are the advantages of NOT achieving your goal?

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**3. Obstacles.** List some things that may get in the way of achieving your goal.

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**4. Solutions.** List some of the things that will help fight against these obstacles.

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**5. Support.** Ask for help from others. What advice can they share with you?

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**6. Celebrate.** Remember to take time to celebrate when a milestone is reached. Rewarding the little steps to reaching your goal will help motivate you.

**7. Focus.** Stay focused on your goal or big picture. Remember what you're working towards.

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# Activity Six



## Motivational Planner

Staying on track to meeting your goals can be hard. Some people struggle finding the motivation to move forward on their life plan. A good way to stay motivated is to reward yourself at every stage. Each time a goal is reached, no matter how small, give yourself a reward. This can be a special meal you enjoy. It can be a small gift to yourself. It can be an outing you've been meaning to take part in. This is just one way to stay motivated.

Do some research. Come up with your own plan to stay motivated. Brainstorm your ideas. Then, write up your plan below.

### I'M GRATEFUL FOR...

### TO-DO:

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_
4. \_\_\_\_\_  
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### APPOINTMENTS

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### REMINDERS

### ACHIEVEMENTS