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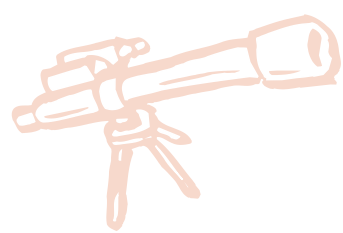
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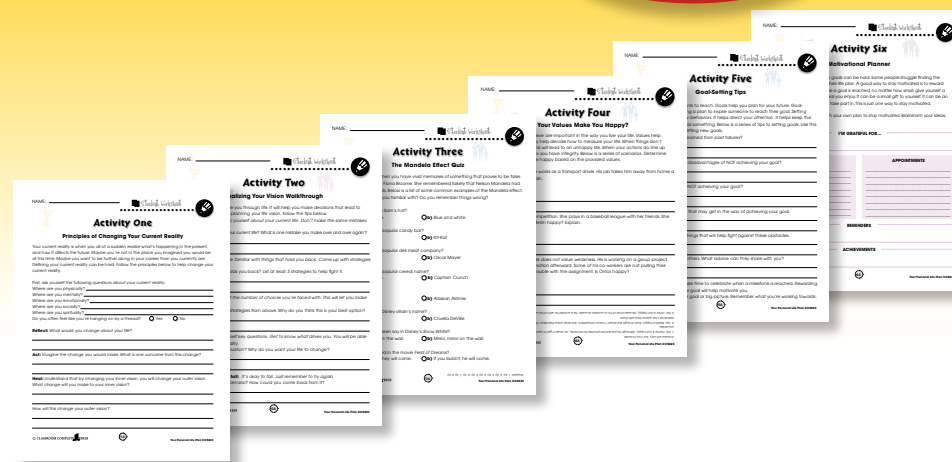
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## Define Your Current Reality

1. Mohammed is starting his last year of high school. He needs to start applying for colleges in the next few weeks. He isn't sure what he wants to do yet. He's finding it hard to pick the schools he wants to apply to without knowing what program he wants to take. What does Mohammed realize about his current reality?

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2. Makena is spending her summer break backpacking through Europe. She is visiting many museums and historical places. She went alone, thinking she would meet others on her travels. She's having a hard time with this, and feeling lonely. What is her current reality? What should she change?




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3. Complete each sentence with a word from the list.

reality    reflect    roadblocks    empowered    defining    root cause

- a) A dictionary is a useful tool when \_\_\_\_\_ words.
- b) It can be hard sometimes to understand the \_\_\_\_\_ of a situation.
- c) You can feel \_\_\_\_\_ to do something with a little support.
- d) The \_\_\_\_\_ is to blame for something happening.
- e) \_\_\_\_\_ will stop you from reaching your goal.
- f) It's good practice to \_\_\_\_\_ on the day's events to understand what happened.



## Create Your Life Vision

The last chapter explains that you must create a life plan to change your current reality. The first step in creating a life plan is to make a vision. A **vision** is the big picture of what you want your life to look like. This can be your everyday life. It could also be your hopes for the future. This is different from your long-term goals. **Goals** are individual things you want to reach. Your vision is the "why" that explains your goals.



A life vision is made up of **components**. These are: relationships, career, community involvement, spiritual practice, and health & fitness. A successful life vision will balance all of these equally.

### Roles of Your Vision

- 1. **Motivation:** A big vision will keep you excited.
- 2. **Direction:** Make life decisions that will realize your vision.
- 3. **Action:** Act like the person you aim to be.



Dong has just graduated from college. He is looking for a job at a law firm. He is hoping to rise through the ranks to become partner one day. He wants to be able to retire on a tropical island.

What is Dong's long-term goals? What is his vision?

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## Your Personal Identity

1. Put a checkmark (✓) next to the answer that is most correct.

a) What TWO questions does your identity answer? Choose 2.

- A Who am I?
- B Where am I going?
- C What am I?
- D Who will I become?

b) What factor does NOT impact your identity?

- A family
- B weather
- C culture
- D interests



2. Label each scenario as an example of the body theory or the memory theory.

a) Uzza once had a good experience with a police officer. Now she wants to work in security.

**BODY THEORY**

**MEMORY THEORY**

b) Ha-rin plays soccer for her college team. She has played soccer since she was very little.

**BODY THEORY**

**MEMORY THEORY**

c) Bruno cut his hand when he was little. Years later, he still has the scar.

**BODY THEORY**

**MEMORY THEORY**



## Your Personal Values

3. Self-reflection. Are you a role model? You may be a role model if your actions line up with your values. Determine if you are a role model. List some of your values below. Then, give an example of an action you've taken that lines up with this value. If you don't think you're a role model, then make a plan to change that. What action could you take to help your community? Make sure it lines up with your values.



### Graphic Organizer

4. Use the graphic organizer on page 30 to identify your core values.

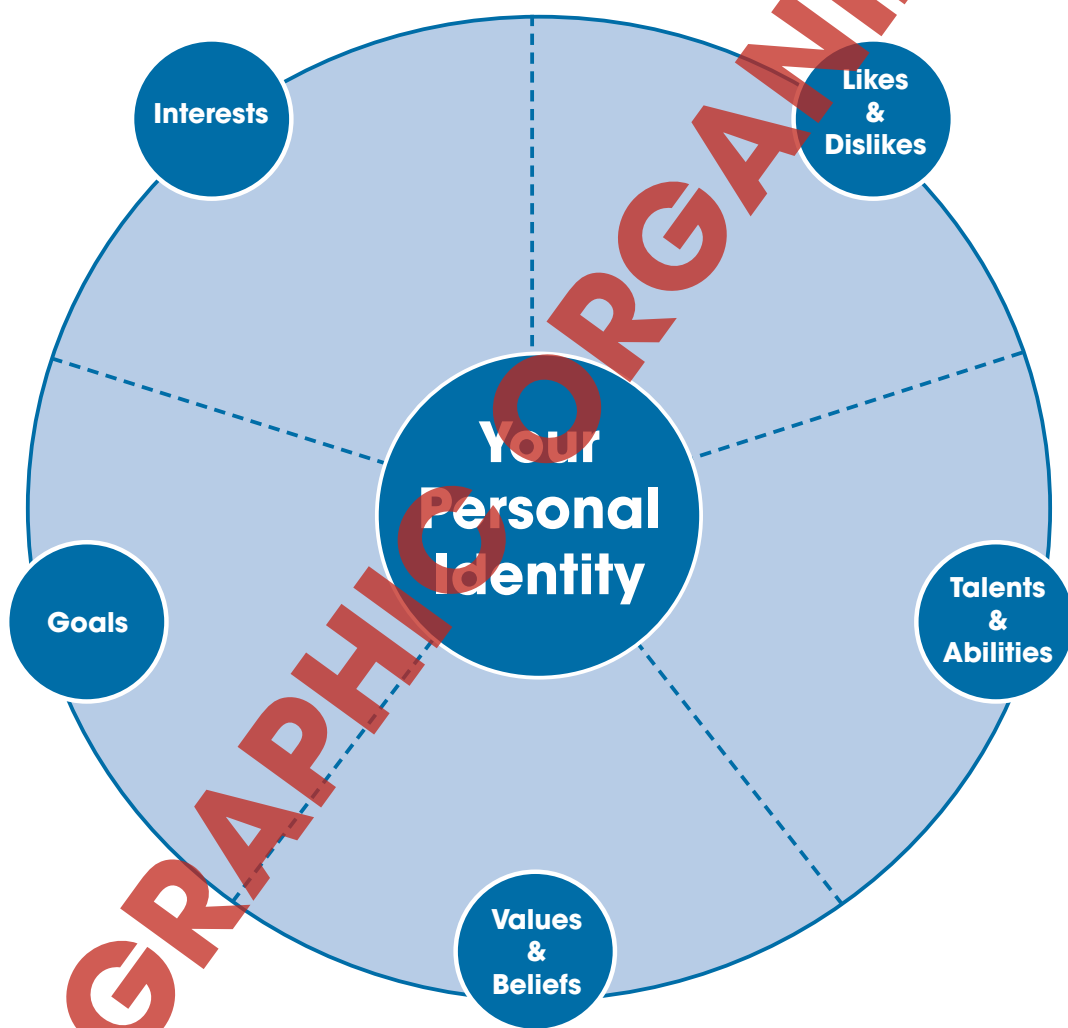
There are 9 core values: Commitment, Passion, Dependability, Honesty, Loyalty, Efficiency, Reliability, Optimism, and Positivity. Under each of these core values are other related values. On the Personal Values Chart, list some of the values you have under each category. For example, seriousness and sincerity would fall under Commitment. Then, explain why this is one of your values.





# Your Personal Identity

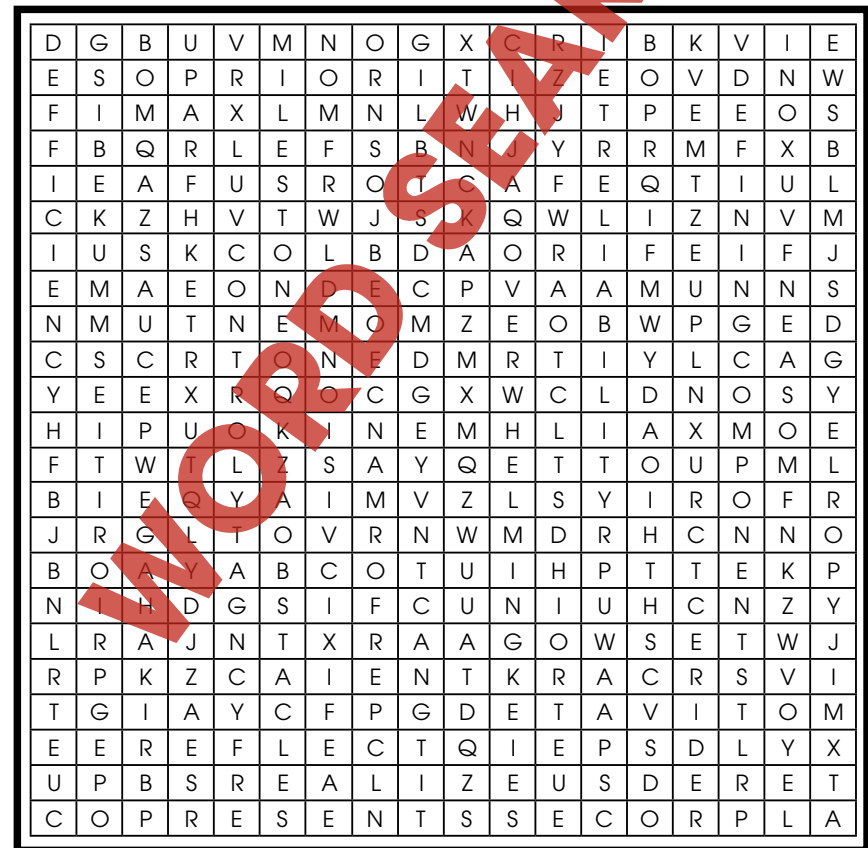
Traits to a Unique You



# Word Search

Find all of the words in the Word Search. Words are written horizontally, vertically, diagonally, and some are even written backwards.

- action
- adapt
- circumstances
- components
- control
- defining
- efficiency
- empowered
- factors
- goals
- milestone
- momentum
- motivated
- obstacles
- outcome
- overwhelming
- performance
- present
- priorities
- prioritize
- process
- realize
- redirect
- reflect
- reliability
- roadblocks
- values
- vision



# Comprehension Quiz

## Part A

Circle **TRUE** if the statement is TRUE or **FALSE** if it is FALSE.

- TRUE FALSE** a) A successful life vision will balance all components equally.
- TRUE FALSE** b) Your identity will answer the questions "who am I?" and "who was I?"
- TRUE FALSE** c) When creating a life plan, put strengths and weaknesses in order of what's most important.
- TRUE FALSE** d) When your actions line up with your values, this shows you have integrity.
- TRUE FALSE** e) People who write down their goals have trouble reaching them.
- TRUE FALSE** f) You need a life plan if you find it easy to make decisions.

## Part B

Put a checkmark (✓) next to the answer that is most correct.

a) Which is NOT a way to get rid of roadblocks?

- A Find the root cause.
- B Take action.
- C Brainstorm solutions.
- D Place blame on others.

b) Which is NOT a type of value?

- A Character
- B Financial
- C Personal
- D Work

# Steps to Eliminating Roadblocks

## 1. Find the root cause.



What is causing this roadblock?

Finish this sentence:

**The roadblock is being created by \_\_\_\_\_.**

That will be your root cause.

## 2. Brainstorm solutions.

Think of all the possible solutions to your roadblock. Use the root cause as a reference when considering these solutions. When you think of a solution, write it down. Use the note or memo app on your smartphone to keep track of your ideas. They will come at any moment, and chances are you'll have your smartphone nearby to write them down.

## 3. Prioritize solutions.

Sort all your solutions in order of greatest impact. You might consider putting the quickest and easiest solutions at the top of your list. Create a plan based on your top solutions. This should include timeframes of when you can start and when it will be finished, and any resources you may need to accomplish your plan.



## 4. Share your plan.

Share your plan with others. Maybe you need help eliminating the roadblock. Maybe you just need help staying accountable.

Sharing your plan will accomplish this.



## 5. Take action. Start your plan!



Keep track of your progress. If you're not seeing the results you were hoping for, go back to your list of solutions. See where you can make a change for the better.



# Your Personal Identity

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c) Bruno cut his hand when he was little. Years later, he still has the scar.

**BODY THEORY**

**MEMORY THEORY**

1.

a)  A, D

b)  B

2.

a) Memory Theory

b) Body Theory

c) Body Theory

1.

Riku shows his personal values through his health and fitness. He shows his character values through his kindness towards strangers. He shows his work values by being helpful to the new employee.

2.

No, Fatima does not show integrity. Her actions do not line up with her values.

3.

a) commitment

b) priorities

c) reliability

d) efficiency

e) values

f) integrity

Answers will vary, but may include: Nicole shows dependability, loyalty, efficiency, and reliability. Her boss can depend on her to do a good job. She is reliable and given new responsibilities and a promotion. She is loyal by suggesting her company's products. She is an efficient worker, finishing tasks ahead of schedule.

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Answers will vary.

c)  D

2.

3.

Answers will vary, but should reflect the student's own life.

1.

a)  A

b)  B

c)  D

2.

1 C

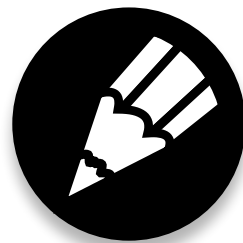
2 A

3 B



# EASY MARKING ANSWER KEY





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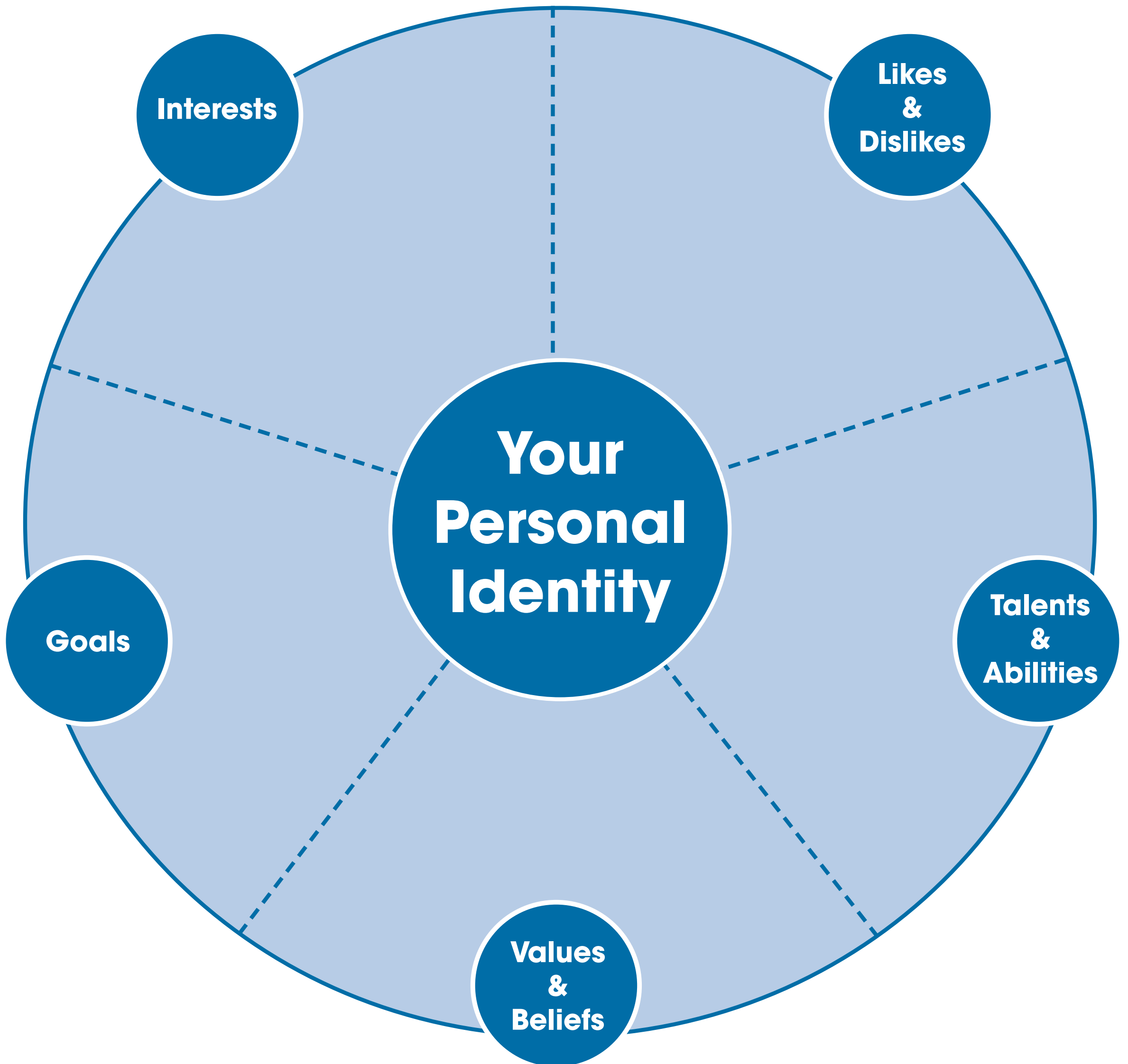




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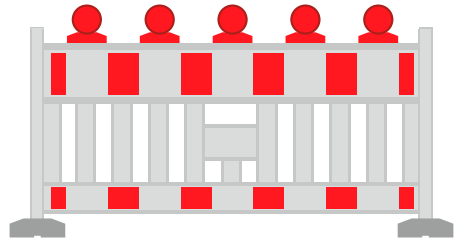
## Traits to a Unique You



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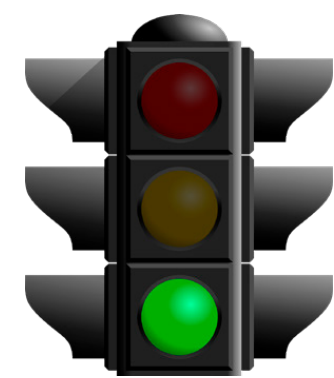
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