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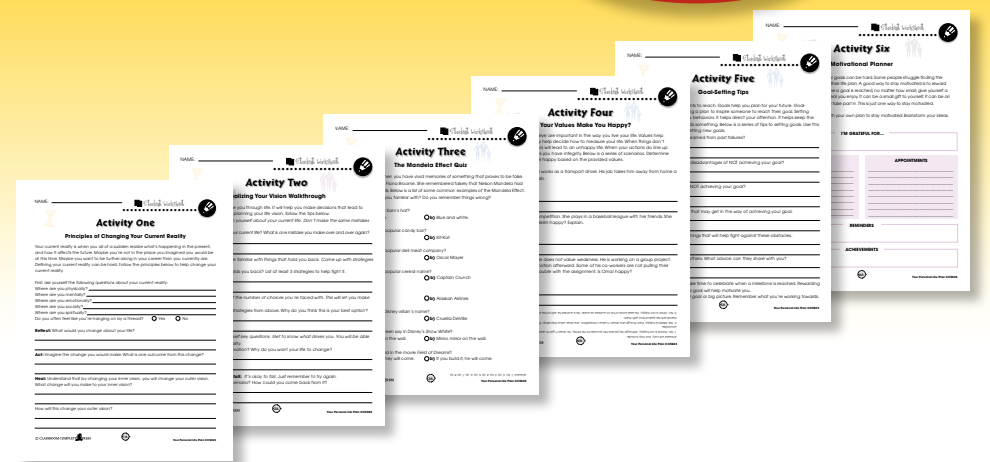
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## Define Your Current Reality

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.



## Define 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. For example, you realize you haven't finished what you set out to do in your 20s on your 30th birthday. **Defining** your current reality can be hard. What if it's not what you're hoping for? Don't be afraid to face your reality. The sooner you do, the sooner you can set yourself on the right path.

Think of your life as it is in this moment. Are there any issues you are currently facing? What are the negative effects of these issues? Once you know this, you will know what needs to change. Ask yourself, what is your current reality? Where are you physically? Mentally? Emotionally? Socially? Spiritually? Do you feel like you're hanging on by a thread? Maybe you feel like your health is good, but you wish you have more friends around to spend time with. In this scenario, you might want to change your social reality.

### Principles of changing your current reality:

- 1. **Reflect:** What would you change about your life?
- 2. **Act:** Imagine the change you would make. Imagine one outcome from this change.
- 3. **Heal:** Understand that by changing your inner vision, you will change your outer vision.

Ting is about to turn 30. She was hoping to have her first novel published by now. She finished her first draft, but hasn't looked at it in years. She got busy with the job she got right out of college. Ting is hit by her current reality. She feels like she has failed to achieve her goal. Make a plan for Ting following the principles of changing her current reality below.

Reflect	
Act	
Heal	



## Define Your Current Reality

1. Circle the word **TRUE** if the statement is **TRUE** or circle the word **FALSE** if it is **FALSE**.

- a) Your current reality is when you all of a sudden realize what's happening in the past.  

<b>TRUE</b>	<b>FALSE</b>
-------------	--------------
- b) The first step in getting rid of roadblocks is to find the root cause.  

<b>TRUE</b>	<b>FALSE</b>
-------------	--------------
- c) A life plan is a way for others to have control over your life.  

<b>TRUE</b>	<b>FALSE</b>
-------------	--------------
- d) By changing your outer vision, you will change your inner vision.  

<b>TRUE</b>	<b>FALSE</b>
-------------	--------------

2. Put a checkmark (✓) next to the most likely root cause for each roadblock.

- a) Arianna is scared to ask for a raise at work.
  - A She doesn't believe she deserves it.
  - B She just got one a few months ago.
  - C Her boss announced the company was in financial trouble.
  - D She doesn't like confrontation.
- b) Yoo-joon is procrastinating on his assignment due tomorrow.
  - A He doesn't feel like doing the work.
  - B He's distracted by playing video games.
  - C He's hoping for an extension.
  - D He is busy working on another assignment due next week.

## Define Your Current Reality

3. Apply the principles of changing your current reality to your own life. Start by reflecting on where you are in your life. Is there something you'd like to change? Maybe you're not as far along in your goals as you thought. Then, imagine the change you would make. What outcome would come from this change? Finally, understand that by changing your inner vision, you will change your outer vision. Complete the chart below.

<b>Reflect</b>	
<b>Act</b>	
<b>Heal</b>	

### Graphic Organizer

4. Use the graphic organizer on page 12 to map out your current reality tree.

A current reality tree is a tool to review many problems at once by finding the root causes. This process will help you to understand the cause and effect for something that you want to make better. It helps to show connections between symptoms and root causes.

A current reality tree is constructed from the top down, but is read from the bottom up. The top is the undesirable effects. The middle is the intermediate effects. The bottom is the root causes. First, list the problems at the top. Then, follow the chain of cause-and-effect reasoning. At the bottom, you'll find the root cause.

# Walking You Through a Life Vision

A life 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. For this activity, you will be creating your own life vision. Use this walkthrough for help.

Where do you want to be in...

**5 years:**

**10 years:**

**20 years:**

Who do you want to be in your life?

•

•

•

What do you want to accomplish most in your life?

What would you change about the world?

What do you want people to remember about you?

# Crossword Puzzle!

**Across**

- 3. Being able to change to new conditions.
- 6. What you see your dream life to be.
- 8. Things you want to reach.
- 12. Looking at yourself.
- 13. This helps to organize things.
- 14. A detailed summary of something.
- 15. Having strong morals.

**Down**

- 1. Stop you from reaching your goal.
- 2. Being relied on.
- 4. The most important things.
- 5. Things that are important in the way you live your life.
- 7. Feeling sure about yourself.
- 9. Being excited to do something.
- 10. Never giving up.
- 11. Making a promise.

**Word List**

- adapt
- breakdown
- commitment
- confidence
- dependability
- goals
- integrity
- motivation
- outline
- persistence
- priorities
- roadblocks
- self-assessment
- 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.



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

After You Read 



## Define Your Current Reality

3. Apply the principles of changing your current reality to your own life. Start by reflecting on where you are in your life. Is there something you'd like to change? Maybe you're not as far along in your goals as you thought. Then, imagine the change you would make. What outcome would come from this change? Finally, understand that by changing your inner vision, you will change your outer vision. Complete the chart below.

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1.

a) FALSE

b) TRUE

c) FALSE

d) FALSE

2.

a)  D

b)  B

10

3.

Answers will vary, but should reflect a change to the students' own life.

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# EASY MARKING ANSWER KEY





# Define Your Current Reality

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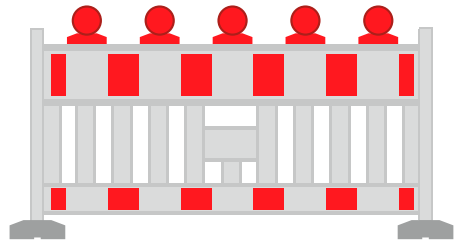
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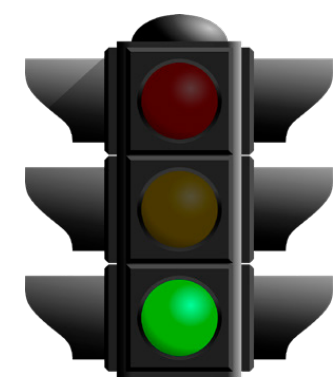
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