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TEACHER GUIDE

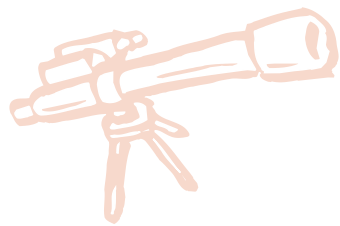
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STUDENT HANDOUTS

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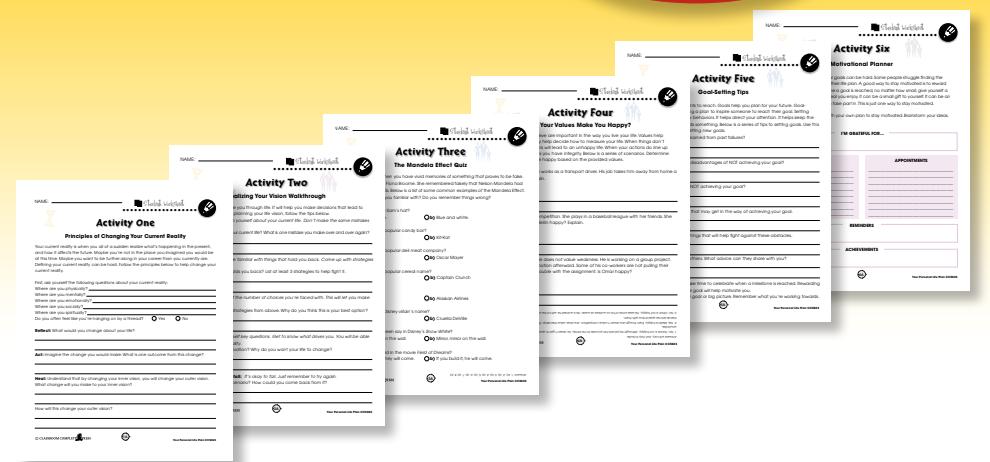
EASY MARKING™ ANSWER KEY 21

MINI POSTERS 23

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Create Your Life Vision

1. José is planning his life vision. He wants to be married, have 3 kids, participate on the town council, meditate and do yoga regularly. Does his life vision balance all components equally? What is José missing?



2. Himari is planning her life vision. She wants to run an animal sanctuary in her retirement. First, she wants to have a career as a veterinarian. She is struggling with her internship. She thinks maybe being a veterinarian technician would be better for her. She still plans to run an animal sanctuary in her retirement. Will Himari be successful in realizing her vision?

3. Write each term beside its meaning.

vision persistence motivation obstacles

- a) Never giving up on something.
- b) Something in the way of accomplishments.
- c) Giving you the will and excitement to do something.
- d) Imagining something, like the future.



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

- Motivation:** A big vision will keep you excited.
- Direction:** Make life decisions that will realize your vision.
- 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?



Create Your Life Vision

1. Match the tip to help realize your vision with its meaning. With a straight line, match each tip on the left with its meaning on the right.

- | | | |
|------------------------------|---|---|
| 1 Tell the truth. | Limit the number of choices you're faced with. | A |
| 2 Overcome obstacles. | Don't lie to yourself about your current life. | B |
| 3 Narrow your focus. | It's okay to fail. Just remember to try again. | C |
| 4 Know yourself. | Recognize things that hold you back. Find strategies to fight them. | D |
| 5 Get back up when you fall. | Ask yourself key questions. Get to know what drives you. | E |

2. Fill in each blank with the correct word from the reading.

A vision is the big _____ of what you want your life to look like. This is different from your long-term _____. Goals are individual things you want to reach. Your vision is the "why" that _____ your goals. A life vision will help guide you through life. It will help you make decisions that lead to _____. When planning your life vision, start at the end and work your way _____.



Create Your Life Vision

3. Creating a life vision can be hard. There are many people out there that help others create and realize their vision. These people make a career out of it. They are called life coaches. Now's your turn to be a life coach for someone. Make a plan following the roles of your vision: motivation, direction and action. How would you use these roles to guide and support someone? Practice this with a partner.

Graphic Organizer

4. Use the graphic organizer on page 12 to create a vision board.

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

The graphic organizer shows a framework for creating your vision board. Each component is provided with equal space. Fill out the vision board. Include what your dreams are for each component. Remember to balance all components equally.



Your Changing Identity

Your identity is always changing. It is affected by what is happening in your life at any moment. It can also be affected by the people around you. In this activity, you will test how your identity has changed with time.

Think back to your childhood. How did you feel about something specific? For example, ice cream flavors. Describe how you felt below.

Do you feel the same now? YES NO

What caused this change?

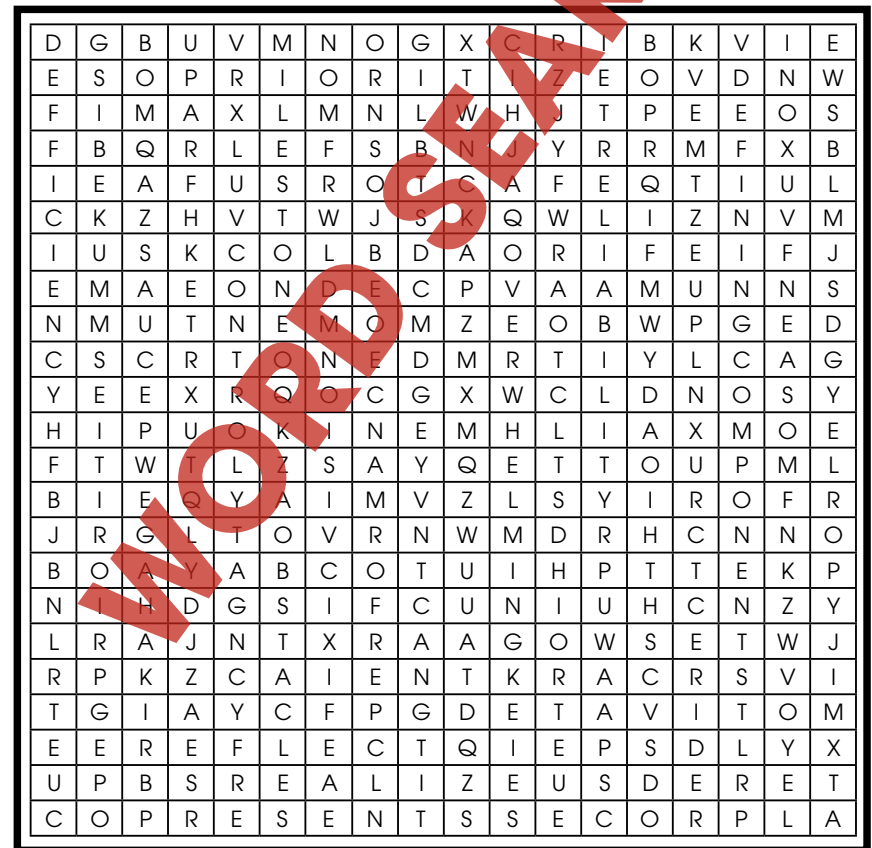
If you haven't changed, think of the reason why. Why do you think your identity has persisted all this time?



Word Search

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

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



Comprehension Quiz

Part C

Answer each question in full sentences.

1. Describe the 3 principles of changing your current reality.

3

2. Explain the difference between your vision and your goals.

2

3. What are the 2 main theories of persistent identity? Describe them.

4

4. What are the 3 types of goals? Explain and give an example of each.

6

Inspiring Life Vision Quotes

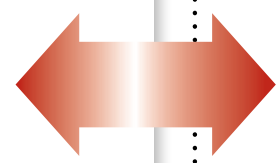
<p>"A vision is not just a picture of what could be; it is an appeal to our better selves, a call to become something more." - Rosabeth Moss Kanter</p>	<p>"Live the Life of Your Dreams: Be brave enough to live the life of your dreams according to your vision and purpose instead of the expectations and opinions of others." - Roy T. Bennett</p>	<p>"The most pathetic person in the world is someone who has sight but no vision." - Helen Keller</p>	<p>"We can only see a short distance ahead, but we can see plenty there that needs to be done." - Alan Turing</p>
<p>"Your vision will become clear only when you can look into your own heart. Who looks outside, dreams; who looks inside, awakes." - Carl Jung</p>	<p>"Vision without action is merely a dream. Action without vision just passes the time. Vision with action can change the world." - Joel A. Barker</p>	<p>"The one thing that you have that nobody else has is you. Your voice, your mind, your story, your vision. So write and draw and build and play and dance and live as only you can." - Neil Gaiman</p>	<p>"The path from dreams to success does exist. May you have the vision to find it, the courage to get on to it, and the perseverance to follow it." - Kalpana Chawla</p>



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5 Get back up when you fall.	Ask yourself key questions. Get to know what drives you.	E



1.

- 1 B
- 2 D
- 3 A
- 4 E
- 5 C

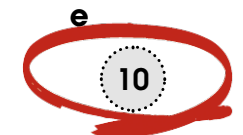
EASY MARKING ANSWER KEY

2. Fill in each blank with the correct word from the reading.

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2.

- a) picture
- b) goals
- c) explains
- d) accomplishments
- e) backwards





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