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TEACHER GUIDE

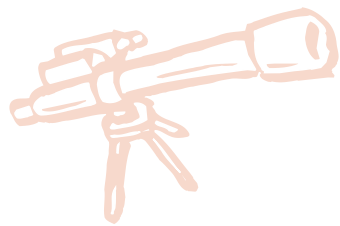
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STUDENT HANDOUTS

READING COMPREHENSION

• <i>Define Your Current Reality</i>	
• <i>Create Your Life Vision</i>	
• <i>Your Personal Identity</i>	
• <i>Your Personal Values</i>	
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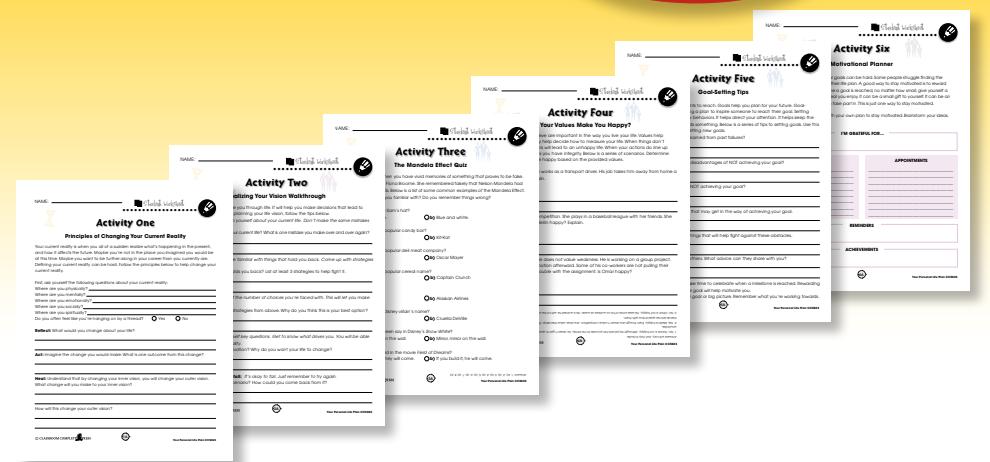
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Prioritizing Your Life Plan

1. Julian is faced with a problem. He didn't make the rowing team. He was so sure he would make the team. Now he doesn't know what he's going to do. He wants to fill his time with another activity, but can't decide on one. Does Julian need a life plan?

2. Seo-yoon is faced with a problem. She is traveling abroad and lost her passport. She visits her country's embassy. She tells them what happened. They are able to help Seo-yoon get home safely. Does Seo-yoon need a life plan?



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

breakdown prioritize outline control redirect overwhelming

- a) Sometimes people may feel like they have no _____ over their life.
 b) It's important to _____ important things in your life.
 c) An _____ can help organize things.
 d) A summary is a _____ of something.
 e) Having many responsibilities can be _____ at times.
 f) It's good practice to _____ bad energy elsewhere.



Prioritizing Your Life Plan

The last step in creating a life plan is outlining an action plan. A **life plan** is a roadmap. It helps you make decisions based on what's important to you. It is a clear path that can change as your **priorities** change. When outlining your life plan, make sure to review and update your action plan a lot.

Steps to Creating a Life Plan: A Breakdown

1. **Make a Vision:** Imagine your perfect life: where you work, where you live, hobbies, etc. Imagine how you want others to see you.
2. **Do a Self-Assessment:** What role do you have in life? How happy are you in different areas of your life? What are your strengths and weaknesses?
3. **Prioritize Your Life:** Put roles, area, strengths, and weaknesses in order of what's most important to you.
4. **Identify Your Values:** Your values help measure your decisions. Making decisions becomes easier when you compare them to your values.
5. **Set Goals:** Things you want to finish or reach in a set period of time.
6. **Outline an Action Plan:** Steps needed to achieve goals while following values for the end result of reaching your ideal life.

Amara wants to be a news producer. She wants a nice house in the country. She wants to be respected by her peers. Right now, she is working as a fact checker at a news station. She rents an apartment in the city. She is really good at checking stories. She's a little shy. What are the next steps in creating Amara's life plan? Finish the chart below.

3. Prioritize Your Life:	
4. Identify Your Values:	
5. Set Goals:	
6. Outline an Action Plan:	



Prioritizing Your Life Plan

1. Put the steps to creating a life plan in the correct order from 1 to 6.

- a) Prioritize Your Life.
 b) Make a Vision.
 c) Set Goals.
 d) Do a Self-Assessment.
 e) Identify Your Values.
 f) Outline an Action Plan.



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

- a) A life plan lets you feel in control.
TRUE FALSE
- b) You need a life plan if you have a hard time making decisions.
TRUE FALSE
- c) You need a life plan if you know what to do.
TRUE FALSE
- d) Your values help measure your decisions.
TRUE FALSE

Prioritizing Your Life Plan

3. Do some research. Find some real examples of people creating life plans for themselves. What have you learned from this research? Write up a report. Include advice you would give to others who want to make a life plan. Use what you've learned from the examples you found.

Graphic Organizer

4. Use the graphic organizer on page 12 to make your own action plan.

An action plan is a roadmap that motivates you to reach a goal. A life plan is a clear path that can change as your priorities change. Use the graphic organizer to help outline a life plan.

Set a goal for one year from now. Establish steps to lead to this goal. Include deadline dates. Fill out each area of the action plan. This will be your life plan for the year. Make sure to review and update this plan a lot.



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?

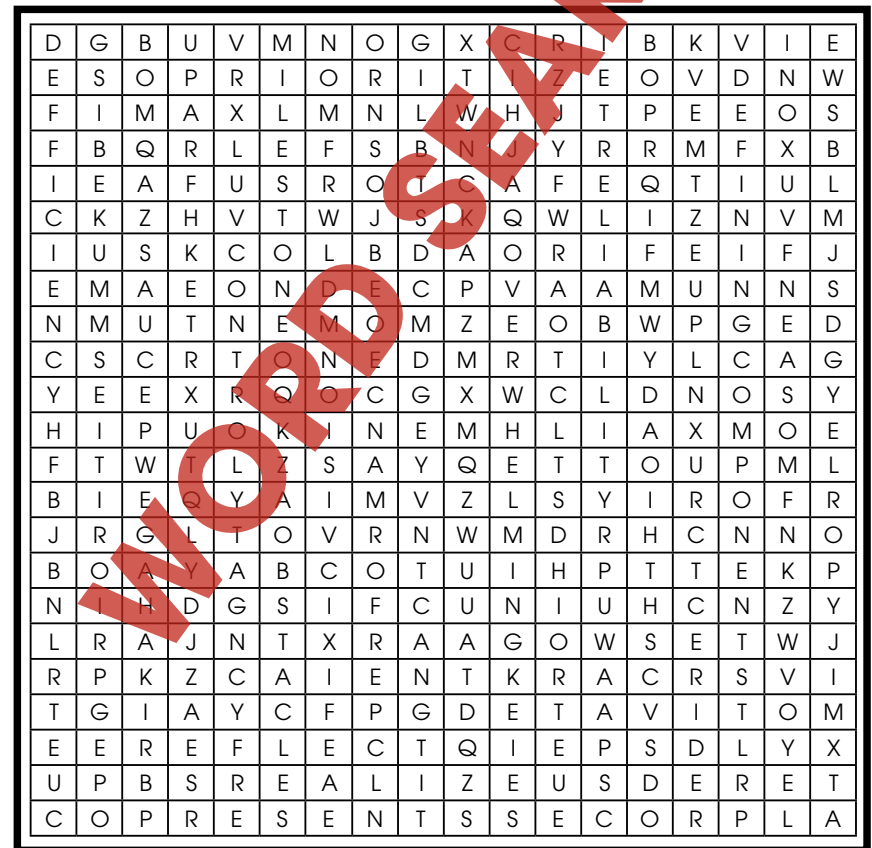
If you haven't changed, think of the reason why. Why do you think your identity has persisted all this time?



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

"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

"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

"The most pathetic person in the world is someone who has sight but no vision."
- Helen Keller

"We can only see a short distance ahead, but we can see plenty there that needs to be done."
- Alan Turing

"Your vision will become clear only when you can look into your own heart. Who looks outside, dreams; who looks inside, awakes."
- Carl Jung

"Vision without action is merely a dream. Action without vision just passes the time. Vision with action can change the world."
- Joel A. Barker

"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

"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

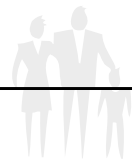
NAME: _____

After You Read 



Prioritizing Your Life Plan

3. Do some research. Find some real examples of people creating life plans for themselves. What have you learned from this research? Write up a report. Include advice you would give to others who want to make a life plan. Use what you've learned from the examples you found.



EASY MARKING

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1.

a) 3

b) 1

c) 5

d) 2

e) 4

f) 6

2.

a) TRUE

b) TRUE

c) FALSE

d) TRUE

10

3.

Answers will vary.

11





Prioritizing Your Life Plan

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