

Short-Answer Question

📖 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? Type your answer in the box below.

1/3

Reading Passage



How to get rid of roadblocks:

1. Find the root cause.
2. Brainstorm solutions.
3. Prioritize solutions.
4. Share your plan.
5. Take action.

When you realize your current reality, it can take you by surprise. The best way to get things back on track is with a life plan. A life plan is a way to have control over your life. It will make you feel empowered. It will let you live your life how you want. There are a series of steps in creating a life plan. The following chapters in this resource will highlight each one of these steps.

True or False

🗣️ Are the following statements TRUE or FALSE?
Use the circles to answer.

- Your current reality is when you all of a sudden realize what's happening in the past.
TRUE FALSE
- The first step in getting rid of roadblocks is to find the root cause.
TRUE FALSE
- A life plan is a way for others to have control over your life.
TRUE FALSE
- By changing your outer vision, you will change your inner vision.
TRUE FALSE

1/4

Marking Rubric

Name: _____

Marking Rubric

	Level 1	Level 2	Level 3	Level 4
Understanding Concepts	Demonstrates a limited understanding of the concepts. Requires teacher intervention. <input type="checkbox"/>	Demonstrates a basic understanding of the concepts. Requires some intervention. <input type="checkbox"/>	Demonstrates a good understanding of the concepts. Requires no intervention. <input type="checkbox"/>	Demonstrates an excellent understanding of the concepts. Requires no intervention. <input type="checkbox"/>
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Total Score = 1/28

Short-Answer Question

📖 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?

✓ Yes No

What is José missing? Type your answer in the box below.

Reading Passage

📖 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.



Matching

🗳️ Match the tip to help realize your vision with its meaning. Type the number of the tip next to its meaning.

1	Tell the truth.	Limit the number of choices you're faced with.	<input type="checkbox"/>
2	Overcome obstacles.	Don't lie to yourself about your current life.	<input type="checkbox"/>
3	Narrow your focus.	It's okay to fail. Just remember to try again.	<input type="checkbox"/>
4	Know yourself.	Recognize things that hold you back. Find strategies to fight them.	<input type="checkbox"/>
5	Get back up when you fall.	Ask yourself key questions. Get to know what drives you.	<input type="checkbox"/>

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Total Score = /33

Short-Answer Question

Xavier lives in Alaska. His family goes hunting regularly. They sell the meat and skins for a living. They have been doing this for generations. Xavier is looking forward to running the business when he gets older.

What factors are affecting Xavier's identity? Type your answer in the box below.

/3

Reading Passage

Identity is made by many factors in your life. Things like society and family. Like ethnicity and culture. Like environment and opportunities. Like media and interests. Like appearance, expression and experiences. Defining your personal identity helps you become a stronger person. You gain confidence in knowing your strengths and weaknesses.

Identity Traits:

- Interests
- Likes & Dislikes
- Talents & Abilities
- Values & Beliefs
- Goals

Having a unique sense of self lets you stand out from your peers.

Matching

Match the word on the left with its meaning on the right. Type the number of the word next to its meaning.

1	identity	How a person sees themselves.	<input type="text"/>
2	adapt	Being sure of yourself.	<input type="text"/>
3	confidence	Changes based on circumstances.	<input type="text"/>

/3

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Total Score = /37

Short-Answer Question


 Riku has been working as a server at a restaurant for a year. He offers to help train the new server that started a week ago. This new server has been struggling. Riku spends his spare time hiking and trying new healthy recipes. He always holds the door open for people and pays for the coffee order of the person behind him.



 Identify examples of personal, character and work values that Riku shows. Type your answer in the box below.

/3


Reading Passage

 The next step in creating a life plan is identifying your personal values. 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. There are 3 types of values: character, work and personal. Personal values help decide what you want out of life. They help you feel happy and fulfilled. Some examples of personal values include family and health.

Character values decide how to be a good human being.

Work values help figure out what you want out of a job.

Comprehension Questions

 Answer the following questions. Drag the checkmark to the answer that is the most correct.

✓ a) Which is NOT one of the 9 core values mentioned in the reading passage?

- Morality
- Passion
- Honesty
- Optimism

✓ b) Which type of values decide how to be a good human being?

- Personal
- Character
- Work
- Social

/2


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Short-Answer Question


 Liam wanted to go on the end-of-year school trip. He put down a \$100 deposit. He needed to pay the other \$400 a week before the trip. He planned on saving \$50 each paycheck from work. He gave himself 3 months to raise the money. Liam wasn't able to go on the trip.



 Why didn't Liam reach his goal? What could he have done differently? Type your answer in the box below.

/5

Reading Passage

 The next step in creating a life plan is setting goals. 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 behaviors. It helps direct your attention. It helps keep the momentum of working towards something.

There are 3 types of goals.

Process: Specific things to do.

Performance: Something you want to realize.

Outcome: Reaching the objective of winning.



Drag and Drop

 Complete the paragraph with words from the list.

Drag and drop the words into the paragraph below.

process	behaviors	inspire
reach	goals	momentum

The next step in creating a life plan is setting _____. Goals are things a person wants to _____. Goals help you plan for your future. Goal-setting is the _____ of making a plan to _____ someone to reach their goal. Setting goals is important to start new _____. It helps direct your attention. It helps keep the _____ of working towards something.

/6

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Short-Answer Question

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?

Yes No

Why or why not? Type your answer in the box below.

/4

Reading Passage

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?

Matching

Match the decisions with the values they line up with best. Type the number of the value next to its decision.

1	Honesty	Feeling grateful to have an umbrella on a rainy day.	
2	Optimism	Finishing the test without looking at your notes.	
3	Reliability	Missing the last 5 minutes of a show to make sure you don't make your friends wait.	

/3

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Total Score = /36

Crossword

Word List

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

1. 2. 3. 4. 5.
6. 7. 8. 9. 10. 11.
12. 13. 14. 15.

/15

Word Search

Drag the red circles over top of the words you find in the word search.

/28

O	U	T	C	O	M	E	O	G	X	C	A	C	T	I	O	N	E
E	S	O	P	R	I	O	R	I	T	I	Z	E	O	V	D	N	W
F	I	M	A	X	L	M	N	L	W	H	J	T	P	I	E	O	S
F	B	Q	R	L	E	F	S	B	N	J	Y	R	R	M	F	X	B
I	E	A	F	U	S	R	O	T	C	A	F	E	Q	T	I	U	L
C	K	Z	H	V	T	W	J	S	K	Q	C	L	I	Z	N	V	M
I	U	S	K	C	O	L	B	D	A	O	R	I	S	E	I	F	J
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N	M	U	T	N	E	M	O	M	Z	E	O	B	C	P	G	E	D
C	S	L	R	T	O	N	E	P	M	R	T	I	N	L	C	A	G
Y	E	A	X	R	Q	O	C	O	X	W	C	L	A	N	O	S	Y
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F	T	W	T	L	Z	S	A	E	Q	E	T	T	S	U	P	M	L
B	I	E	Q	Y	A	I	M	R	Z	L	S	Y	M	R	O	F	R
J	R	G	L	T	O	V	R	E	W	M	D	R	U	C	N	N	O
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T	P	K	Z	C	A	I	E	N	T	K	R	A	C	R	S	V	I
P	G	I	A	Y	C	F	P	G	D	E	T	A	V	I	T	O	M
A	E	R	E	F	L	E	C	T	Q	I	E	P	S	D	L	Y	X
D	P	B	S	R	E	A	L	I	Z	E	U	S	D	E	R	E	T
A	O	P	R	E	S	E	N	T	S	S	E	C	O	R	P	L	A

Comprehension Quiz

Comprehension Quiz

Are the following statements TRUE or FALSE?

- A successful life vision will balance all components equally.
TRUE FALSE
- Your identity will answer the questions "who am I?" and "who was I?"
TRUE FALSE
- When creating a life plan, put strengths and weaknesses in order of what's most important.
TRUE FALSE

/3

Comprehension Quiz

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

/3

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

/2