

Drag and Drop

Finish each sentence with a word from the list. Drag and drop the words in the boxes.

feedback

judgment

observing

- a) Eric was worried about his grandma's _____.
- b) The astronomer was _____ the stars.
- c) Akber was waiting on his teacher's _____.

/3

Reading Passage

Active listening is listening, observing and providing feedback. In other words, you are giving the speaker your full attention. You are taking in what they are saying. Then, you are giving them helpful feedback on what they have just said. There are three key areas of active listening. These will help you become a better listener.

1. Paying Attention	You are not distracted. Don't interrupt. Look the speaker in the eyes. You are showing that you're listening. The speaker feels important. You understand what is being said. You understand the speaker's point of view.
2. Providing Feedback	Be positive. Be specific. Describe how you feel about what was said. Ask questions.

Comprehension Questions

Read the scenario below. Are they examples of good active listening? Explain why or why not for each. Type your answer in the box below.

- b) Alix has just joined the soccer team. She doesn't know anyone. Maya comes over and introduces herself. Alix smiles and looks Maya in the eyes. Maya talks about her love of sports and why she joined the team. She goes on to talk about some of the friends she's made on the team. Alix listens to every detail and waits for Maya to finish before speaking.

/2

Marking Rubric

Name:

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Total Score = /26

Drag and Drop

Match the term to its meaning. Drag and drop the words into the boxes.

empathy	cognitive	emotional
compassionate	social cues	

- a) Understanding through thought and experience.
- b) Able to read other people and react to them.
- c) Share the feelings of others.
- d) Caring about others. Being kind.
- e) Feeling different things, like sadness or happiness.

/5

Reading Passage

There are 3 types of empathy:

Cognitive	Knowing how someone feels. Knowing what someone is thinking. Putting yourself into someone else's shoes.
Emotional	Sharing someone else's feelings. Their emotions are contagious. Remembering a time when you also felt the same.
Compassionate	Feeling like you want to help. Reacting to someone in a proper way. Being concerned.

When confronting others, don't make accusations.

Don't say: "You keep interrupting me."

Do say: "I am hurt that you interrupted me."

Comprehension Questions

Put the following social cues into their 4 categories. Drag and drop the words into the boxes.

eye contact	angry tone	smiling	crossed arms
proximity	facing away	voice volume	posture
yawning	frowning	physical touch	

/11

Expressions	Body Language	Tone of Voice	Personal Space

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Total Score = /50

Matching

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

- | | | | |
|---|---------------|--------------------------------|--|
| 1 | self-advocacy | Don't hold back. | |
| 2 | independence | Speak up for yourself. | |
| 3 | assertive | Able to take care of yourself. | |

/3

Reading Passage

📖 Don't be afraid to ask questions. Especially when it is about your life. If something isn't clear, just ask. Being clear on things shows that you're self-aware. You want to be involved in the decision process.

Strategies for self-advocacy:
communicate, convey, negotiate, assert own needs and rights.

How to learn self-advocacy. Become aware of your own strengths and challenges. Knowing yourself will allow you to know your limits. This leads to self-awareness. You will learn more about this in a later Chapter. Having a growth mindset will help with self-advocacy. A growth mindset means you believe anything can be learned. Skills can grow over time with hard work. A self-advocate isn't afraid to learn and grow.

True or False

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

- | | |
|--|---|
| | Don't be afraid to ask questions.
TRUE FALSE |
| | Self-awareness leads to self-advocacy.
TRUE FALSE |
| | A growth mindset means you can't learn anything new.
TRUE FALSE |
| | Self-advocacy is important if you want others to decide your life.
TRUE FALSE |

/4

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Total Score = /44

Drag and Drop

Match the term to its meaning. Drag and drop the words into the boxes.

interpersonal	collaborative	resourcefulness
criticism	anticipate	

- a) What does it mean when you welcome others' ideas?
- b) What does it mean when you use creativity to solve a problem?
- c) What does it mean when you expect something to happen?
- d) What does it mean when someone doesn't like what you're doing?
- e) What does it mean when you get along well with others?

/5

Reading Passage

Adaptability is important. We see it in nature. For example, trees have adapted to lose their leaves in the winter. This is so that their branches are not heavy when snow and ice comes. This allows them to survive. With people, being able to adapt to changes means survival as well. We adapt to the weather changing by also changing our clothes. We adapt in the workplace by taking over a shift of a colleague who needs a day off.

How to show adaptability:

- Take on new responsibilities.
- Suggest how to make things better.
 - Ask for explanations.
- Stay positive in the face of changes.
 - Take risks.
 - Learn from mistakes.

Matching

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

1 Collaborative	You listen to others. You give clear instructions. Others understand you.	<input type="text"/>
2 Strategic Thinking	You get along well with others.	<input type="text"/>
3 Communication	You use imagination and creativity to solve problems.	<input type="text"/>
4 Resourcefulness	You anticipate things. You use logic to make decisions.	<input type="text"/>
5 Interpersonal	You welcome others' ideas.	<input type="text"/>

/5

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Short-Answer Question

Carla is out with friends. The group is laughing and having a good time. Suddenly, Carla feels angry. She screams out in frustration. When asked what's wrong, Carla is not able to answer.

Is Carla self-aware?

Yes No

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

/3

Reading Passage

Self-awareness means to know yourself. This includes your traits, behaviors and feelings.

Self-awareness answers the questions: why you feel what you feel, and why you behave in a particular way. Researchers estimate that we become self-aware at 18 months of age. This is when we look in the mirror and recognize ourselves staring back. However, there's more to self-awareness than just recognizing yourself in the mirror.

Why is self-awareness important? It gives you **confidence** and creativity. It allows you to make better decisions. It helps you build stronger relationships. It allows you to communicate better.

Matching

Sort the following scenarios as examples of indexical, detached, or social self-awareness. Match the scenario on the left with its type of self-awareness on the right. Type the number of the scenario next to its type.

1	Zuri sees someone is upset and decides to comfort them.	indexical	
2	Gavin thinks he's a hero for scoring the winning goal.	detached	
3	Ji-ah imagines how others would react to her actions.	social	

/3

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Drag and Drop

Finish each sentence with a word from the list. Drag and drop the words in the boxes.

overreact

relate

judge

- a) Try not to _____ others for their mistakes.
- b) Don't _____ when you do something wrong.
- c) It can be hard to _____ to others.

/3

Reading Passage

The second area of emotional intelligence is **self-regulation**. This means you can keep control of your emotions. You don't **overreact** to things. You tend to think before you act. You handle change very well. Someone who can self-regulate will see failures as a learning opportunity. One way to improve self-regulation is with deep breathing exercises. Try counting to 10 before you respond. Practice calming yourself down when your emotions are high.

Comprehension Questions

The fifth area of emotional intelligence is **social skills**. Having social skills means you can work well with others. The key to having social skills is **active listening**. This means you give the speaker your full attention. One way to improve social skills is by trying new things. Meet new people. Practice active listening.

Emotional intelligence can help in many settings. On this slide and the next slide are three different settings. Explain how emotional intelligence can help someone succeed in each.

- 1. Children on the playground.

/1

Marking Rubric

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Marking Rubric

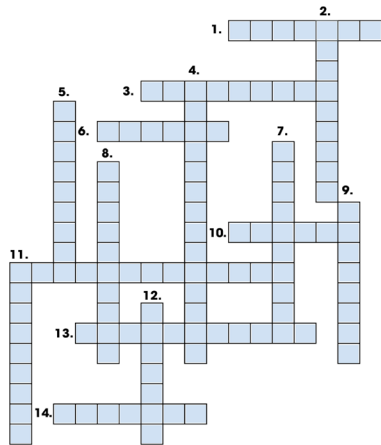
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Total Score = /30

Crossword

Word List

anxiety
assertive
collaborative
confident
empathy
feedback
humble
motivation
nervous
nonverbal
observing
point of view
relate
resilience
self-regulation

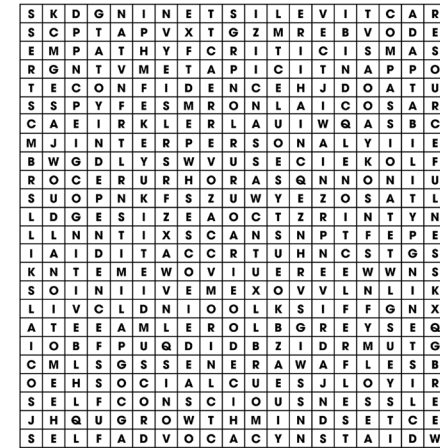


/15

Word Search

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

/25



Comprehension Quiz

Comprehension Quiz

Are the following statements TRUE or FALSE?

- When someone interrupts you, you should get angry.
TRUE FALSE
- Knowing yourself will allow you to know your limits and lead to self-awareness.
TRUE FALSE
- You can show adaptability by taking risks.
TRUE FALSE

/3

Comprehension Quiz

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

- ✓ a) What is active listening?
 - Listening.
 - Observing.
 - Providing feedback.
 - All of the above.
- ✓ b) What is NOT a part of self-advocacy?
 - Knowing yourself.
 - Knowing the future.
 - Knowing your needs.
 - Knowing how to get what you need.

/2

Short-Answer Question

Souta is making weekend plans with his friends. He wants to go bowling. His friends all want to do something else. They all went bowling the weekend before and want to try something new. Audrey suggests playing mini putt. Souta tells her that's a dumb idea. He tells the group they are going bowling.



Is Souta passive or aggressive?

Passive Aggressive

Explain how. Type your answer in the box below.

/4

Reading Passage

Assertiveness and equanimity are two traits that can help keep relationships in times of struggle.

Assertiveness is being sure of yourself. You are confident. You are not aggressive. You speak your mind. You speak up for yourself. You are not a pushover.

An assertive person shares their thoughts and feelings. They also inspire others to do the same.

They listen to all views. They respond calmly and positively. They can admit their mistakes. They are quick to apologize. They stay calm under pressure. They control their emotions. They see themselves as equal to others. Most of all, assertive people are not passive aggressive.

True or False

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

- Empathy is a common trait of equanimity.
TRUE FALSE
- Being assertive means being passive aggressive.
TRUE FALSE
- Someone with equanimity gets angry when upset.
TRUE FALSE
- An assertive person shares their thoughts and feelings.
TRUE FALSE

/4

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Drag and Drop

Match the term to its meaning. Drag and drop the words into the boxes.

discriminate

efficient

consistent

a) Doing something the same way each time.

b) Treat someone differently because they are not the same as you.

c) Finishing a job quickly and well.

/3

Reading Passage

A collaborator is someone who can lead. They understand their role in the group. They are consistent. They don't keep changing their minds. They speak clearly and often. Above all, they are focused on the goal of the group.



Keys to Collaboration:

1. Efficiency
2. Trust
3. Empathy
4. Positivity
5. Clarity
6. Accountability

Comprehension Questions

Three scenarios are given. Identify each as an example of collaboration, cooperation or compromise. When you're done, type your own example where you collaborated, cooperated, or compromised in your own life.

a) Ola and Ian are working on an art project together. Ola really wants to do pottery. Ian does not. Ian really wants to do a painting. Ola does not. They are both good at photography. They decide to do a multi-media presentation using photographs.

Circle one: collaboration cooperation compromise

/2

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Total Score = /30

Matching

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

- | | | | |
|---|---------------|--|--|
| 1 | consequences | The effect of something happening. | |
| 2 | stress | The chance to do something. | |
| 3 | opportunities | Feeling pressure from something happening. | |

/3

Reading Passage

📖 Taking risks can lead to opportunities. It's important to know when to take the risk and when to hold back. You will need to learn to balance this relationship of risk and reward. The first step in balancing this relationship is recognizing your level of risk. You must know what level of risk you're comfortable taking.

"The higher the risk, the higher the reward." But also, the higher the loss.

Comprehension Questions

📖 Taking risks isn't easy. Some people will feel some level of stress when taking risks. How we cope with stress will help deal with the outcomes of taking risks.



📖 Do some research into dealing with stress. What are the different ways someone can react to stress? What are some strategies to dealing with stress? Create a plan that will help someone cope with stress while taking risks. The goal is to minimize the downsides to risk-taking. Type your answer in the box below.

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Drag and Drop

Match the term to its meaning. Drag and drop the words into the boxes.

reasoning

intuition

irrational

a) What does it mean to do something without reason?

b) What is it when you think logically?

c) What does it mean to have a "gut feeling" about something?

/3

Reading Passage

Irrational decision-making may be a good idea. Use this method for simple choices. It is also good when you need to make a quick decision.

Use rational decision-making for complicated problems. A good decision-maker will use both methods together. First, use rational

decision-making to collect all information. Then, make a decision. Next, use irrational

decision-making to evaluate your decision. Does it feel like the right choice? If not, why? You need to feel good about your decision.



Comprehension Questions

A problem is listed below. Identify possible goals, barriers and solutions. Type your answer in the box below.

a) Sophia is not ready for her exam tomorrow.

Goals:

Barriers:

Solutions:

/3

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Total Score = /40

Short-Answer Question

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

1	affirmation	To show how you're feeling.	
2	impulse	A short statement to provide positive thinking.	
3	expression	A sudden need or action.	

/3

Reading Passage

Coping is what someone does to get rid of bad feelings. Coping is plans to help deal with a stressful situation. Coping skills are used for two kinds of problems: emotional and task.

Emotion-based coping takes care of your feelings. It is used when something is out of your control. Like when you feel sad after you lose someone close to you. Task-based coping is when you talk out something in your life that causes stress. Like if you're fighting with a neighbor. It's creating an unlivable situation. You may decide to move.

Coping skills for...

...emotional problems: Exercise. Bath. Affirmation. Meditate.

...task problems: Time management. Ask for help. Set boundaries. Make a to-do list.

Matching

Bowen is worried about a test he has coming up. He has studied, but feels like he doesn't understand. He's not confident. While studying, Bowen eats an entire bag of chips. He doesn't feel any better.

Below is a list of different types of unhealthy coping mechanisms. Which one is Bowen using?

- Escape/Isolation
 Self-soothing (Indulgent)
 Numbing
 Risk-taking
 Self-harm

/1

Marking Rubric

Name:

Marking Rubric

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Total Score = /35

Drag and Drop

Finish each sentence with a word from the list. Drag and drop the words in the boxes.

motive

digital identity

privacy

- a) Regina is worried about having no _____ on the internet.
- b) The criminal's _____ was revenge.
- c) Bambang uses social media to share his _____.

/3

Reading Passage



Digital Visitor

Digital Resident

Ex: Research to write an essay. Doing banking.

Ex: Post a photo on social media. Take part on a discussion board.

Whether you're a visitor or resident, you must know how to properly use the internet. A digital visitor will browse through web pages to look for answers to a question. They don't leave comments or their opinions on posts. They are worried about privacy. A digital resident will browse through web pages to learn about things. They interact with others through videos and posts. They are open and display their social life to the world.

True or False

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

- The medium is how you are getting the media message.
TRUE FALSE
- A digital resident is concerned about privacy.
TRUE FALSE
- A digital visitor sees themselves as members of the web.
TRUE FALSE
- "Clickbait" is when someone sends you an article they think you'll like.
TRUE FALSE

/4

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Total Score = /34

Crossword

- Word List**
- anxiety
 - balance
 - confident
 - consequences
 - diversity
 - efficient
 - empathy
 - equanimity
 - intuition
 - meditate
 - motive
 - privacy
 - rational
 - reliable
 - strategy

15 /15

Word Search

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

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

Comprehension Quiz

Comprehension Quiz

Are the following statements TRUE or FALSE?

- When two people collaborate on something, one person is helping the other achieve their goal.
TRUE FALSE
- It's better to never take any risks.
TRUE FALSE
- Exercise is a great way to help cope with stress or anxiety.
TRUE FALSE

/3

Comprehension Quiz

1. Wang Fang is working in a group. She stares at her phone when a group member is talking. She tells her group members which tasks to complete. She is constantly frowning and sharing negative comments. What traits show that Wang Fang is aggressive? How can she change this?

/4

2. Rafael is trying to decide whether he should apply for a promotion at work. He hasn't been with the company for very long. However, he wants to move up. He's worried he will be rejected. Should Rafael take the risk? Explain why or why not.

/4

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

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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.

/2

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

/5

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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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Total Score = /34

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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Total Score = /32

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