

Life Strategies for Teens Introduction

Due:

Directions: Read the introduction to Jay McGraw's *Life Strategies for Teens* pg. 17-31. Then please think about and answer the following questions on your own paper. Your answers can be typed or hand written. (The answers should show thought and be complete sentences in paragraph form with proper grammar, spelling and punctuation.)

To drift is to be in hell; to be in heaven is to steer.

- George Bernard Shaw

- 1) Look at the above quote by George Bernard Shaw. What do you think the quote means? How could it apply to your life or the life of a teenager?
- 2) Answer the question Jay gave to the focus group, "What don't you want in your life?" What do you hate right now about your life and want to eliminate? (Pick at least 5 things.)
- 3) Think about Dr. Phil's 10 life strategies. List the strategies and hypothesize what he means by them. It is ok if you are unsure. This is a hypothesis, or your best guess. There is no right or wrong answer at this point in time.