

Life Strategies for Teens
Life Law 2: You Create Your Own Experiences

Due:

Directions: Read “Life Law 2: You Create Your Own Experiences” of *Life Strategies for Teens* pg. 67-83. 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.)

*If you don't like something, change it. If you can't change it, change your attitude.
Don't complain. –Maya Angelou*

- 1) Read the above quote by Maya Angelou. How closely do you follow this advise right now in your life?
- 2) This section is all about owning up to the role you play in deciding your life. “Your entire experience in the world is determined solely by how you engage the world. The way everyone reacts to you- from friends to parents to strangers- is due to the way you present yourself. It’s due to the way you create your self-image.” You need to look at yourself and your life and decide what role you are playing in the type of experiences you have on a daily basis.
 - a. Stand at a mirror and study your clothes, your hair, and your posture. What do you think your appearance-your “look”- is saying to others? Is it the look you want to project to others? Why have you chosen this look? Do you like the results, the responses that this look gets?
 - b. Think about the way you meet strangers. How do you speak to them? What do you think is the initial impression you make on them? Describe yourself through their eyes. Do they meet the real/best you? Do you look them in the eye? Do you speak clearly? What should you keep the same? What should you change?
 - c. How do you talk to your parents? Do you try to rebel by fighting, remaining silent, being sarcastic? Or are you a willing to listen and consider their side of the story? Is what you are doing getting the results you want? How would you respond if they treated you in such a way? Us this the way you treat your friends? If you treat your parents and your friends differently, do your friends treat you differently than your parents as a result?
 - d. What is your personality like around other students? Are you a giver or a taker? Are you warm or distant? What is their response to you? Do you like their response? How can you improve?
- 3) Read through the roles that Jay lists from pg. 72-77. Which one or ones do you see yourself in? Is this really who you are? Explain.

- 4) Back in the intro you answered a question Jay posed to his focus group “What don’t you want in your life?” What do you hate right now about your life and want to eliminate? And you listed 5 things. I want you to pick the one that is most important to you- the thing you want to change the most. List it; then answer the following questions about it.
- a. In the last year, what have you done to create, or keep up, this circumstance (include decisions, reactions to other, etc)?
 - b. What are 3 specific choices you have made this year that have made me get caught up in this circumstance.
 - c. What are 3 specific opportunities you passed up to get yourself out of this circumstance?
 - d. What advice have you ignored that would have helped you deal with this problem?
 - e. Is there anyone who can help you address this problem?
 - f. What specific *first action* must you take to begin your climb out of this circumstance? Is it talking to someone? Saying “no” this weekend when your friend offers you the opportunity to do something you know you shouldn’t be doing? Is it going to the gym tomorrow afternoon? Is it making an apology today? Etc.