

Life Strategies for Teens
Life Law 5: Life Rewards Action

Due:

Directions: Read “Life Law 5: “Life Rewards Action” of *Life Strategies for Teens* pg. 126-139. 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.)

Never let the fear of striking out get in your way.
-Babe Ruth

- 1) Look at the above quote by Babe Ruth, a famous baseball player. Have you ever let the fear of something keep you from actually trying something new? Explain.
- 2) In this section, Jay told a story about his dad pushing him to spend time with his grandpa. Life is uncertain; you should never put off until tomorrow telling someone who means a lot to you exactly how you feel about them. Name 3-5 of the most important people in your life. Then list what would be left unsaid if you unexpectedly lost those people tomorrow. Then make a commitment to take action and go tell those people what you wrote down. Set a time, set a place, set a method (letter, telephone, in person, etc.).
- 3) Life Law #5 states life rewards actions, not intentions! I am sure you have had times when you have intended to do something that would make your life better (lose 5 pounds, try-out for the team, audition for the play, etc.), but instead you talked yourself out of it. Think and list 1-2 plans that you made in the last year that you ended up not following through on. Then write down how you might have acted differently, and write down what positive results might have come from you taking action. Finally, write down one thing that you can still do to stop the pattern of not following through with the plans you make for yourself.

I intended to:

I should have:

The final result could have been:

I can still:

- 4) Fill out the following table. I've identified 4 major categories of your daily life. Each one needs your attention and energy. In each column, list the top 2-4 actions that you feel you need to take in that category. Then look at all of the actions and decide which 3 are most important to you and explain why. Make a plan to achieve them.

| My Personal Life | My Social Life | My Academic Life | My Family Life |
|-------------------------------------------------------------------------------|-------------------------------------------------------------------------------|-------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------|
| Example: I need to take at least one day a week to call or go see my grandma. | Example: I need to apologize to Jessica and Tonya so we can be friends again. | Example: I need to spend an extra 15 minutes a day doing unassigned homework. | I need to find the time to have a talk with my parents everyday so we can stay connected. |
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