

Life Strategies for Teens **Powering Up**

Due:

Directions: Read Powering Up of *Life Strategies for Teens* pg. 35-49. 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.)

The secret to success is to know something nobody else knows
- Aristotle Onassis

- 1) Read the above quote. Think about at least one thing in your life you are a success at. Name and describe that thing. What do you know it that other people don't? In other words, what makes you successful in this thing?

Why oh Why?

- 2) If you are to do any changes to your life, you need to know what isn't working. I am sure you have made some really bad/stupid decisions in your life that you ended up hating your actions for later. For example: Did you cheat on an exam and get caught and punished? Did you leave your little brother alone when you were suppose to be babysitting and something bad happened? Did you lie to one of your friends and lose his or her trust? Did you get kicked off of a team for some reason or another? Think about a time when you really messed up and regretted it. Explain what happened and give some details: What prompted you to make the decisions you made, what were you hoping would happen, what is it about this situation that you would never again repeat?

Behaviors and Consequences

- 3) We all want to be better people with a successful life. In order to achieve this bliss, we need to take the blinders off and recognize the negative behaviors that are affecting us and keeping us from realizing our full potential- denial, laziness, and fear of failure. For example, maybe you spend your nights watching TV instead of studying for tests, even though you know that you need good grades to keep your GPA up and allow you to get into college. Maybe you sneak out of the house and go to parties, even though you know that if you get caught, you will be grounded and won't get to go on a trip you been looking forward to for months. Make a list of 5 events or outcomes in your life that you did not want, but helped cause. Explain what happened and how you caused it.
- 4) Now think about the things that have gone well in your life. Make a list of 5 events or outcomes in your life that have gone well and explain what you did to help cause them.

What's Really Not Working

- 5) Answer the following questions as best you can. Be as honest with yourself as you can be. If you admit to what isn't working in your life, as painful as it can be, you can come up with goals and strategies to change it. *What disturbs you about yourself?* Make a list and be specific. For example, "I hate that I cave into pressure. I hate that I eat when I am not hungry. I hate the way I giggle when I am nervous. I hate that I can't get along with my parents." *What disturbs you about your life?* For example, "I hate the way my parents order me around. I hate the fact that nobody at school will treat me the way I'd like them to. I hate the way my clothes look on me. I hate not having money of my own."

My Possibilities

- 6) If you could choose any one person (famous or unknown, dead or living) to spend 24 hours with, who would he or she be? Why would you choose to spend a whole day with this person? What are the qualities that you admire most in this person? Which of these qualities would you like other people to mention when they describe you? Which of any of these qualities do you feel are already obvious in the way you live your life? What are 3 concrete suggestions for actually acquiring just one of these qualities? In other words, what 3 things can you do, starting today, to become more like the person you admire so much?