

Personal World Study Guide

Cycle 2: Exploration October 26 - December 14

“What we call the beginning is often the end. And to make an end is to make a beginning. The end is where we start from.”

~T.S. Eliot

Text: *7 Habits of Highly Effective Teens*

Supplies: Pencil and Blue PW Folder (PWF) with paper

Keep all papers in your PWF

1. _____ Reread “We Can Control Only One Thing” section on pp. 54-56
 - A. Recreate the Circle of Control on a piece of paper
 1. In the **INNER circle**, list things **you can control** in your life
 2. In the **OUTER circle**, list things **you cannot control**
 - B. Answer the following 2 questions at the bottom of the page:
 1. One thing in my Circle of No Control I constantly worry about is...
 2. I can stop worrying about that one thing by...(describe your actions)
2. _____ Read Habit 2: “Begin with the End in Mind” pp. 74-103
3. _____ Complete the “Great Discovery” worksheet and leave it in your PWF
4. _____ A Personal Mission Statement is like a motto that states what your life is about. It is the blueprint for building your life. It is the map for life’s journey.
 - A. Reread “A Personal Mission Statement” pp. 81-83
 - B. Complete “Get Started on Your Mission Statement” worksheet and leave in your PWF
 - C. Create your own personal mission statement.
 1. Type and print it.
 2. Type your name and the date at the top of the page.
 3. Use Times New Roman font and font size 14.
5. _____ Read Habit 3: “Put First Things First” pp. 105-128
 - A. Look at pg. 107 “The Time Quadrants”
 - B. Answer the following on a piece of paper and keep it in your PWF:
 1. What quadrant are you?
 2. What type of person are you?
 3. Where do you spend the majority of your time?
 4. We all spend time in each quadrant; however, Quadrant 2 tends to bring us the most happiness. Prioritizers bring control, balance and high performance into their lives. How can you be a better Prioritizer?

6. _____ Reread “Plan Weekly” pp. 113-115

A. Make a T Chart on a piece of plain paper. Keep it in your PWF.
Do the following on your T Chart:

1. On the **left side**, list the “**big rocks**” in your life. Big rocks represent what is most important. Think of them as mini goals to achieve by the week’s end.
2. On the **right side**, list the “**small rocks**”. Small rocks are the less important tasks. Often time, small rocks can get in the way of us accomplishing the big rocks.

B. On the back of the T Chart paper, do the following:

1. Describe a time when you didn’t have enough time for your “big rocks.” What happened?
2. In what ways are “small rocks” helpful in your life?
3. In what ways are “small rocks” hurtful in your life?
4. What strategies can you use to balance your big and small rocks?

Cycle 2 Personal World Project

Due December 7 @ Personal World Time

Choose one of the following to complete:

- A. Write yourself a one-page typed inspirational/motivational letter. What’s interesting about you? How do you excel? What drives you? Be sure to include all of the wonderful qualities you possess! 😊
- B. Make a timeline of your life so far. Describe a minimum of 8 key events with pictures or images that remind you of that time in your life. You can even choose to include future events that you aspire to happen beyond the present.
- C. Make a personal mobile. Include images, pictures, or objects that make you a unique individual.
- D. Write an “I Am” poem about someone else. Choose someone that is important to you in your life – a sibling, parent, friend, relative, etc. and use the “I Am” poem formula. Remember to decorate your poem with pictures, images or a fancy border.