



# 7 Ways to help open your mind

**1- When was the last time you ran away from something difficult or stressful? Name three of those experiences:**

- 1.
- 2.
- 3.



**2- How would you tackle these 3 challenges if you were not worried?**

**3- Name a time you overcame a challenge:**

**4- Name 5 things you would like to experience over the next 3 years:**

- 1.
- 2.
- 3.
- 4.
- 5.

**5- Why do you think it is a great thing to answer questions?**

**6- What other interests do you have outside of school, that you would like to learn more about?**



**7- What are three things you can commit to now moving forward?**

- 1.
- 2.
- 3.