

ASSESSMENT #4: SEMESTER 1, WEEK 16, LESSON 5

1. What strategies do you plan to use to help you solve problems and make “yes” and “no” decisions in life?

2. Write 1-2 sentences to summarize the artifacts you created at the end of each of the last two weeks:

a) Saying “yes” or “no” to your SMART goals:

b) Priorities and putting first things first:

3. Which of the following is NOT a key component of “yes” and “no” life decisions?

- a) Being aligned with your values
- b) Should lead us closer to our desired end
- c) Should add to our PBA
- d) Should match what our friends think we should do

4. Which of the following is NOT a good way to decide on what to “put first”?

- a) managing your time and space
- b) relying on your courage
- c) staying in your comfort zone
- d) adapt daily

5. Respond to the prompt below, using what we have discussed over the last three weeks:

a) Jason loves basketball, even though he’s the shortest freshman on Earth (or that’s what it seems like.) He’s been playing basketball all his life, he knows he has talent, and he loves the game. But he’s so afraid of humiliation and failure, that he decides not to try out for the varsity team. He’s failed at so many things in his life, that he’s afraid that he won’t be able to deal with failure again. What advice would you have for him to put aside his doubts?
