Directions: Read pages 105-123 from the book entitled *Life Strategies for Teens* by Jay McGraw and then answer the questions below.

What am I doing to put myself, or allow myself to be, at risk in my life?

__________________________________________________________________________________________

__________________________________________________________________________________________

What am I doing that is keeping me from succeeding?

__________________________________________________________________________________________

__________________________________________________________________________________________

How am I sabotaging myself in my relationships with parents and other adults?

__________________________________________________________________________________________

__________________________________________________________________________________________

What am I doing to miss opportunities that I should be grabbing on to?

__________________________________________________________________________________________

__________________________________________________________________________________________

What do I need to change about my personality and behavior patterns?

__________________________________________________________________________________________

__________________________________________________________________________________________

11th Grade Scholars

1. Life Law#4: You Cannot Change What You Don’t Acknowledge
Life Law #4 states that you cannot change what you don’t acknowledge. Think about three things that you are most unhappy with about yourself. Then complete the chart below.

<table>
<thead>
<tr>
<th>3 Things That Make Me Unhappy About Myself</th>
<th>What I Have Personally Done to Contribute to My Unhappiness</th>
<th>What I Can Do To Change the Situation</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

What would your life be like if you made the changes that you listed in the third column?

__________________________________________________________________________________________
__________________________________________________________________________________________

What is keeping you from making the changes you need to make?

__________________________________________________________________________________________
__________________________________________________________________________________________