

JOURNEY GUIDEBOOK



*“Your Guidance System for Life Success”
by Matthew Hoffman and Jeffrey Cain*

Adventure 1:

Discovering Your PR: Proactive Responsibility

In Search of My True North

Adventures Of:

How Much Time Does it Take?

What is the Shortest Distance?

•
Today

•
Your Future
Goals

Who will You Become when You Grow Up?

Connect the 2 Dots.

This creates the path from your "Today" to your "Future"!

Funny little Girl → *Is Now Who?* _____

Ordinary Boy → *Is Now Who?* _____

Who is your HERO? _____

Why did you pick them? _____



Adventure 1 Log: What Do You Know?

Your Name: _____

Fill in the Blanks	Circle all that Apply to You
1. I am not a V _____.	The Control for my Life is... A. Somewhere out there. B. Hard to find. C. My decision. D. In my family's hands. E. OTHER: _____
2. I am " R _____able" to lead my life.	I am responsible for... A. Anything that goes wrong in my family. B. The actions of others. C. People liking me. D. My own actions. E. OTHER: _____
3. I choose to be P _____ not Reactive.	I make choices based on... A. My emotions and feelings. B. My values. C. What others want. D. What's most popular. E. OTHER: _____
4. I can make G _____ choices.	I choose to be responsible for... A. Getting enough sleep. B. Getting up on-time. C. Doing my homework. D. OTHER: _____
5. I can make choices I am proud of that may not always be P _____.	I want my choices to be... A. Wise, good in the long run. B. Popular, so I am liked by all. C. Easy, so I don't have to think about it. D. Quick, so I just react to everything around me. E. OTHER: _____

