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1.0 Career Education

Response to Intro of the Journey Within

Name:

## Instructions:

Having carefully gone through the “Intro to the Journey Within” section, use the following questions to help you summarize your understanding of the concepts being shared.

1. Why does the episode bring up ice cream flavours?

2. What are the ‘two sides’ of having so many choices?

3. Share two original examples of when you encountered scenarios that relate to the concept of there sometimes being too many choices (or a least more choices than needed).

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4. What are your thoughts on the idea that too many options both reduces our ability to decide, and to be happy with the outcome?

5. What is the relationship between the reality of so many choices and the importance of exploring who you are?

6a. What does the phrase “Hindsight is 20/20” mean?

b. How can it be a powerful motivator for making the most of our opportunities?

c. When is ‘Hindsight’ most useful?

7a. What does it mean to have “Foresight”?

b. How can you increase the chances the future you are imagining will be the right one for you?