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3.0 Career Education

Taking Control - Reflection

Name:

## Instructions:

Follow the directions in the Book 3.0 Taking Control

1. List some of the things you are sure you *don’t want* to be part of your future.

2. As you move into the “Driver’s Seat of Your Life,” what are some things you can focus on to keep the ‘car’ on the ‘road’?

3. Write a brief conversation you think might happen between you and your future self. Say, 10 years from now.

4a) What are important things in your ‘Circle of Control’?

b) What are examples of things you can’t control?

c) How do we ‘gain control’ of the things we can’t actually control?

5. Are you a Proactive or Reactive Person. Share some examples to justify your response (think of how self-directed you are at home/school/practice/etc. and consider how you respond to things you can’t control).