



Name:

Date:

Life Lessons 101: Independent Learning Guide

The role models in the video "Life Lessons 101" share powerful advice and guidance. Listeners learned that they can accomplish anything they set their minds to.

Watch the video "[Life Lessons 101](#)" at least once. Then read each statement below. Think carefully about each question before you answer it.

- 1. The role models in this video shared lots of their experience and provided guidance that can apply to many situations.

What life lessons did the role models share? Which lesson felt the most important or relevant to you? Why?

- 2. A role model explained that "most people spend their whole lives hating parts of themselves...if you can love yourself completely, you are so far ahead of the game. And then you can really do anything."

What is something you like about yourself? How might loving yourself help you accomplish your goals?



3. Everyone is constantly learning and growing as they make their way through life.

What lessons have you learned from your life? How did you learn each of these lessons?

4. One role model told us that, "Inside of you is a reserve of strength...go to that place when it is tough."

Have you discovered your inner reserve of strength? Have you had to use it to power you through tough situations? How might someone tap into their reserve of strength?

5. Listeners learned that there are three things that are very important in life and in the career world: Relationships, reputation, and results.

Why do you think each of these 'R's are so important? Are some or all of these 'R's important in your life right now? Which ones and why?



6. The last role model left us with a powerful thought. She shared that when you encounter obstacles, you just have to keep "knocking on doors" and "if you can't find the right door, you can make your own door."

What do you think this role model was trying to tell us? What might it mean to "make your own door"?
