



Travel Guide to Becoming

IN THIS LAST ASSIGNMENT, YOU ARE GOING TO CREATE YOUR OWN TRAVEL GUIDE FOR LIFE'S ROAD TRIP.



Instructions

- ❖ You will gather everything you have learned in the 4 Whole Grit Lessons and put it together in a guide to refer to as you *travel*.
- ❖ Create Power Point (slide presentation) using the 6 prompts provided below.
- ❖ Create a separate page/post for each of the 6 prompts.
- ❖ Include text and photos.
- ❖ Make it into something you will enjoy looking at.
- ❖ *You may want to print a copy of it for yourself to keep somewhere special. Power Point allows you print several slides in one page, so it won't take a lot of paper.*
 - ❖ *...ideas: Insert it into your personal journal or favorite book. Post it on the wall of your room. Make it the first page of the binder you use to organize your work..*

RUBRIC:

This assignment is worth 25 points - each page is worth 4 points and must follow the following guidelines:



CLEAR TITLE ON EACH PAGE & SEPARATE PAGE FOR EACH OF THE 6 PROMPTS.



EACH PAGE MUST INCLUDE AT LEAST 3 ENTRIES PER PAGE. THE GOALS PAGE INCLUDES A MINIMUM OF 3 SMART GOALS FOR DIFFERENT AREAS OF YOUR LIFE.



EACH PAGE HAS SPECIFIC TEXT AND AT LEAST ONE IMAGE.



THE NEXT FEW SLIDES PROVIDE THE PROMPTS FOR YOUR

Travel Guide Content



1. Future Destinations

- List your goals for the next few years.
- Include all aspects of your life – school, career, social, family, health, finances, etc...
- **Each should be S.M.A.R.T. Goals expressed in one sentence.**
 - *very Specific*, exactly where will you arrive?!
 - **M**asurable, how will you know if you achieved it? Think of exact number or event that clearly marks *arrival*.
 - **A**ttainable - it is something you could achieve in the time you are giving yourself.
 - **R**elevant - this is important to you; it's aligned with your values, it will contribute to your overall wellness & life.
 - **T**ime specific - you need to give yourself deadlines to give you a sense of urgency and desire to work on it.

2. Driving Playlist



- Music Playlist
 - Make a list of songs that inspire you, get you to take action, stick to you wellness plan, etc. Also include some songs that relax you when your mind and body need it.
- Videos or Movies Playlist that inspire you, put you in a good mood, etc.
- Mantra &/or Quotes that will guide your decisions, and remind you to be you best self.



REST AREA
1 MILE

3. Rest Stops:

- Places or activities that allow you to relax, reflect & make sense of the events in your life.



4. Passengers & Crew:

- Who are the people you want to travel with?
- Who will be a great person to ride in the passenger seat?
- Who supports your goals?
- Whose relationship do you want to nurture?
- Who do you want to attract to join you – what new characters you want in your life?



5. Reminders to self:

- As you reflect on the wellness activity or letter you wrote to yourself/ (Lesson 4-Wellness), what do you want to make sure you keep reminding yourself off?
- Based on the TFB Assignment (Lesson 2: Core Beliefs), what new thoughts and beliefs do you want to keep reminding yourself?
- Based on what you learned about habits (Lesson 3 - Habits), what practices will you keep? What new habits will you work on?



6. I can:

- Think about the Timeline Assignment (Lesson 1 - You Can). Include accomplishments and happy memories to go back to when you doubt yourself.