

# ROAR University

## Choices & Opportunities Worksheet

Once you have completed the DG McGee presentation on Choices & Opportunities, please answer the following questions below.

**1. What circumstances in your life do you feel are out of your control? Despite those circumstances, what choices in your life do you know you have control over?**

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**2. What choices have you made that are holding you back right now? Ask yourself—was it your only option or was it the easiest option?**

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**3. Think of a recent situation where you reacted instead of responded. How might it have gone differently if you took the time to respond thoughtfully?**

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**4. Explain what the LION MINDSET is and why it's important to your success.**

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**5. Think about the last time a problem came up in your life. What was the outcome like? Would that outcome be different if you viewed it as an opportunity for growth instead of something to get rid of as quickly as possible?**

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**6. Do you think it will be difficult to adjust your mindset the next time you encounter choices and opportunities? Why or why not?**

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