## Activity 1: Resilience and Hope in Storytelling

## Part A: Reflection

1. Do you often think about your future self? Are you able to envisage the details related to your ideal self or are you a little uncertain about it?

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| Answer |
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2. Do you think it is helpful for one to think about their ideal self?

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| --- |
| Answer |
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## Part B: Reflection

Read each of the statements below and discuss your answers in your groups.

Statements:

* Your past doesn't have to be your future.
* Do something today that your future self will thank you for.
* Learn from the past, look to the future, but live in the present.
* Looking back gives you regrets. Looking ahead gives you opportunities.
* Stop dreaming, start doing.

1. Which one(s) stand out for you the most?

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| Answer |
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2. What do you think of when you read the quote that stands out to you?

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| Answer |
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## Part C: Research

1. Identify at least two quotes about the future that you relate to.

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| --- |
| 2 or more Quotes |
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Share your findings with your group.

## Part D: Watch the Video and Respond to the Question

Watch the motivational video, [Visualize Your Future with Jim Carrey and Oprah Winfrey](https://www.youtube.com/watch?v=Ct1Gd4jMJuY).

1. How does this video make you feel?

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| Answer |
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Share your findings with your group.

## Part E: Listening

What do you think these quotes mean in the context they are used?

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| Answer |
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Which of the phrases below did you hear Jim Carrey or Oprah say from the video?

Quotes:

1. Vision
2. Letting it go
3. Visualize
4. Working toward it
5. Seeing it for yourself

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| Answer |
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## Part F: Discussion

Below are a few quotes from the video. Discuss your opinions about these quotes in your group.

Quotes:

A. "*I wrote myself a check for ten million dollars for acting services rendered and dated it Thanksgiving 1995. I put it in my wallet and it deteriorated. And then, just before Thanksgiving 1995, I found out I was going to make ten million dollars for Dumb & Dumber. I put that check in the casket with my father because it was our dream together.*"

- Jim Carrey

B. "*Nothing happens at first. It’s over the process of the time and the effort and the energy that you put  
into a thing that the energy comes out.*"

- Oprah Winfrey

C. "*I would visualize things coming to me. It would just make me feel better. Visualization works if you work hard. That’s the thing. You can’t just visualize and go eat a sandwich.*"

- Jim Carrey

Which one(s) do you find powerful?

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| Answer (A, B, or C) |
|  |

Why?

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| Answer |
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