

## Assignments to complete during out time out of school

Due on or before March 30, 2020

**Task 1.** Finish watching “The Secret” and answer the questions about the movie. If you have access to Google slides write your answers there, along with your selfies slides (same file shared with me)

**Task 2.** Gather images to create a vision board that shows your future goals and personal and cultural identity. While gathering images for your vision board, ask yourself the questions:

- What are my future goals?
- What do I want most in life?
- What type of house do I want to live in?
- What kind of career do I want to have?
- What can I use to show my personal identity?

There are many more questions you can ask yourself. The above questions are just to get you started thinking about the images you are gathering for your vision board. Use your creativity for your vision board if you have limited materials and supplies, you may write your vision board, collage, or sculpt your project. Look on line for examples of what other artists have done to create their vision board.

Be resourceful, Cereal boxes, soup can labels, newspapers and advertisements, recycled items, etc.

**Task 3.** Take 6 selfies that have a plain background and no filters. Put the photos into google slides and share the slides with me, [tanishida@cps.edu](mailto:tanishida@cps.edu) Do not use filters that add things to your face and try to have a plain background so you will be able to add pattern and collage into your selfie when you come back to class.

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## “The Secret” Questions

Name \_\_\_\_\_ Date \_\_\_\_\_ Class Period \_\_\_\_\_

Directions: Answer each question with complete sentences on notebook paper. (1-8 answers = 3-1 9-16 answers =4-5 16-24 answers=6 25-30 =7 30-38 =8

1. What does coveted mean?
2. What does suppressed mean?
3. What is the “Secret”?
4. What is the law of attraction?
5. How do your thoughts control your surroundings?
6. Why did it take so long to find out about the secret?
7. Why should people have positive thoughts?
8. What does negative thoughts and words do to you?
9. What do you really want?
10. What are the 3 steps of “The Creative Process” using the laws of attraction?
11. Summarize the Martin Luther King quote?
12. What do you understand about “The Secret” now?
13. What are the powerful processes that need to be used along with the laws of attraction?
14. What do you think about the gratitude rock story?
15. What happens when you visualize the positive things you want?
16. Put yourself in the feeling place of driving a fast car?
17. What can you do for yourself to make the law of attraction real for you?
18. What is a vision board?
19. How can a vision board help the positive thoughts you have about yourself?
20. What do you understand about visualization so far and how has it changed your ideas?
21. Would you ruin a one dollar bill because you have a believable goal?
22. Do you believe their testimonials about how your thoughts control the money you can have?
23. Are we creators of our own universe? Explain in at least 3 sentences why you agree or disagree?
24. How do you feel about the painter story?
25. Why is it important to treat yourself, right and treat other people the way you want to be treated?
26. Even if people treat you wrong what do you have to do to make the situation better?
27. Who creates your happiness?
28. After what you have seen so far, name at least kinds of emotions that will tell your mind to have a positive situational outcome?
29. What is your definition of “the universe”?
30. Can you heal yourself?
31. What 2 questions do you have about the airplane crash paralyzed story?
32. How does your culture depict how you visualize your end goal?
33. Do your feelings determine your decisions?
34. Why shouldn’t we use the word not or anti?
35. How do you think the world would be if everyone knows how to use the laws of attraction?
36. After seeing this movie, what is your definition of energy?
37. What does “you are what you put your mind to” mean?
38. After watching this movie, summarize what you have learned.

Name:

\_\_\_\_\_ Date: \_\_\_\_\_ Per. \_\_\_\_\_

### Vision Board Assignment

To create a Vision Board to give us an insight of what our future and current goals are for our self.

A Vision Board is a personal project for each student to develop themselves, become multi-dimensional, and keep your self-thriving and interesting, therefore we need ways to visualize the life we want. Too often, people drift through daily life, and don't set personal goals for how they wish to develop themselves over the next year.

Having a visual board and hanging it somewhere prominent in your bedroom, bathroom, or front of your closet where you will see it each day is a great way to keep yourself on track and motivated. How will your actions today help you step further toward your goals?

You don't have to draw well to do this project. It's just for your own use. You will add pictures from magazines or personal photographs, words, and create your own new images out of color and textures pictures in the magazines.

Think about the fact that we all live in a box. We can grow personally by taking steps out of our comfort zone in many different directions. It will make you feel more alive, inspired and energized!

Here are some ideas to get you thinking:

Where would you most like to travel to this next year? Location does not have to be far away. Could be a local field trip in the City. Why don't you start to research, budget, and plan it? If not now, when?

Would you like to learn a new sport or skill? Take a class to learn something you haven't ever had time to study? Find out where you can start. Learning something new makes you really feel that you are pushing your edges.

What positive change would you like to see in your body or physical health? (Put it on the vision board like it as already happened. seeing your goal daily in this area may help encourage you to take positive steps today towards your goal for your physical health.)

Do you have a relationship goal? Would you like to make your friendships and family relationships more fun or closer? Add a few more friends? Start dating? Become a better parent? Develop your patience or ability to communicate well about difficult things? Become more assertive? Talking with someone that you admire and aspire to be, talk with a school counselor to help you head in the right direction in any of these relational areas, and give you suggestions of ways to move ahead in your personal life.

What is your work goal? Would you like to develop your work skills further, or get additional skills? If you are not excited about school or work, what can you do to change that? Finding a new option for your work might help you find your passion again. Recent studies show that as we live longer, most of us will have several different careers in our lifetime.

Here are some other ideas for your vision board:

Would you like to set a goal for monthly savings? Pay off your car early? Get rid of debt so you feel lighter?

Develop yourself more by volunteering for a cause you care about?

Identify ways to be more connected to your faith or spirituality?

Perhaps you'd like to improve your living environment? Get rid of the old couch you hate, and find something you love? Redo the backyard? Create a serene work space for yourself at home?

Have you always wanted to get over your fear of public speaking?

Have you always wanted to drive a race car, join a book group, take a tap dancing class or learn to swim?

How to begin your Project

Step 1 Look through magazines and find a location inside or outside of where you would like to be. Could be a landscape, seascape, outer space, or mountains. Anyplace that is outside of an enclosed space. On the other hand it could also be an inside space, restaurant, home, kitchen, school, or basketball court, etc.. The space is all your decision.

Step 2 Look up images in a magazine of the colors and textures that are in your location you should have a minimum of 50 pages torn out of a magazine. And keep them in your own personal envelope marked with your name and class period.

Step 3. From there you will begin to build your scene of your location using the pages that you got from your magazines.

NOTE: While you are looking for your location, if you see an image, words, or statement that is something you might want to put in your vision board. Tear it out now you will never find it again.