**Module 1 Lesson 1 Assignment**

In the following assignment, you will read through four different analogies and relate the analogies to how you choose to live your life:

* The Roller Coaster Analogy
* The River Analogy
* The Ocean Analogy
* The Gambling Analogy

After you read the descriptions, take some time to really think about the way you approach both the successes and challenges that you experience in your life. You will then choose the area (or combination of areas) that you feel most accurately describes what your life is really like. Your view will likely change throughout your life, but thinking about that view may help you understand the way you make decisions over time.

After deciding on your analogy, answer the following questions:

1. In the analogy you have chosen to represent your view, how much power do you have to influence your fate?
2. In which “life view” do you think people would be most likely to set goals and strive to achieve them? In which “life view” do you think people would be least likely? Why?
3. If you believe that your life is like a roller coaster or a gamble, how would you live your life and how satisfying do you think it would be?