

3 DEFINING MOMENTS, 2 CRITICAL CHOICES, 1 INFLUENTIAL PERSON

As your senior year rapidly comes to a close, you are probably beginning to reflect on your life thus far. For this project you will identify and discuss three (3) defining moments in your life, two (2) critical choices, and one (1) influential person who has impacted your life.

According to Dr. Phil McGraw, in every person's life, there have been **defining moments**, both positive and negative, that have defined and redefined who you are. Those events entered your consciousness with such power that they changed the very core of who and what you thought you were. A part of you was changed by those events, and caused you to define yourself, to some degree by your experience of that event. Some examples of defining moments include: divorce, a birth, death, moving, tragedy, triumph, abuse, religious experience, an award, honor, achievement, drugs, depression, recognition, acceptance, conversation, exposed secret, affair, medical problems, an injury, a tough time, standing up for yourself, standing up for someone else, being bullied, realization of a talent, betrayal, trust, a dream come true, conflict with someone, an emergency, near death experience, finances, an accident, abuse, etc.

Critical choices are those that have changed your life, positively or negatively, and are major factors in determining who and what you will become. They are the choices that have affected your life up to today, and have set you on a path. Some examples of critical choices include: friends, family, drugs, alcohol, boyfriend/girlfriend, school, college, job, career, religion, morals, beliefs, values, attitude, etc.

An **influential person** is someone who has left an indelible impression on who you are and how you live. He or she may be a family member, friend, teacher, youth leader, counselor, co-worker, counselor, etc. Their influence can be either positive or negative.

Due Date:

This project is due for presentation on _____.

Project Ideas:

- Create a *commercial*
- Write an *essay*
- Create a *bookmark*
- Give a *speech*
- Create a *song* or *rap*
- Create a *skit*
- Write a *poem*
- Create a *brochure*
- Make a large *poster*
- Make a *movie*
- Make a *comic book*
- Publish a *newspaper*
- Conduct an *interview*
- Write a *mini book*
- Create a *website* <http://www.weebly.com/>
- Create a *PowerPoint presentation* or *Prezi*
- Come up with your own project idea and have it approved