Exercise 7 - You're Always Learning

**Take Advantage of Opportunities**

What new skills or new opportunities would you like to have? Jot down your thoughts here.

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**Find a Mentor**

A mentor is an adult who can help you learn a skill or gain a certain kind of knowledge.

Is there an adult who can help you achieve what you want? Who is that person? What would you like to learn from him or her?

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**Adjust Your Course**

Are there ways you need to “adjust course” in your life—to change the way you see things or do things? What are they?

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What steps could you take to adjust your course?

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