

## Chapter 2: Assignment

### **Reflecting on Pivotal Decisions and Making Choices for a Better Tomorrow**

**Objective:** This assignment will guide you in reflecting on key decisions from your life and how they have impacted your journey. You'll also explore how adopting a mindset focused on long-term rewards can shape your future.

1. **Reflect on a Key Decision:** Think about a pivotal decision you made in your life. It could be a decision that led to a positive outcome or resulted in challenges or obstacles. This decision should be something that has shaped your path meaningfully.

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2. **Write a Reflection:** In your reflection, include the following:

- **Background:** Briefly describe the context leading up to your decision. What circumstances, challenges, or opportunities were you facing at the time?
- **The Decision:** What was the specific choice you made? Why did you choose that path?
- **Outcome:** Explain how this decision impacted your life. What were the immediate and long-term results of your choice?
- **Lessons Learned:** What did you learn about decision-making from this experience? Did this decision affect how you approach choices in your life today?

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## **Part 2: Making Better Decisions for the Future: Short vs. Long-term**

- Do you often choose short-term rewards over long-term benefits?  
Identify a recent example and how the decision could have been better with a more long-term, focused approach.
- Now, think about and write down other examples throughout your life.

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### **Assignment Summary:**

By completing this assignment, you'll gain valuable insight into how pivotal decisions can shape your life, both positively and negatively. More importantly, you'll begin cultivating a mindset prioritizing long-term, strategic choices—decisions that will create lasting, meaningful impact for your future self.

### **Additional Space**

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