Journal Entry: Inspiration

Consider two examples in your life when you were offered advice by your parents or guardians, another adult family member, or a teacher—one example when you followed the advice and one example when you did not. Write a brief summary of both experiences, responding to the following questions:

- What was the outcome of each experience?

- How were you different in each situation?

- What made you open in the one situation and less open in the other?

- How did your openness to the guidance or advice offered help you to grow or to make a better decision?

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