

Introduction to The Reality Ride Visual metaphor

Life can feel a lot like a roller coaster—fast, confusing, full of ups and downs. Sometimes we make choices that seem fun or easy in the moment, but later they lead to stress, problems, or feeling stuck. The Reality Ride is a way to help you step back and really think about where your choices are taking you—at home, at school, and with your friends.

This worksheet isn't about giving perfect answers. It's about being real with yourself. If you take a few minutes to be honest and think through your own challenges, goals, and choices, what you learn here can actually help you get more of what you want in life: opportunity, freedom, and self-respect. You might even come back to this picture later and see it in a whole new way.

Reality Ride Questions



My Goal:

Resilient people stay focused on their goals even when things get hard. Look at the Reality Ride visual. Think about a goal you want to accomplish in life.

Goal: _____



Challenges in My Life:

Challenges are the tough things we face every day (like the uphill part of the track) that make it harder to reach our goals. What are some challenges that you or other students your age, might face at home, in school, and with your peers (friends)?

Home: _____

School: _____

Peers: _____



Choices That Get Me In Trouble

As a result of challenges, sometimes we do things that get us into trouble. What are some things that you or other students your age might do that gets you in trouble in those same three areas?

Home: _____

School: _____

Peers: _____



Let's Be Real:

Some of those things we do that get us in trouble can be exciting and fun but often end up having negative consequences. Make a list of **possible** consequences of each of those choices you listed. (what could happen?)

Do these consequences lead to "Opportunity, Freedom, and Self-Respect?" **Yes / No**



Feeling Stuck in the Loop

Sometimes when we keep making the same kinds of decisions that lead to the same outcomes, we can feel like we're stuck in a loop. Have you ever felt stuck, like you're repeating the same choices and consequences? What emotions come with that feeling?

(Circle all that apply)

Frustrated

Confused

Angry

Scared

Stuck



The Two Tracks:

Look at the two tracks on the Reality Ride visual. The Reality Ride shows two tracks that go in very different directions:

"The Easy-Fast Track" represents choices that may feel fun or easy now but can lead to negative consequences later.

"The Harder-But-Worth-It Track" represents harder choices that lead to good things in the future.

What are some of the visual differences you see or notice comparing the two tracks?



Staying on Track

Look closely at the Harder-But-Worth-It Track in the visual. What do you notice about where it leads and what's along the way?

What motivates you to take the harder path, even when it's tough?

What are some choices you could make to stay on the "Harder-But-Worth-It Track" and that

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will help you avoid the “Crash” on the “Easy Fast Track”?



My Support Team

Who are some people that can help you make good decisions or encourage you to stay on track?

1. _____

2. _____

3. _____



My Positive Outcomes

Based on what you see at the end of the “Harder-But-Worth-It Track” in the visual, what kinds of outcomes could you experience? How could staying on that track help you to reach your goals and to have more “Opportunity, Freedom, and Self-Respect?”

What do each of these words mean to you?

Opportunity: _____

Freedom: _____

Self-Respect: _____

How could doing the “harder” thing be “worth it?” What are some positive changes you hope to see in each area below?

Home: _____

School: _____

Peers: _____

One Big Thing I Learned

What’s one thing you understand better after filling this out? Are there any life lessons you see in the Reality Ride?
