



The Grind – “Lost” – VIDEO INTRO: <https://youtu.be/84Ok7UH5FHU>

Every now and then when life gets overwhelming, anyone one of us may have the experience of feeling lost. Just like it sounds, feeling lost is a mental state where we just don't know where to turn. There may be no obvious options in a challenging situation. We can feel mentally lost when our insecurities and doubts get the best of us, and we can feel lost simply by facing a challenge that is perplexing with no clear answer or with no clear way out. It can happen to anyone in the grind of life. To learn more about what to do and what not to do, take the “Lost” quiz below and see how you do when it comes to coping with this troubling state of mind.

Directions – Put the corresponding letter for each item listed in one of the columns:

HELPFUL SUGGESTION or PROBABLY NOT A GOOD IDEA

- A – Use social media as your primary source of guidance and information**
- B – Try to be patient, positive and hopeful**
- C – Do research by talking to people who themselves have made good life decisions**
- D – Vent to anyone who will listen about all your problems**
- E – Blindly just trust your first impulse and go with that**
- F – Look at the big picture and try to consider the long-term outcome**
- G – Always go with the easiest or most fun choice**
- H – Automatically just do what you always have done**
- I – Do your best to be open minded even to things you haven't considered in the past**
- J – Try to be flexible and adaptable**
- K – Try to please everyone else no matter what**
- L – Consider your past mistakes and consequences so you don't repeat them**
- M – Let other people decide for you**
- N – Do the quick fix for now and worry about it later**
- O – Weigh the pros and cons and count the “cost”**
- P – Roll the dice and let chance decide for you**
- Q – Trust the rule “What is most popular is always best”**
- R - Consider your personal values, your morals, and goals**

The answers are not being provided here because hopefully with some thought and consideration you will get it right. If this is being done as a group discuss the answers and the meaning behind them. Then, when done, this exercise can be a valuable tool in finding your way out when feeling LOST

(Hint: There are 8 Helpful Suggestions and 10 Probably Not a Good Idea)



HELPFUL SUGGESTION

PROBABLY NOT A GOOD IDEA

**Sometimes you need to step outside, clear your head and remind yourself
of who you are and where you wanna be**