

Name: _____

Aligned to the following standards:

FFA.PL-A; FFA.PL-F; FFA.PG-K; CCSS.ELA.W.9-10.4; CRP.01; CRP.02; CRP.04.

Inside Out

Part 1

Directions:

Answer the following questions while watching the retiring address of 2023-24 Southern Region Vice President Carter Howell, "Inside Out." The video is available at <https://vimeo.com/1023369405>.

1. Why will the date May 15, 2006, forever live in infamy in Carter's mind?
2. What saying does Carter's mom frequently use?
3. In our country and world today, we tend to see the _____ things first.
 - a. good
 - b. bad
4. What was Carter diagnosed with?
5. At this moment in time, how are you doing? How are you really doing?



6. List the three things that have helped Carter in his journey to see the good in himself.
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7. Explain the metaphor "a glass half full" and "a glass half empty."

8. Do you have more of "a glass half full" or "a glass half empty" mindset? Why?



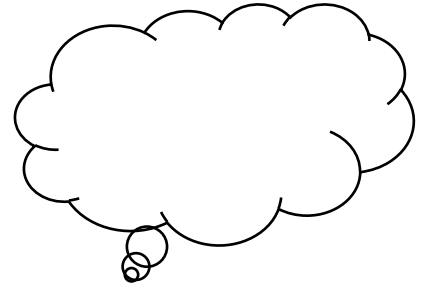
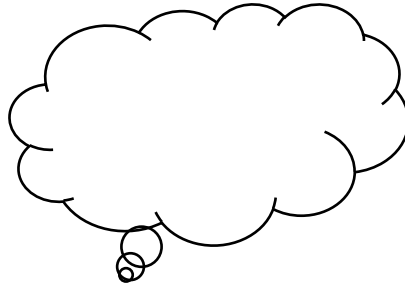
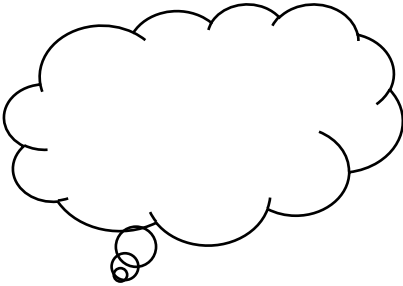
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Part 2

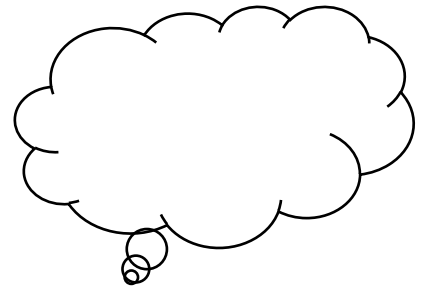
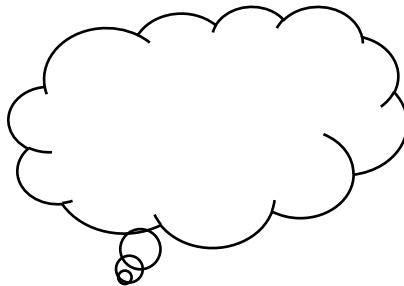
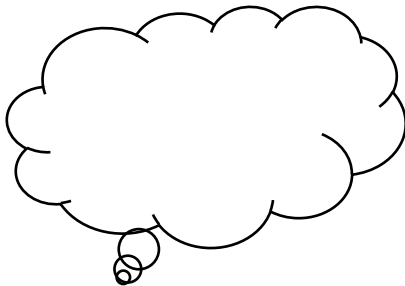
Directions:

In Carter Howell's retiring address, he shares the importance of seeing the good things first. In this activity, you will reflect on your own thought patterns and develop strategies to shift toward a more positive mindset. Answer the questions below.

1. Share three common negative thoughts you have about yourself or your abilities (e.g., I'm not good at math, I can't do this because ____ or I'll never succeed at ____).



2. How do these thoughts make you feel?
3. How do they impact your actions?
4. Rewrite each of your common negative thoughts as positive or growth-oriented statements (e.g., I'm not good at math → I'm working on improving my math skills).



5. Using what you learned from the video, write a paragraph on how you plan to shift your mindset.
6. Why is it important to work on shifting your mindset?