

Name: _____

Aligned to the following standards:

FA.PL-A; FFA.PL-D; FFA.PL-E; CCSS.ELA.W.9-10.3; CCSS.ELA-.W.9-10.4; CRP.01; CRP.04.

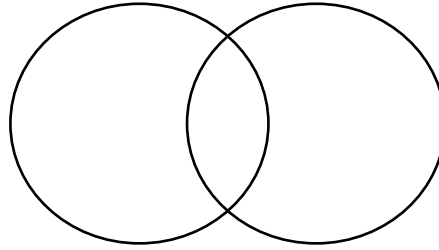
The Comparison Trap

Part 1

Directions:

Answer the following questions while watching the retiring address of 2023-24 National FFA Central Region Vice President Kanyon Huntington, "The Comparison Trap." The video is available at <https://vimeo.com/1023247352>.

1. Kanyon recalls having to do a Venn diagram in the second grade. Fill in the Venn diagram below to show what he had to compare and contrast.



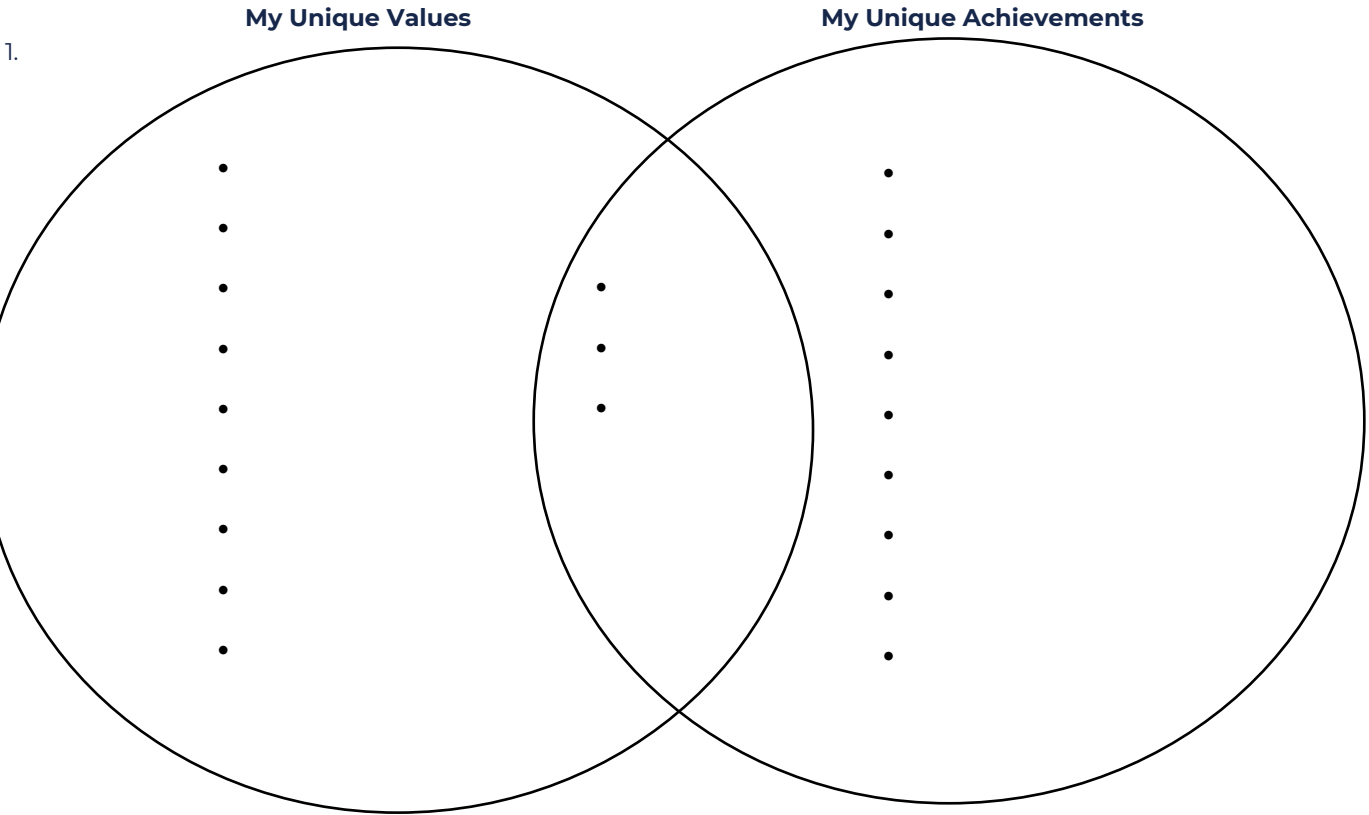
2. What did Kanyon settle on as the similarities?
3. What was one topic Kanyon knew he could always ace?
4. What word did he misspell on his spelling test?
5. What was Kanyon's all-time favorite sport?
 - a. Track
 - b. Basketball
 - c. Football
 - d. Golf
6. What is a comparison trap?
7. In the space below, share two words that remind you of the unique value you bring in your everyday life.
 - a.
 - b.
8. What unique value does Kanyon bring?
 - a. Optimism
 - b. Creativity
 - c. Compassion for Others
 - d. Sense of Humor
 - e. Loving Unconditionally
 - f. Constant Joy
9. How will you adjust your mindset from comparison to self-appreciation?
 - a. How could this shift impact you and your day-to-day life?

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Part 2

Directions:

In Kanyon Huntington’s retiring address, he shares the importance of not comparing yourself to others and finding your unique values. In this activity, you will complete a Venn diagram about your unique values. Once you’ve completed it, write a letter to yourself highlighting your unique values, traits and achievements.



2. Letter to myself:

3. Why is it important to recognize and celebrate your unique traits?