

## OPEN-MINDEDNESS

When we are open-minded, we don't close ourselves off to new ideas and different ways of doing things. As we get older, sometimes we get set in our ways. We are more likely to eat the same things, spend time with the same people, do things the same way and, perhaps unconsciously, shut ourselves off from new and even better experiences. Below focus on open-mindedness in your life.

Detail one way you are either keeping yourself open to new experiences and people-- or, set a goal to do so now.

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*"It is a narrow mind which cannot look at a subject from various points of view."*  
~ George Eliot

Our view can be narrowed or widened by those who teach us from a certain perspective. Have you come to see any group or idea from a new perspective as a teen or an adult? What did you come to realize?

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First & Last Name: \_\_\_\_\_