

Name: \_\_\_\_\_

Date: \_\_\_\_\_

**Introduction**

You will be reading a book called Who Moved My Cheese? for Teens by Spencer Johnson, M.D. He wrote this book in 2002 for people who go through changes in their lives. That's pretty much everyone!

He hopes this book will help us learn how to benefit from changes. Since change is something we can't avoid in life, the author also hopes that we will not fear it, but instead make change work for us so we can become the person we want to be.

**Changes in Our Own Lives**

To help us learn from Who Moved My Cheese? for Teens, we will be talking about changes in our own lives. Think about some changes you have experienced, big or small, which you would feel comfortable sharing. List them here.

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Now, reflect on how you did or did not benefit from these changes:

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After you complete the book, please complete the third page of this packet. The book is short and I don't expect you to spend all summer on it but it is a great read and has a powerful message that we can use to begin our year together.

Happy reading!

Mrs. Carso and Mrs. Liesenberg

Name \_\_\_\_\_ Date \_\_\_\_\_

## **THE HANDWRITING ON THE WALL**

Haw wrote messages on the walls of the maze. What do they mean to you?

**Having Cheese Makes You Happy.**

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**What Would You Do If You Weren't Afraid?**

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**When You Stop Being Afraid, You Feel Good!**

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**The Sooner You Let Go Of The Old Cheese, The Sooner You Find New Cheese!**

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**Imagining Your New Cheese Helps You Find It!**

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**Smell The Cheese Often So You Know When It Is Getting Old.**

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**Move To The New Cheese And Enjoy It!**

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