

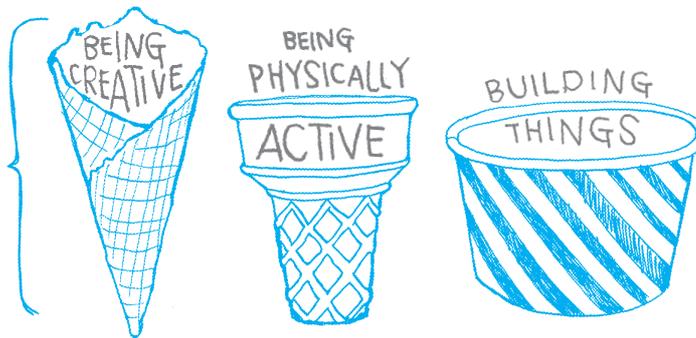
# Lesson 2: What is My Foundation?

THESE  
ICE CREAM  
SCOOPS  
REPRESENT  
YOUR DIFFERENT  
INTERESTS



Your Interests may continually change throughout your life — just like your choice of ice cream flavor can change.

THESE  
ICE CREAM  
CONES  
REPRESENT YOUR  
FOUNDATIONS



Foundations are different for each person, just like each person prefers a different type of ice cream cone. The cone is the base that holds up your ice cream, just like your Foundation is the base that supports your Interests.

You'll choose different ice cream flavors (Interests) throughout your life, but you'll always need a cone (your Foundation) to hoist them up!



On page 11, you broke down your Interests into different segments, or underlying principles. That was the first step to understanding your **Foundation**. Your Foundation is the central value that exists at the core of who you are. It can show up in any Interest you have and frequently appears in all of them. It's what "lights you up" and makes you excited to pursue the things you really enjoy doing. Your Interests may change as you go through life, but they will probably all share the same Foundation.

This may sound complicated, but it is really just one more way to look at your Interests. For example, perhaps your favorite subject in school has always been P.E. You love to compete, play hard and to be outdoors. You may also be interested in many different things like science, politics or travel. While those Interests seem to have nothing in common, they can all share the Foundation of Being Physically Active. You may choose to become a professional rock climber, a Navy Seal, or a chemist who creates vitamin supplements for elite athletes. These pathways allow you to remain true to your Foundation.

As you go through high school and college, your Interests and Foundation may evolve. Through new experiences, you will learn new things about yourself and what you like to do. You may make new connections between your Interests and find a new Foundation to guide your decisions. That's okay. Just remember that you will find your greatest happiness and satisfaction if you follow the educational and career paths that allow you to remain true to your Foundation.

One way to figure out your Foundation is to study the pie charts you created on page 11. Consider the following questions as you reflect on what you wrote: *What elements do your two Interests have in common? What makes you happiest about both activities? What other Interests could you imagine trying if it included this element?* The more you are able to find overlap between your Interests, the closer you are to discovering your Foundation.

After reviewing your Interests, highlight the Foundation that seems to best represent what is truly important to you.

As long as I am \_\_\_\_\_, I'll be happy.

WORKING WITH OTHERS  
BUILDING THINGS  
HELPING PEOPLE  
BUILDING RELATIONSHIPS  
COMMUNICATING  
ACCOMPLISHING MY GOALS  
PROBLEM SOLVING  
BEING PHYSICALLY ACTIVE  
SHARING STORIES  
UPHOLDING A JUST CAUSE  
LEARNING CHALLENGING MYSELF MENTALLY  
BEING CREATIVE  
TEACHING MENTORING OTHERS  
VALUE I BELIEVE IN  
WORKING INDEPENDENTLY

"The key of knowing what to do is knowing who you are."

Charles Garfield  
Psychologist  
Shanti and UCSF  
School of Medicine



[roadtripnation.com/leader/charles-garfield](http://roadtripnation.com/leader/charles-garfield)

### Words of Roadtrip Nation

**Foundation:** The central value that exists at the core of who you are. Your Foundation can show up in any Interest you have and frequently appears in all of them.

Reread the Foundations in the circles above. Is there anything you can think of that is missing from this group? Explain.

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WHO AM I?

WHERE AM I GOING?

HOW DO I GET THERE?

# Leader Quotes

Read each Leader's quote below and answer the question that corresponds to it.

*"Your heart is like a GPS system. You don't know where you're going and that's the scary part about it. A lot of people are afraid of pursuing their dream, because they don't know what's behind the next door, or what's around the corner. I say listen to it while you can. Listen to it. Follow it."*

[roadtripnation.com/leader/van-taylor-monroe](http://roadtripnation.com/leader/van-taylor-monroe)

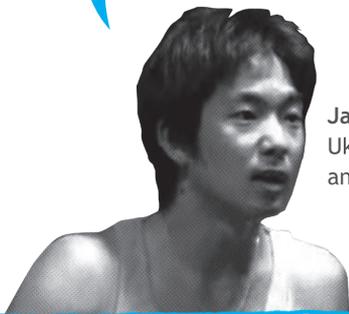


**Van Taylor Monroe**  
Shoe Artist

What do you think Van Taylor means when he says "Your heart is like a GPS system?" When have you felt your 'heart' steering you in a certain direction? Did you listen? Why or why not?

*"If I can truly be myself and figure out who I am and do that all the time, then I am going to be the best in everything that I do."*

[roadtripnation.com/leader/jake-shimabukuro](http://roadtripnation.com/leader/jake-shimabukuro)



**Jake Shimabukuro**  
Ukulele Musician  
and Spokesperson

What subject, sport or hobby allows you to truly be yourself? How does it bring out the best in you? Is there something you have to do on a frequent basis that brings out the worst in you? What makes you less than your best self?

*"You have to cultivate those things that bring you joy. You have to know what you love."*

[roadtripnation.com/leader/charline-gipson](http://roadtripnation.com/leader/charline-gipson)



**Charline Gipson**  
Corporate Lawyer  
Davillier Law Group ILC

What is the one thing that brings you the most joy right now in your life? Why does it bring you joy? How can you incorporate that experience into your life more often?

# Foundation Insight

Defining your own Road in life is about making decisions that reflect who you are and what's important to you.

**Consider the insights you've gained about your Foundation and how they can help you as you plan for college; then answer these questions:**

How can that knowledge help you make decisions about high school, your courses and extracurricular activities?

How can you take what you've learned and apply it to your college planning?

How might it influence your choice of a major or future career path?

*"Stop being outside of who you are and watching your life from the sidelines. This is all part of an evolution... We are a total sum of our life experiences."*

**Penny Brown Reynolds**  
Judge, Author and  
Ordained Minister



[roadtripnation.com/leader/penny-brown-reynolds](http://roadtripnation.com/leader/penny-brown-reynolds)

Take a few minutes and think about Penny's quote above. Use the lines below to explain the quote in your own words.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

List three life experiences that have shaped who you are.

① \_\_\_\_\_

② \_\_\_\_\_

③ \_\_\_\_\_