

Answer Key

Trail 1... Page 1

- I. forest
1. circumstances
 2. taking
 3. power
 5. • context
 - application
 6. • comfortable
 - good
 - effort
 - naturally
 - us
- II. 1. sexual instinct
2. emotions
3. relationships
- III. 1. ruts
2. knights
3. higher purpose
- IV. • vision
• core

Trail 2... Page 6

- thinking, feeling
- I. 2. Empathy
3. Intuition
4. Awareness
5. Grief
- II. organize
1. beliefs
 2. expectations
 4. feedback
 5. influences
 6. goals
 7. theme
 8. God, choice
- III. balance
1. passionate
 2. challenges
 3. storytelling
 4. uniqueness

Trail 3... Page 11

- I. 1. Practice
3. sacrificial service
4. plan
5. Respond
6. fairly

7. ALL
8. Govern
- II. 1. team building
4. success
 - worth
 - legacy
 - faith
- III. 2. • self
 - discipline
 - valuing
 - forgive
3. acts
6. marriage
7. sacrificial

Trail 4... Page 16

- soul
- I. 2. whys
 - here
 - worthwhile
 - value
 - do
3. North Star
5. value
6. pursuit
7. • chance
 - series
 - created
 - relationship
10. identity, unique
 - mission
 - needed
 - connected
 - fulfill
 - voice

- II. patterns
1. Being
 3. behaviors
 4. previous
 5. God
- III. rebirth
1. Forgiveness
 2. right
 5. Strength
 6. Principles
 7. support

Trail 5... Page 22

- himself, core, destroy
- I. strength
1. exist
 2. temporary, easier
 3. pessimism, perfection
 5. someone
 6. conflicts
 7. isolation
 9. pleasure
- II. 1. strong
2. difference
3. limit
4. Positive
5. God's image
6. naturally
 - children
 - wife
 - Mentor
7. seeks
8. way of dealing
 - removed
 - example
 - again
 - think
- III. cannot
1. Wins the war
 3. next step
 4. leadership
 5. outside

Trail 6... Page 28

- spandex
- I. bond
1. connections
 - Companionship
 - Teamwork
 - resources
 2. • Attaching
 - need for others
 - whole
- II. self-preservation
1. • gym
 - laws
 - doctor
 - hold
 - parents

Answer Key

- 2.
 - second
 - selfish
 - first
 - viewpoints
 - needs of others
 - risk
 - failure
 - teamwork

- III. flee
 1.
 - harmful
 - influences
 - Relationships
 - Actions
 - Thoughts
 - Emotions
 2.
 - grow
 - protect
 - integrity
 - feedback
 - care, validation
 - opinion
 - Avoids

- IV. first war
 1. relationships
 2. self-care
 3. boundaries
 5. next week

- Trail 7...Page 35
 robs
 - achievement
 - develop
 - receive
- I. fight
 1.
 - nations
 - blames, avoiding
 - team
 - loves
 - ◊ Protecting
 - ◊ Confronting
 - ◊ quality
 - ◊ emotionally
 - hurdles
 - challenged
 2. harmful
 - reacts
 - crush

- II. pain
 1. Expand
 2. Stay away
 3. messages
 5. Tolerate
 - Attempting
 - serve
 - shape
 - values
 - connected

- III. pleasure
 1. benefits
 2. no
 3. immature
- IV. battles, victorious
 1. Use
 2. Accept, toward
 4. Return

- Trail 8... Page 42
 - I.
 1. learning
 3. release
 4. doing
 5. less likely
 7. pecking order
 - II.
 1.
 - experimentation
 - education
 - Experience
 - abuse
 2.
 - aggression
 - Modulate
 - Define
 - commitment
 - alone
 - Connect
 3. control, victim
 - III.
 1. one
 2. secondary
 3. separate
 4. core
 6. change
 7. understand
 8. identity
 9. God
 - His

- cover
- distract
- temptation
- you can't fix this
- sacrificial

- Trail 9... Page 48
 Trail Markers
 - I. inner voice
 2.
 - Serving
 - Fulfilling
 - peace
 - respect
 3. forest
 4. pain
 - II.
 1. elders
 - values
 - sought
 - mistakes
 - confrontation
 - skills
 - discern
 2. tribe
 - social
 - allowing
 - interests
 - protected
 - interpersonal
 3. spiritual
 - start again
 - worth
 - choice

- Trail 10... Page 54
 against
 - I. born, knights
 1. achieve
 2. Avoidance
 3. opportunities
 - II. choices
 1. where, poor
 2. reality
 - III. motion
 1. never
 2. adapt
 - IV. amazing
 1. miraculous
 3. creator

Answer Key

- V. whatever
1. easily
2. hard
3. complete
- VI. learning
1. knows it all
2. listen
3. actions
4. humble

- VII. true you
1. reflection, integrity
2. posing
4. honors
- VIII. shapes
1. awareness, forest
2. accept
3. protects

Trail 11... Page 60

- II. create
3. choices
4. ownership
5. future
- III. challenged
1. lost relationships
2. surprised
- IV. alone
1. surrounds
2. temporarily
3. relationships
- V. wrong
1. searches
2. own
- VI. trying
1. journey
2. achieve
3. history
4. characteristics
- VII. lives
1. violate
2. attracted
3. add
- VIII. submits, beyond
1. influences
4. His

Trail 12... Page 65

- I. life map
1. direction
2. expressing
3. faith
5. feedback
6. open, close
7. integrates
8. ultimate
11. knowable

- II. 1. value
• children
• mother
• exclusivity
• other
• boundaries
2. Employment
• needs
• high, serving
• unique
• ◇ Skill
◇ Relationship
◇ Core
◇ Personal
3. Community
• social
• impact
• experiences

Trail 13...Page 72

- bored, boring
- I. 1. moment
2. let go
3. relaxed
4. reserve
5. memories
6. Including
7. celebration
8. diminishes
9. another
10. play
11. Letting go
12. experiment
13. balance
- II. 1. aware
2. offer
3. learn

4. forgive
5. friend
6. competent
7. loved
8. leader
9. resilient
10. motivated

Trail 14... Page 77

- tools
- I. smile
1. ease
2. open
3. safe
4. quiets
5. optimistic
6. positive
7. authentic
8. phone
9. contagious
- II. humor
1. tension
2. seriously
3. join
4. ironies
5. trust
7. appreciate
8. ethical
- III. words
2. Express, life
3. Compliment
4. gratitude
5. Encourage
- IV. body language
1. natural
2. permission
3. interest
4. toward
5. hold
6. healing
• abusive
• severe
• history
• another

Answer Key

Trail 15... Page 83

calling

- I.
 1. theme
 2. action
 4. clarifies
 5. unique
 6. values
 7. gift
- II. transparent
 1. temporary
 2. risk
 5. no guarantee
 7. God
 8. sacrificial
 9. constantly
- III. death
 1. awareness
 2. denial
 - Unnecessary
 - sexuality
 - partying
 - Overworking
 3. plans
 4. cared
 5. blessings
 6. guide

Trail 16... Page 88

family

- I.
 1. listens
 2. safe
 3. spend time
 4. respects
 5. needs
 6. assist
 7. Follows
 8. comforted
 9. challenged
 10. feedback
 11. presence
 12. sacrifice
 14. involve
 16. separate
 18. success
 19. truthful
 20. correct
 21. call

Trail 17... Page 93

armor

- I. safe
 1. agendas
 2. imperfect
 3. exist
 4. Forces
 5. values, material
 6. power
 7. diminish
 8. detract
- II.
 1. analyze
 2. regulatory
 3. self-protection
 4. protected
 5. vulnerable
 6. fuels
 7. blow
- III. shadow
 1. undercutting
 2. magnifies
 4. drop
 5. memories
 6. fix
 7. care

Trail 18... Page 98

- I.
 1. recognizing
 2. ignores
 3. fearful
 4. knows
 6. hearing
 7. uses
 10. block
- II. guidance
 1. numbs
 4. stress
 5. sexual
 6. food
 7. sports
 8. affirmation
 9. insight
 11. others
 13. needy
 14. dealing
 15. behaviors
- III.
 1. truths
 2. standards

3. appropriately
4. skill

Trail 19... Page 103

- Beliefs, true
 - Filters, affect
- I.
 1. presence
 2. cooking
 3. sensitivity
 4. awareness
 5. availability
 6. maturity
 7. interest
 8. change
 9. mood
 10. behavior
 12. role
 13. work ethic
 14. wife
 15. nurturer
 16. teacher
 17. fun
 18. you
 19. Tough
 20. gentle push
 21. faith
 23. temperament
 24. acceptance
 25. love
 - II.
 2. stronger
 3. feelings
 4. change
 5. life

Trail 20... Page 109

- I.
 1. Beliefs, affect
 2. Filters, true
- II.
 1. alone
 2. aware
 5. care
 6. viewpoints
 7. expecting
 8. optimist
 10. risk
 11. expect
 12. loved
 14. fun

Answer Key

15. consequences
16. one
17. within
18. Forgiveness

Trail 21... Page 115

- I. fathers
 2. present
 3. opposition
 4. defeated
- II. modeled
 1. himself
 2. anger
 3. sexuality
 4. life
 5. giving
 7. balance
 8. face
 9. code
 10. all
 11. valuing
 12. express
 13. making
 14. God
 15. shadow
 18. well
 19. learn
 20. defensiveness
- III.
 1. time
 2. loved
 3. woman
 6. complimented
 7. appropriately
 8. supported
 9. sacrificed, led
 10. relationship

Trail 22... Page 122

- I.
 1. not
 2. choose
 3. ensure
 4. necessarily
 6. necessary
 7. essential
 - forgetting
 - safe
- ◇ Hear

- ◇ sorry
 - ◇ immediately
 - ◇ third
 - ◇ lifestyle
 - ◇ end
8. accountable
 9. behaviors
 10. link
 11. up, refuel
 12. reflection

Trail 23... Page 127

- I. responsibilities
 1. reflect
 2. best
 3. others
 4. crowd
- II. core
 1.
 - feedback
 - analyzes
 - guidelines
 - reactions
 2. life
 3. organizes
 - moral
 - protect
 - respect
 - sacrifice
 4. deception
 5.
 - regain
 - maintain
 - Guidance
 - value
 - Calling
- III. chooses
 1. worthy
 2. portrays
 4. right
 5. balance
 6. supportive
 7. trusts

Trail 24... Page 133

- I. strategies
 1. not
 2. benefits
 3. choice
 4. delay
 5. team
 6. unknown
 7. Few
 8. limitations
 9. clear, end
 12. specific
 13. big picture
 14. needless
 15. adjusted
 16. self-awareness
 17. great
 18. best
 19. no
 20. communication
 21. sacrifice
 22. varied
 23. celebrations
 25. maintains