

## **“Who Moved My Cheese” by Dr. Spencer Johnson**

All assignments are due the first week of school, at your English teacher’s discretion. These assignments could make up as much as 10% of your first nine weeks grade. Please do your best. All work must be typed, 12-pt font, double spaced

Happy Reading.

### **Mandatory**

## **“Who Moved My Cheese” by Dr. Spencer Johnson**

How each of us deals with change determines in many ways our ability to be successful and happy.

### **Assignments:**

#### **1. Explaining change: A personal definition of change based on the book.**

Select at least 5 quotes from the book where Dr. Johnson speaks about change and our response to change. Explain each quote. What information does Dr. Johnson want you to learn? Highlight the words in the quote that are the most influential in your understanding of how each of us should respond to change.

#### **2. Comparing nonfiction to poetry: How does art reflect life?**

Compare that message to the poem listed below. In essay form (500-750 words), explain what Dr. Spencer Johnson would say about the advice from the poem. What would be some concerns Johnson would voice about the poem’s advice? Do you believe the advice of the poem? Please use specific quotes and instances from Johnson’s book.

“If” By Rudyard Kipling

If you can keep your head when all about you

Are losing theirs and blaming it on you,

If you can trust yourself when all men doubt you,

But make allowance for their doubting too;

If you can wait and not be tired by waiting,

Or being lied about, don't deal in lies,

Or being hated, don't give way to hating,

And yet don't look too good, nor talk too wise:

If you can dream—and not make dreams your  
master;

If you can think—and not make thoughts your aim;

If you can meet with Triumph and Disaster

And treat those two impostors just the same;

If you can bear to hear the truth you've spoken

Twisted by knaves to make a trap for fools,

Or watch the things you gave your life to, broken,

And stoop and build 'em up with worn-out tools:

If you can make one heap of all your winnings

And risk it on one turn of pitch-and-toss,

And lose, and start again at your beginnings

And never breathe a word about your loss;

If you can force your heart and nerve and sinew

To serve your turn long after they are gone,

And so hold on when there is nothing in you

Except the Will which says to them: 'Hold on!'

If you can talk with crowds and keep your virtue,

Or walk with Kings—nor lose the common touch,

If neither foes nor loving friends can hurt you,

If all men count with you, but none too much;

If you can fill the unforgiving minute

With sixty seconds' worth of distance run,

Yours is the Earth and everything that's in it,

And—which is more—you'll be a Man, my son!