



DAY 1 PURPOSE / GOALS

“MY PURPOSE IS GREATER THAN MY CHALLENGES”

Define Purpose:

1. State your goal - specific, challenging, attainable

2. List two reasons you want to reach the goal. What are the benefits?

3. List every step, in order, that you will need to take to reach the goal.



DAY 1 PURPOSE / GOALS

4. What is the one thing you can do today, before you do anything else, to begin to move toward the fulfillment of your goal?

5. If your goal #1 was suddenly unattainable, what other careers would you pursue? List three



DAY 2 RESPECT

“TREAT OTHERS HOW YOU WOULD WANT THEM TO TREAT YOU”

Define Respect:

Respect T-Chart

LOOKS LIKE

SOUNDS LIKE

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1. Write about something you see in your school, your neighborhood, or the world that shows a lack of respect. What would you do to change it?



DAY 3 ATTITUDE

“YOUR ATTITUDE DETERMINES YOUR ALTITUDE”

Define Attitude:

1. Write down the last time you had a bad attitude and who it was with and what was the result of you losing your cool?

2. Write down 3 benefits of always keeping a good or positive attitude.



DAY 3 ATTITUDE

3. Write down 3 things that could happen if you were to have a bad attitude in school, sports, or with another student.

4. What would you say to a friend to help them if they were displaying a bad attitude towards others?

<p>Change your Words.. Change your MINDSET..</p>	
Instead of...	Say.....



DAY 4 **EFFORT**

“WHATEVER YOUR 100% LOOKS LIKE GIVE IT, THEN A LITTLE MORE”

Define Effort:

1. What is one thing you can take from watching today's video and use in your life?

2. What is one thing you feel like you struggle with?

3. List 3 ways you think you can get better at that particular thing.



DAY 4 EFFORT

4. What are 3 areas of your life you think you could give more effort in?

5. What changes do you think would happen if you started putting more effort into those areas?



DAY 5

PEER PRESSURE/DECISION MAKING

“YOU ARE FREE TO CHOOSE, DON’T MAKE THE CONSEQUENCE COSTS YOU OPPORTUNITIES”

Define Peer Pressure:

1. Is it better to go along with the crowd or to make your own choices? Why?

2. How does peer pressure effect the decisions you make?

3. List 3 ways to stick to your decision when peer pressure starts to happen.



DAY 6 **LEADERSHIP**

“DO WHAT IS RIGHT, NOT WHAT IS EASY”

Define Leadership:

1. What was the last good example of leadership you showed?

2. What was the last bad example of leadership you showed? What could have you done differently?

3. List 3 ways you will try to lead in a positive way until our next meeting?



DAY 6 LEADERSHIP

4. What is something you can take from the video to help you be a better leader?



DAY 7 **HONESTY**

“TELL A LIE ONCE AND EVERY TRUTH BECOMES QUESTIONABLE”

Define an honest person:

1. What are 3 examples of dishonesty?

2. List 3 consequences that can come from lying about a situation.

3. What is the hardest truth you've ever had to tell?



DAY 7 HONESTY

4. What does it mean to be “real” or “authentic”?

5. What are 3 things that you learned from our guest speaker/speakers?



DAY 8 COMMITMENT/PERSEVERANCE

“COMMITMENT IS NOT A FEELING, IT IS AN EVERYDAY CHOICE”

Define commitment:

1. Write down the last time you failed at a task.

2. After hearing the true definition of commitment where did you fall short at meeting those standards?

Define Perseverance:
