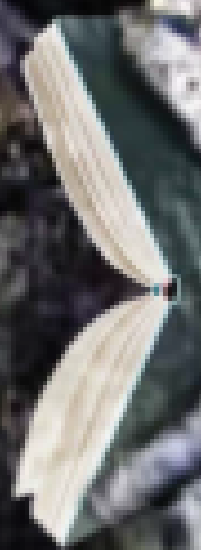


SHOWING UP

A TRUANCY CURRICULUM



INSTRUCTOR MANUAL

TABLE OF CONTENTS

About The Authors	3
Introduction	4
Completion Requirements and Class Expectations	5
Confidentiality Policy	6
Mandatory Reporting	7
Evaluation Process	8
Presenting the Materials	12
5 Sessions, 15 Activities	13
SESSION ONE: BACK TO THE BEGINNING	15
It All Begins In Elementary	18
What's Your Utopia?	26
Getting Back to the Basics	33
SESSION TWO: WHAT'S HOLDING YOU BACK?	39
How Many Cracks Do You Have?	42
How Many Crutches are You Leaning On?	47
What Are You Creating?	51
SESSION THREE: WATCHING/CREATING/ESCAPING	57
How Do You See Yourself?	60
What Skills Do You Have?	66
Where Does Your Passion Come From?	71
SESSION FOUR: WHAT DO YOU KNOW?	79
Why Should I Take You Serious?	82
Concept to Creation	89
Learning to Find Your Voice	93
SESSION FIVE: FATE VS DESTINY	101
What's In Your Way?	104
So What?	113
What's Your Choice?	117

ABOUT THE AUTHORS



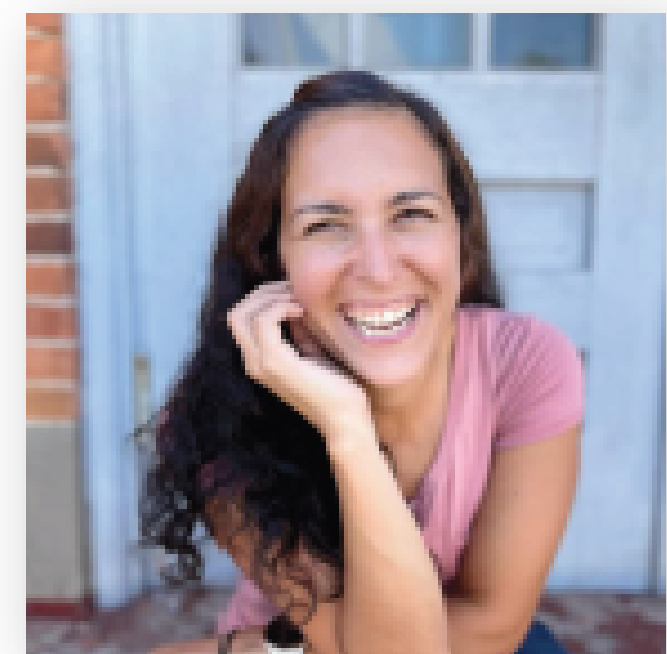
BRYAN WRIGHT

Bryan is the Founder and Owner of Dynamic Family Solutions, LLC and PipNPal Publications, LLC. His passion and love is to create and help put more positivity into the world and both companies are designed to do just that.

Bryan has worked for 16 years in prevention education and has published five educational curriculums. Through the years, he has been able to spread his programs throughout the nation and across the world. Bryan has over 150 trained facilitators running the curriculums throughout seven states and internationally in Barcelona, Spain. With these accomplishments and achievements, Bryan has also received several distinguishing awards including, the Academy Leadership and Innovation Award 2022 Recipient and also the MCJA Practitioner Award Recipient in 2021.

TARA EICHSTEDT

Tara Eichstedt has worked with youth in some capacity since college and full-time for the last ten years. She currently works with youth who struggle with mental health or problematic behaviors. Her passion is connecting youth to the proper resources and supportive people.



A common problem she saw in her line of work was the high referrals for truant youth in school and no curriculum out there to really address the intrinsic piece of motivation for these youth. Tara reached out to Bryan Wright, who has done other curriculums, to put together something that is inspiring and motivational for youth to go through and really learn about themselves and the deeper reasons why some do not see a hope for their future. Hence, "Showing Up" was born. Tara lives in Wisconsin and is married with three young children.

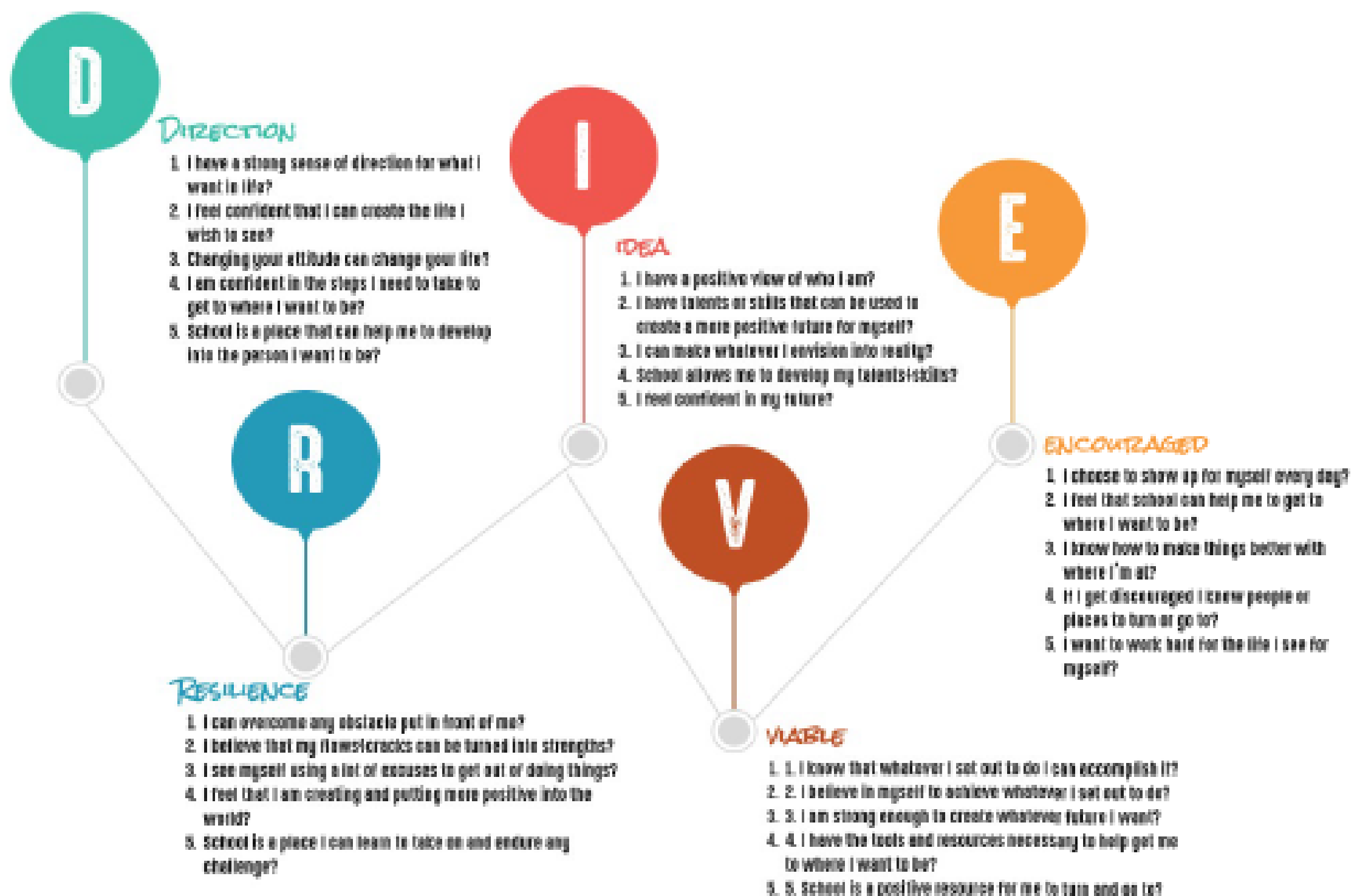
INTRODUCTION

WELCOME

To the Showing Up curriculum designed to address truancy issues within schools in collaboration with Dynamic Family Solutions, LLC.

We recognize the difficulties around trying to problem solve the issues of truancy. Although it is a multi-faceted dilemma, we have developed a curriculum to really target the intrinsic and motivational piece for youth. Our goal is to get to the core of why youth struggle with showing up, not only in school, but for themselves. And then, we can begin to make a game plan with youth to start showing up. The curriculum includes activities that will dig deeper into self-confidence, breaking down each youth's individual perspective and the overall drive it takes to succeed in life.

This course is delivered over five weeks of structured class time that will work towards set goals and objectives built into each week of the program based upon our D.R.I.V.E. acronym:



5 SESSIONS, 15 ACTIVITIES

These lessons are designed to get youth to want to show up and actively be a part of creating a future they wish, want and desire to see and getting them to understand how school does play an instrumental role in helping.

SESSION ONE

BACK TO THE BEGINNING



SESSION TWO

WHAT'S HOLDING YOU BACK

(CRACKS, CRUTCHES, CREATION)



SESSION THREE

WATCHING/ CREATING/ ESCAPING



SESSION FOUR

WHAT DO YOU KNOW?



SESSION FIVE

FATE VS DESTINY



SESSION ONE

BACK TO THE BEGINNING



SESSION ONE: BACK TO THE BEGINNING



ACTIVITY #1 (30 minutes)

IT ALL BEGINS IN ELEMENTARY

Purpose: To understand that our journey is important and so are our failures. Our actions determine our future.



ACTIVITY #2 (30 minutes)

WHAT'S YOUR UTOPIA?

Purpose: To understand that you can literally change your life by changing your perception. We are creating our world right as we speak.



ACTIVITY #3 (30 minutes)

GETTING BACK TO THE BASICS

Purpose: To understand that our most powerful tool is our response to life events. In our response, we have complete control.

DEFINITIONS WORKSHEET

Please define each of these words or phrases:

- 1 Path -
- 2 Create -
- 3 Acceptance -
- 4 Ownership -

With the words and phrases you defined above, use each word or phrase in a paragraph to describe how you have seen each of these in your own life.

Path _____

Create _____

Acceptance _____

Ownership _____

IT ALL BEGINS IN ELEMENTARY

OBJECTIVE

To understand that our journey is important and so are our failures. Our actions determine our future.

TALKING POINTS

Is the path you are on, the path you want to be on?

It's so easy as youth to get caught up in what all the adults around us want us to do. Adults sure do love control. We all know that graduating from high school is SO important. It literally can be a one-way ticket out of town. Adults will tell us this over and over. Aside from graduating high school though, what do you want? Where is the path you are on, leading you?

Having a clear path that will lead you to where you want to be is crucial, but what about the journey it takes to get there. Have you ever heard the expression that the journey is more important than the destination itself? We cannot always know at the time why we are where we are or why certain things are happening in our life that have put us on the path we are on. But, it is up to each of us to evaluate and really question if this is or isn't the right path for us and if it is not, how do we find our way to the right one?

"AGAIN, YOU CAN'T CONNECT THE DOTS LOOKING FORWARD; YOU CAN ONLY CONNECT THEM LOOKING BACKWARD. SO YOU HAVE TO TRUST THAT THE DOTS WILL SOMEHOW CONNECT IN YOUR FUTURE. YOU HAVE TO TRUST IN SOMETHING – YOUR GUT, DESTINY, LIFE, KARMA, WHATEVER. THIS APPROACH HAS NEVER LET ME DOWN, AND IT HAS MADE ALL THE DIFFERENCE IN MY LIFE."

– STEVE JOBS

I want to take a moment to talk about failure. Even if we feel as though we are on the right path that doesn't mean that we won't encounter failure and we must recognize that failure is ok. Failure is good. Failure helps us to be better. Failure tells us it is time to start from a different point. Failure tells us it is time for a new plan or an altered plan. Without failure, we would not learn to be better, or we would not get better.

"I LOVE THIS QUOTE FROM MICHAEL JORDAN, "I'VE MISSED MORE THAN 9,000 SHOTS IN MY CAREER. I'VE LOST ALMOST 300 GAMES. TWENTY-SIX TIMES I'VE BEEN TRUSTED TO TAKE THE GAME-WINNING SHOT AND MISSED. I'VE FAILED OVER AND OVER AND OVER AGAIN IN MY LIFE."

Look at how many times Michael Jordan has failed over and over but is still considered one of the greatest basketball players of all time. His failures made him be better, do better, get better.

GOOD, BETTER, BEST. NEVER LET IT REST. UNTIL YOUR GOOD IS BETTER AND YOUR BETTER IS BEST

– TIM DUNCA

DISCUSSION QUESTIONS

- 1 Where is the path you are on leading you?
- 2 Do you think you may need to change paths?
- 3 Are you following your own interests and curiosities or are you following others interests and curiosities?
- 4 Are you connecting with others through your natural curiosities and interests?
- 5 Are there people in your life that are cheering you on? Do they help you with life?
- 6 Are there people in your life that are helping you to cultivate your natural interests and curiosities?
- 7 Where do you learn to develop all 5 of these C's within life?
- 8 Are you contributing back in some way through your natural interests and curiosities?
- 9 If there is one thing that you could create or make, what would it be?
- 10 If you could make or create something that would make you incredibly proud of yourself or something that you feel others would look at and be like, wow, what would it be?

Date:

MY NOTES

[illegible]

"Nature has given us all the pieces required to achieve exceptional wellness and health, but has left it to us to put these pieces together."—Diane McLaren

WHAT'S YOUR UTOPIA?

OBJECTIVE

To understand that you can literally change your life by changing your perception. We are creating our world right as we speak.

TALKING POINTS

The definition of utopia according to the oxford dictionary is, an imagined place or state of things in which everything is perfect. Do you believe your utopia does exist? Or can exist? How would one go about creating their own?

It may seem impossible for you to even think about your ideal life at this point. You are just trying to make it through each day and it really feels like survival. We have to look at what we can do to move forward and what we can create within ourselves to start the journey towards creating our own utopia.

Think of your past. Some of you have been through some pretty heavy circumstances. Some of you have been through some pretty heavy events. Events that some of you would much rather lock and throw away the key to. It may be impossible to see or understand now but these events will help you in the future. These events will equip you over others. These events will set you apart from others. These things that you have been through will become something more and there will become meaning from it. As hard as that may be to hear and accept now.

We cannot ever quite reach perfection, but we can reach our best life and be able to create our very own utopia and world to live in. We have an even better chance at reaching our utopia when we are able to change our Perspective. What you focus on, you will get. What you envision or think of will become what you see more of this is Perspective.

Where some may see a man smiling and friendly, some may see a man being creepy and flirty. Where some may see a woman being assertive and confident, some may see a woman being bossy and controlling. You get to choose what you see. Just like you get to choose your response to events that have happened to you and in your life. That is the power we hold. That alone is true power that everyone of us possess. So back to your utopia. What do you see for yourself and what is your utopia? The more you envision and see the positive and the good is the more you will create it, invite it and find more of it in your life.

WHICH BUILDER ARE YOU?

There is a story about three bricklayers doing the same job. Each was laying bricks to rebuild a famous cathedral after the great fire of 1666 that leveled London. The world's most famous architect, Christopher Wren, was hired to rebuild St. Paul's Cathedral.

As Christopher Wren was watching the three bricklayers on a scaffold, he noticed something about each of them; one was crouched, one was half-standing, and the other was standing tall, working very hard and efficiently. Christopher Wren asked each of them, "What are you doing?" The first one replied, "I am a bricklayer working hard at laying bricks to feed my family." The second bricklayer responded, "I am a builder building a wall." But the third one responded with, "I am a cathedral builder. I'm building a great cathedral to The Almighty."

How do you view your life? What are you building? What would you say about the life you are creating?

DISCUSSION QUESTIONS

- 1 Which builder do you see yourself being? Why?
- 2 How do you view your life?
- 3 What are you creating?
- 4 What would you say about the life you are creating?
- 5 Are all of your basic needs being met?
 - a. Do you have food?
 - b. Do you take care of your body physically?
 - c. Do you get enough sleep at night?
 - d. Do you have clothes to wear?
 - e. Do you have a home?
 - f. Do you have money if you need it?
- 6 Are you employed and/or go to school daily?
- 7 Are you connected to positive support in your daily life? Do you feel loved by someone?
- 8 Is your home environment stable?
- 9 Do you feel like you matter?
- 10 Do you believe anything is possible for you?

For whoever feels comfortable, let's talk about the ones you answered "NO" to. Let's work towards making a plan to bridge the ones you answered "NO" to.

Date:

MY NOTES

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

**“Just one small positive thought in the morning
can change your whole day.” Dalai Lama**

GETTING BACK TO THE BASICS

OBJECTIVE

To understand that our most powerful tool is our response to life events. In our response we have complete control.

TALKING POINTS

There is a neat formula by a Dr. Robert Resnick. The formula is: $E+R=O$ (Event + Response=Outcome). An event happens that is out of our control. We can blame the event. Or we can work with the event. Whatever we decide to do after the event is our response. The event in combination with our response equals the outcome for us. Regardless of what response we choose, we need to take 100% responsibility for it, own it and accept it. This is how we start taking full ownership of our life.

YOU MUST TAKE PERSONAL RESPONSIBILITY. YOU CANNOT CHANGE THE CIRCUMSTANCES, THE SEASONS, OR THE WIND, BUT YOU CAN CHANGE YOURSELF.

— JIM ROHN

The only control we have over our life is ourselves. We have control over the thoughts we think and the actions we take. That it is. No one can think our thoughts for us or take our actions for us. If we are not liking our results, we have the power to change things. We can change our responses.

CHANGE YOUR NEGATIVE THOUGHTS TO POSITIVE ONES. CHANGE WHAT YOU DAYDREAM ABOUT. CHANGE YOUR HABITS. CHANGE WHAT YOU READ. CHANGE YOUR FRIENDS. CHANGE HOW YOU TALK.

— JACK CANFIELD

We must end the cycle now. It is easy to take the path of least resistance. It is easy to lower the bar for ourselves because we know we can reach it at that lower level. But we are doing ourselves a disservice when we do this. If we want more for our life, we must raise the bar. And, we have to start by getting rid of all of our excuses and victim stories we tell ourselves.

If we don't change anything, nothing will change. If we keep on doing what we are doing right now, we will keep on getting what we are getting. It is that simple. The day we start to change what would be a "normal" response for us, is the day our life will start to change. Try different responses to events in your life and see what happens! Things will change when you change.

See what happens. Pay attention to the results you get. Use the formula if it helps you to see things more clearly. Remember that we have the power to choose our response to any event. And, that can change our whole world. Little by little. Day by day.

Discussion Questions

- 1 Can you take complete ownership of your life right now?
- 2 Are there things you are willing to change to create a better, more fulfilling life?
- 3 What things would you have to change?
- 4 If you could ultimately create the world you wish, want, and desire, what steps would you need to take to get there?
- 5 When it comes to the things that happen to you and how you respond to them, do you notice yourself blaming others for them?
- 6 When things don't go your way, do you notice yourself complaining about it?
- 7 When you act out negatively, do you see yourself tending to justify what you did?
- 8 Do you notice yourself minimizing the things you do to make it seem as though what you did was no big deal or shouldn't matter?
- 9 Do you want to be happy? How do you make that happen?
- 10 What things are you willing to change to be happier?

Date:

MY NOTES

[illegible]

“We cannot solve problems with the kind of thinking we employed when we came up with them.” – Albert Einstein

SESSION TWO

WHAT'S HOLDING YOU BACK

(CRACKS, CRUTCHES, CREATION)



SESSION TWO: WHAT'S HOLDING YOU BACK



ACTIVITY #1 (30 minutes)

HOW MANY CRACKS DO YOU HAVE?

Purpose: To understand that our cracks are our greatest tool, resource, and strength. We have to own and accept them to see our use in them.



ACTIVITY #2 (30 minutes)

HOW MANY CRUTCHES ARE YOU LEANING ON?

Purpose: To understand that the voices and beliefs in our heads are not always actual. We have the power to change and alter them.



ACTIVITY #3 (30 minutes)

WHAT ARE YOU CREATING?

Purpose: To understand that we have the power to create solutions or problems. If we want more of something in our lives, we must be willing to work.

DEFINITIONS WORKSHEET

Please define each of these words or phrases:

1 Cracks / Vulnerability -

2 Crutches -

3 Persevere -

4 Perspective -

With the words and phrases you defined above, use each word or phrase in a paragraph to describe how you have seen each of these in your own life.

Cracks / Vulnerability _____

Crutches _____

Persevere _____

Perspective _____

HOW MANY CRACKS DO YOU HAVE?

OBJECTIVE

To understand that our cracks are our greatest tool, resource, and strength. We have to own and accept them to see our use in them.

TALKING POINTS

"MAKE YOUR MESS YOUR MESSAGE."

— ROBIN ROBERTS

We all have **cracks**. We all have flaws. Some of us try to hide them more than others. Some of us are ok with showing all our **cracks** and flaws to the world. Some of us are not. Some of us feel shame for showing them. But maybe we are unsure of why. Some of us share them through art or creative endeavors. Some of us decide not to share them and instead hide them and tuck them safely away. Or so we think they are tucked safely away. But they do show. They show up in our anger, our aggressiveness, our negative coping skills, our negative thinking, our avoidance of genuine relationships, our avoidance of doing anything that could move us forward, and our issues with drinking or drugs; our **cracks** show up in other ways when we try to hide our authentic self from others.

Cracks are out of our control. They are what we are born with or born into. They are the circumstances that we had no control over but have affected our life; such as an absent dad or an absent mom, the death of a parent or loved one, a parent or caregiver in prison, a personal disability, or abuse we have suffered at the hands of trusted adults, or our physical appearance, etc. The list goes on.

Getting to a place where we can be ok with our flaws and **cracks** is where the magic starts to happen. It is where self-acceptance starts to happen. It is where our self-confidence is boosted.

Flaws are not bad. Flaws are good.

Cracks are not bad. **Cracks** are good.

It is how the light gets in.

There is a reason we always see a rainbow after a storm. The sun slowly pokes out from behind dark clouds, and the green grass and flowers glisten with the sun shining down on them. It's almost like the storm has a way of reminding us that from scary times come beautiful things. Like winter. After dark, dreary, long, wintry days finally come longer, brighter days with warmer weather.

DISCUSSION QUESTIONS

- 1 Can you relate to this story in any way?
- 2 What first comes to mind after reading this story? Take some time to think about it.
- 3 Do you have any cracks or flaws?
- 4 Can you think of any cracks you have that are a blessing?
- 5 Challenge the group with one of your cracks if you are willing to share. Does anyone see your crack as a blessing or a gift? Does that make you look at your cracks differently now?
- 6 How motivated of a person do you see yourself being? Where does that motivation come from?
- 7 What do you find yourself passionate about? Did that passion come from an unfortunate event?
- 8 Have you ever found one of your “flaws” helpful? Or someone else’s?
- 9 Can you think of stories that famous people share about their flaws and how they used those flaws for good?
- 10 Do you see how our flaws or cracks can inspire others?

Date:

MY NOTES

[illegible]

"Where there is no struggle, there is no strength." -

Oprah Winfrey

HOW MANY CRUTCHES ARE YOU LEANING ON?

OBJECTIVE

To understand that the voices and beliefs in our heads are not always actual. We have the power to change and alter them.

TALKING POINTS

"JUST REMEMBER, NO ONE CAN TAKE AWAY FROM YOU WHAT YOU'VE PUT IN YOUR OWN MIND."

— EDITH EVA EGER

We talked about cracks, but what about crutches? **Crutches** are things like failures or excuses. **Crutches** are often the reasons we give ourselves for not trying at all or not trying again. We rely on these things like they are **crutches**. We must look at ways to throw our **crutches** to the wayside and start walking without them. We must **persevere**. No blaming, no justifying, and no excuses.

What if we looked at our **crutches** as plot twists in our story? You know, the point in the story where you have to decide what to do from here. The story could go either way; you decide to accept the circumstance, give up and stay where you are, or shift course, not give up, and start on a new course instead. No one wants a boring story. Plot twists create a great story.

I don't want to dismiss anyone's pain when talking about **crutches**. Life can be unfair, and certain things are out of our control. But just like we talked about in the previous section, a rainbow after a storm, spring after a long winter, perhaps pain has a way of transforming us into what we are supposed to become. Some people decide to transform, others decide it's just too scary.

Remember these things:

You have already overcome so much sh*t to stand where you are today. You are doing way better than you think you are. Most people cannot go through what you have gone through and be where you are. You are not an accident. You are here on purpose, for a purpose. If your heart is still beating, God has a plan for you. You are better than your crutches—time to throw them to the side.

"YOU ARE BRAVER THAN YOU BELIEVE, SMARTER THAN YOU SEEM, AND STRONGER THAN YOU THINK."

— WINNIE THE POOH

DISCUSSION QUESTIONS

- 1 What are some things you consider your crutches?
- 2 If this is hard to answer, ask yourself, what would a perfect day look like for you? Would it be hanging out with friends, getting to school on time, being popular, having great relationships with teachers, receiving passing grades, being the best player on the team, being the smartest one in class, etc.?
- 3 After you answer that, now ask yourself if you are there. And if you are not there, why aren't you there?
- 4 Are the reasons you gave for not being there considered excuses? Blaming someone or something? Or justifying it?
- 5 Do you see how you make excuses, blame something, or try to justify where you are if you are not where you want to be?
- 6 Could these be your crutches?
- 7 Do you have any stories about life circumstances you have overcome and persevered through?
- 8 How did it feel to overcome an obstacle and persevere through it?
- 9 Did the obstacle make you want to overcome something else or make you want never to have to go through that again? Why or why not?
- 10 Does someone want to share that feeling of victory when they have overcome a massive obstacle in their life?

WHAT ARE YOU CREATING?

OBJECTIVE

To understand that we have the power to create solutions or problems. If we want more of something in our lives, we must be willing to work.

TALKING POINTS

Now that we have gotten rid of our crutches, what can we create?

Each day brings about new hope and opportunities for ourselves. We can throw away perfectionism and embrace good enough. Everyone sucks at first at whatever it is they are trying to get better at. Whether it is reading, writing, math, basketball, football, track, talking to others, drawing, music, singing, etc., we all suck at first. But, the more we do it, the better we get. We can't try something once and think we suck because we will suck. We have to try something again and again, thousands of times, to be great. What do you believe is possible for yourself? Everything you do in life is either taking you towards a better life or away from a better life. What direction are you moving in?

Changing things in our lives is hard. And it is scary. The way to overcome fear and perfectionism is to take action. It is the only way. We have to put ourselves out there and get feedback. Some feedback might be good, and some might be not so good, but it is a starting point, and we can grow from there.

I read a story about a teacher who asked children to draw what they wanted to become when they were older. Most drew doctors, lawyers, nurses, astronauts, police officers, businessmen, teachers, etc. One child just sat staring at their blank piece of paper, so the teacher encouraged the child to think and dream big. The child finally drew a pizza delivery guy. When the teacher showed the child's mom this, she wasn't surprised. She said her son had only three male role models in his life; two are in prison, and the other one is a pizza delivery man.

If you have a hard time thinking about what kind of life you want to create, ask yourself these questions every day for as long as it takes and see what comes up for you, "How can I be of service to someone else? How can I make a difference today for someone else?" We often think about ourselves too much when we think about what we should create. Sometimes a simple shift in **perspective** can help us see more clearly. We don't create a life to hide it from the world; we create a life to help others and to show others it is possible.

"THE GREATEST DANGER FOR MOST OF US IS NOT THAT OUR AIM IS TOO HIGH AND WE MISS IT, BUT THAT IT IS TOO LOW AND WE REACH IT."

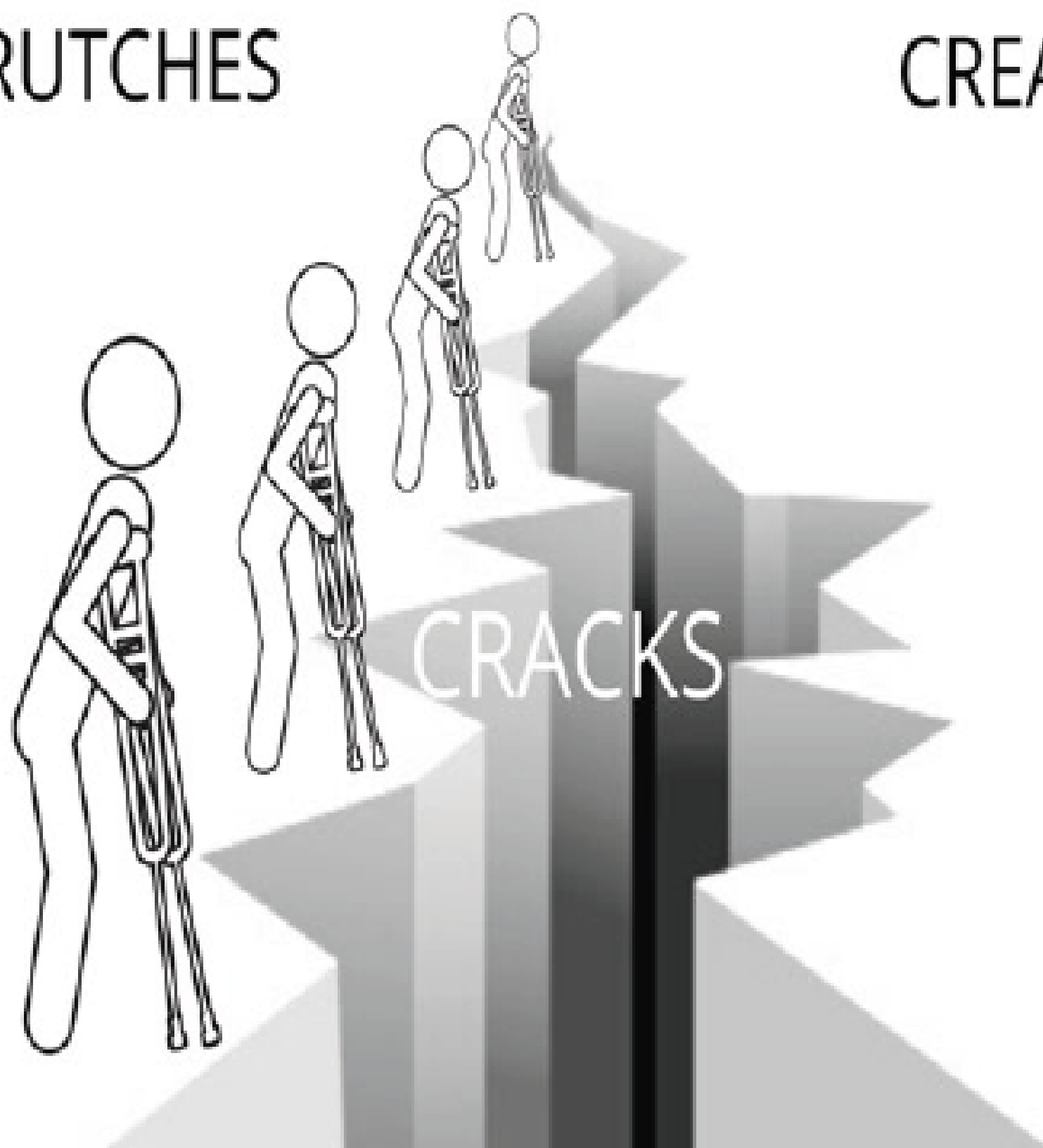
— MICHELANGELO

Discussion Questions

- 1 What are you creating right now?
- 2 What does your daily life look like?
- 3 What would you like to be doing a few years from now?
- 4 How about five years from now?
- 5 What about ten years from now?
- 6 Would you say that what you are doing right now will get you to where you want to be in a few, five, or ten years? And if it is not, what can you change in your daily life habits that will cause you to move towards the life you want to create?
- 7 Who are your role models? What do you admire about them? What kind of occupation do they have?
- 8 Do you want to be like any of them? Why?
- 9 Do you not want to be like any of them? Why not?
- 10 Do you feel you are aiming too low for yourself, and can you do better? Why?

CRUTCHES

CREATIONS



Date:

MY NOTES

[illegible]

"The best way to gain self-confidence is to do what you are afraid to do." – Unknown

SESSION THREE

WATCHING/ CREATING/ ESCAPING



SESSION FOUR: WHAT DO YOU KNOW?



ACTIVITY #1 (30 minutes)

WHY SHOULD I TAKE YOU SERIOUS?

Purpose: To understand that hard work is part of the process, yet it is dismissed by many. Don't let the opportunity be missed.



ACTIVITY #2 (30 minutes)

CONCEPT TO CREATION

Purpose: To understand that we can break down any goal into a step-by-step process. All we have to do is continuously put one foot in front of the other.



ACTIVITY #3 (30 minutes)

LEARNING TO FIND YOUR VOICE

Purpose: To understand that we are sending messages out to the world every single day about what we stand for and who we are. Our appearance alone sends strong messages about ourselves.

DEFINITIONS WORKSHEET

Please define each of these words or phrases:

1 Complacent -

2 Belief -

3 Passion -

4 North Star -

With the words and phrases you defined above, use each word or phrase in a paragraph to describe how you have seen each of these in your own life.

Complacent _____

Belief _____

Passion _____

North Star _____

HOW DO YOU SEE YOURSELF?

OBJECTIVE

Understanding what you tell yourself matters more than what anyone else will ever tell you. Our beliefs hold power.

TALKING POINTS

I want to share a secret with all of you:

"YOU WEREN'T AN ACCIDENT. YOU WEREN'T MASS-PRODUCED. YOU AREN'T AN ASSEMBLY-LINE PRODUCT. YOU WERE DELIBERATELY PLANNED, SPECIFICALLY GIFTED, AND LOVINGLY POSITIONED ON THE EARTH BY THE MASTER CRAFTSMAN."

— MAX LUCADO

Have you ever found yourself lost in doing something that brought you extreme joy? On the flip side, have you ever found yourself stuck on not doing anything because it scared you to feel joy? Sometimes we find ourselves complacent in life. Afraid to try anything new, fearing how others will receive us. I have worked with many youths who want to try out for sports or an extracurricular activity, yet they don't when the time comes to sign up. Do you find that you are like that? Have you done something similar? If so, what is holding you back?

We each bring a unique gift to this world; when we don't share that with others, others are missing out on that gift. We must learn to have courage and move toward those things that cause us fear. Your dreams are right outside of your comfort zone. We must learn to get comfortable with being uncomfortable. It is a daily practice, even for adults.

Complacency is the death of joy. To be excited by life, you must have exciting things you are pursuing. Exciting looks different for each person. Do what makes your heart sing and find what excites you. Pursue those things endlessly.

"IT IS NOT THE CRITIC WHO COUNTS; NOT THE MAN WHO POINTS OUT HOW THE STRONG MAN STUMBLES, OR WHERE THE DOER OF DEEDS COULD HAVE DONE THEM BETTER. THE CREDIT BELONGS TO THE MAN WHO IS ACTUALLY IN THE ARENA, WHOSE FACE IS MARRED BY DUST AND SWEAT AND BLOOD; WHO STRIVES VALIANTLY; WHO ERRS, WHO COMES SHORT AGAIN AND AGAIN, BECAUSE THERE IS NO EFFORT WITHOUT ERROR AND SHORTCOMING; BUT WHO DOES ACTUALLY STRIVE TO DO THE DEEDS; WHO KNOWS GREAT ENTHUSIASMS, THE GREAT DEVOTIONS; WHO SPENDS HIMSELF IN A WORTHY CAUSE; WHO AT THE BEST KNOWS IN THE END THE TRIUMPH OF HIGH ACHIEVEMENT, AND WHO AT THE WORST, IF HE FAILS, AT LEAST FAILS WHILE DARING GREATLY, SO THAT HIS PLACE SHALL NEVER BE WITH THOSE COLD AND TIMID SOULS WHO NEITHER KNOW VICTORY NOR DEFEAT."

— TEDDY ROOSEVELT

DISCUSSION QUESTIONS

- 1 Which one of these categories did you notice yourself in?
- 2 How would you categorize yourself if none of these three categories fit you? What name would you give to yourself?
- 3 What were some of the things that you've seen throughout your life that made you be more of whatever category you are in?
- 4 Do you feel as though the category you are in is the one you want to be in?
- 5 Does the category fit you? Do you see it as being who you are?
- 6 If the category you are labeled as or seen for isn't you, how would you want others to see you?
- 7 Which category would you want to be more in?
- 8 Do you think you are complacent in life?
- 9 Is there anything that excites you about your life?
- 10 What did you like or dislike about this activity?

Date:

MY NOTES

[illegible]

“The worst enemy to creativity is self-doubt”. – Sylvia Plath

WHAT SKILLS DO YOU HAVE?

OBJECTIVE

To realize the potential we have because of our own unique, individual skills. Permit yourself to share them.

TALKING POINTS

We each have our own unique set of skills to offer this world. Some of us have been taught by society to hide our talents or downplay them, so we don't make others feel uncomfortable. But the reality is that we each have unique skill sets to share, and we must share them with the world. We must share it.

"OUR DEEPEST FEAR IS NOT THAT WE ARE INADEQUATE. OUR DEEPEST FEAR IS THAT WE ARE POWERFUL BEYOND MEASURE. IT IS OUR LIGHT, NOT OUR DARKNESS THAT MOST FRIGHTENS US."

— MATZIANNE WILLIAMSON

When we offer our talent for the world to see, we inspire others to share their talent with the world. Think of those who inspire you. How do they make you feel? What do they make you want to do? Why did that specific person inspire you? Was it their story? Their childhood? What experiences have they gone through? I bet there is common ground between their story and your own experiences. And just like they have inspired you, you will inspire others with your story and experiences through your talent.

An important thing to note here is that just like you have similar experiences, you will find others with very different experiences than yours. Neither is right or wrong, better or worse. Just different. That is the beauty of this world.

We all come from different or similar backgrounds and bring different opinions to the table. Each is right. We should not feel threatened when someone has a different viewpoint than our own. Instead, we can ask questions and get to understand the other person's viewpoint. We can agree to disagree and still learn at the same time. This is how we expand our life knowledge and perspective on things.

And what about your **belief**? The **belief** you have in yourself. What we believe about ourselves is so powerful. Our **belief** can move mountains. It can change and create waves. **Belief** shows up in confidence and passion. It shows up in excitement and joy. Think of little kids. They believe everything. And they are so excited about what they believe. They tell stories so excitedly that they stutter to get the words out fast enough. Kids throw their hands up in the air and will shout with joy over finding out that they get to do the simplest pleasures. That joy, that belief, is so contagious. We could learn so much from children.

DISCUSSION QUESTIONS

- 1 Can you think of a time when you inspired others to do something?
- 2 How did that moment make you feel when you could convince or inspire others to do what you wanted?
- 3 What qualities did it take to get others to listen to you?
- 4 Do you have a time or memory of when you created something that you thought was really amazing and were proud of?
- 5 Were you excited to share that moment or creation with others?
- 6 How did others view or see your creation?
- 7 If you could change anything within the world, what would it be?
- 8 How do you see yourself being able to contribute or help with this issue?
- 9 Do you see yourself as someone that can help or make a difference?
- 10 Do you believe in yourself?

Date:

MY NOTES

[illegible]

**“Creativity involves breaking out of expected patterns
in order to look at things in a different way.” –
Edward de Bono**

WHERE DOES YOUR PASSION COME FROM

OBJECTIVE

To realize what we are truly curious and passionate about. The why behind our passion is our drive.

TALKING POINTS

Passion is defined in the Oxford dictionary as a “strong and barely controllable emotion.” **Passion** can excite you and/or incite so much pain in you that it causes you to do something.

Passion is not something you look for; it is already in you. If you are unsure of what you are passionate about, you need to ask yourself: is it awakened? Because it is there.

I find so many people overthink this. **Passion** can change over time and evolve in all of us; in fact, it usually does.

Sometimes there are several things we are passionate about, and we do not know which one to pursue. That is ok! We just need a North Star to guide us. Something we can look to when we are lost. That way, we can easily get back on track.

Think of the **North Star** as your guide. When you get lost, all you have to do is look up, find your **North Star**, and continue walking in that direction. So instead of thinking about what you are passionate about, start to do what brings you joy. Continue to follow those things you are naturally curious about and want to learn more about. Whatever it is. That way, you can never truly get lost. You just continue to follow those things. Those things are your **North Stars**. Another way to think of **passion** is to think of those things that make you angry and upset.

The things that make you want to create change and start a movement. Believe it or not, that is also passion.

“THE SADDEST PEOPLE I’VE EVER MET IN LIFE ARE THE ONES WHO DON’T CARE DEEPLY ABOUT ANYTHING AT ALL. PASSION AND SATISFACTION GO HAND IN HAND, AND WITHOUT THEM, ANY HAPPINESS IS ONLY TEMPORARY, BECAUSE THERE’S NOTHING TO MAKE IT LAST.”

— NICHOLAS SPARKS

So don’t think too hard about your passion or where you find it. Think of the things you enjoy doing. The things you are naturally curious about. The things you enjoy learning more about. You want to bring more awareness to the things that upset you so much or start a movement around them. That. There. It is your passion. You may have multiple passions, and that works too. Try to refine one for now and get more involved in at least one. See what comes from that and see where life takes you by following your passion. Your north star.

DISCUSSION QUESTIONS

- 1 What do you find yourself passionate about? If you struggle with this question, ask yourself what you enjoy doing. What are you naturally curious about? What do you want to learn more about?
- 2 What would your eight-hour day look like if you could pick your class schedule and fill it with anything?
- 3 What sorts of things do you witness in life and at the same time feel as though you must do something about?
- 4 What sorts of things make you go, "Yeah, I want to learn more about that!" Passion fires you up.
- 5 Was anything on your list that could be considered a negative?
- 6 Are any of them considered ways of numbing out versus helping you grow?
- 7 If anything was questionable, is there a way to reframe it, so it is a positive?
- 8 What is your North Star? Why? How do you know?
- 9 Can you trust your North Star to be your guiding tool?
- 10 Does your North Star and passion have anything in common? Are they related to each other? Are they the same thing?

Date:

MY NOTES

[illegible]

**"You can't use up creativity. The more you use,
the more you have". – Maya Angelou**

SESSION FOUR

WHAT DO YOU KNOW?



SESSION FOUR: WHAT DO YOU KNOW?



ACTIVITY #1 (30 minutes)

WHY SHOULD I TAKE YOU SERIOUS?

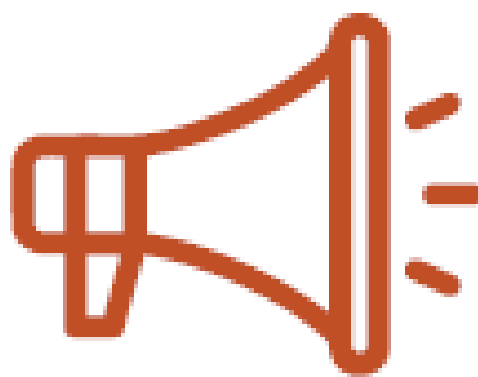
Purpose: To understand that hard work is part of the process, yet it is dismissed by many. Don't let the opportunity be missed.



ACTIVITY #2 (30 minutes)

CONCEPT TO CREATION

Purpose: To understand that we can break down any goal into a step-by-step process. All we have to do is continuously put one foot in front of the other.



ACTIVITY #3 (30 minutes)

LEARNING TO FIND YOUR VOICE

Purpose: To understand that we are sending messages out to the world every single day about what we stand for and who we are. Our appearance alone sends strong messages about ourselves.

DEFINITIONS WORKSHEET

Please define each of these words or phrases:

- 1 Action Steps -
- 2 Focus -
- 3 Confidence -
- 4 Follow Through -

With the words and phrases you defined above, use each word or phrase in a paragraph to describe how you have seen each of these in your own life.

Action Steps _____

Focus _____

Confidence _____

Follow Through _____

WHY SHOULD I TAKE YOU SERIOUS?

OBJECTIVE

To understand that hard work is part of the process, yet it is dismissed by many. Don't let the opportunity be missed.

TALKING POINTS

I was once visiting a friend who lived in downtown Chicago. They lived in a super cool, high-rise apartment with a rooftop area. We were on the rooftop with others, just hanging out and having a good time. I was introduced to someone new, and we started asking each other questions. I mentioned that I had always wanted to live in downtown Chicago when the person I was talking to asked, "Why don't you?" This simple question made me wonder why I am not doing the things I genuinely want to do. The question was a game changer in my life.

Why aren't I doing the things I want to do? Why aren't you? Think about it. We can talk big, but if we aren't walking the walk, why would anyone listen to us or even believe in us?

Think of it like this, would you take weight loss advice from someone overweight? Maybe this overweight person has a Ph.D. in weight loss. But someone else shows up who is fit and in shape. They don't have a background in weight loss or nutrition, but they have proof that they know how to do it because they live it. They are a walking billboard for themselves. You get to choose between these two people. Who would you choose? The overweight person with a Ph.D. in weight loss or the fit and in-shape person living the life daily? It is a no-brainer.

So, you have to decide. We can continue to talk about the things we want to do yet not take any **action steps** to move towards them, or we can start to take some **action steps** towards them, regardless of our background. As we previously talked about, we all suck at first. Then we get better. And then we get greater.

So, I ask you what someone once asked me, "Why aren't you living the life you want to live?"

Find people who are doing what you want and who have already paved the way before you, and follow them. We all add our style and mix to our creations, making us all different. There are other fitness coaches out there. There are other people out there who are doing what you want to do. Several. But there is still room for you to add your voice and mix to whatever industry you want to be in or whatever art you want to create. Start going, and people will take you seriously.

You just have to start.

"Well done is better than well said."

DISCUSSION QUESTIONS

- 1 What action steps are you taking towards your dreams and ideas?
- 2 Do you think people take you seriously? Why or why not?
- 3 Do you believe life is as easy as “just starting”?
- 4 Do you believe you are who you say you are? Do you believe in your “I am” statements?
- 5 What action steps could you take today to move towards where you want to be?
- 6 Write down three action steps on paper and do them every day this week.
- 7 Is someone else already doing what you want to be doing? Can you follow their blueprint but add in your style?
- 8 What would you consider the biggest priorities for yourself right now?
- 9 Do you think your basic needs being fulfilled is considered a high priority?
- 10 List your top three priorities on paper, along with your action steps. Carry this paper with you as a reminder all week long.

Date:

MY NOTES

[illegible]

"Believe in your infinite potential. Your only limitations are those you set upon yourself." Roy T. Bennett

CONCEPT TO CREATION

OBJECTIVE

To understand that we can break down any goal into a step-by-step process. All we have to do is continuously put one foot in front of the other.

TALKING POINTS

I knew a friend who enjoyed fitness and was super interested in starting an online fitness business. She was unsure of where to start. She decided to start a fitness class in her local town by posting on social media about it and inviting her friends to it. She knew the owner of a local gym who allowed her to have the class there. She posted, and ten people showed up for her first class. She continued with the class weekly, with people always attending. Eventually, she started an online fitness program where she charged a simple monthly fee for weekly workouts. She ended up doing this in person and online. She eventually grew to selling t-shirts and posting healthy recipes and more.

Did I mention she didn't have a background in fitness? She dove into books and started learning about it, and best of all, she was walking proof of the lifestyle. She was unsure where to start, so she picked a place and started. Creating our ideal life is not a straight arrow. We will have setbacks and failures. We will have slip-ups. We will get uncomfortable throughout the process. It is part of the game. The more **focus** we have, though, the more control we have.

When light is **focused** a certain way, it can cause fires. When light is **focused** a certain way, it can cut through steel. That is the power of **focus**. We often fill our lives with filler items or the busyness of other people or other people's schedules. How much time do you spend on your phone or video games? We complain about not having enough time for activities when we face the reality that we waste a lot of time. We all do it. But that is about to change.

Let's break it down.

Let's make a blueprint for your ideal life.

Let's make a blueprint for your ideal day.

DISCUSSION QUESTIONS

- 1 What does your ideal life look like? What does your ideal day look like?
- 2 What does your ideal morning look like? Your ideal afternoon? Your ideal evening? Your ideal weekend?
- 3 Did your blueprint compare to how you answered the questions above?
- 4 Would you say focusing on a goal is important? Why or why not?
- 5 Do you believe in the power of focus? Why or why not?
- 6 Do you genuinely believe you can achieve all you want in this life? Why or why not?
- 7 Does it help to break down your goals into smaller action steps? Why or why not?
- 8 Can you think of a time when you achieved a goal? Can you see how you took small action steps to achieve that goal?
- 9 Do you believe that every day is a brand-new beginning to start again? To start fresh?
- 10 Do you believe those closest to you truly want you to achieve your dreams? Why or why not?

Date:

MY NOTES

[illegible]

If you believe in yourself and have dedication and pride
- and never quit, you'll be a winner. The price of victory
is high but so are the rewards. Bear Bryant

LEARNING TO FIND YOUR VOICE

OBJECTIVE

To understand that we are sending messages out to the world every single day about what we stand for and who we are. Our appearance alone sends strong messages about ourselves.

TALKING POINTS

Have you ever watched someone play a sport, give a speech, or decide to speak up about something, yet you could see their hesitation?

It's easy to see this in sports. Basketball, for example. We watch players run with the ball, dribble, pass, and shoot. We can clearly see who has confidence and who lacks it. I was watching a high school basketball game recently and could tell the players who lacked self-confidence and the players who had self-confidence. All I kept thinking when I watched certain players was to own it. Own what you will do, even if it is a big disaster. Own it and follow it through to completion. If I could see some of the player's hesitation in what they had already decided to do, then so could the other team's players. On the flip side, I could see the players who did own their decisions and how well it played out for them. And so could the other team's players. The ones who entirely owned their decisions appeared as the confident ones, the leaders, and the aggressive ones. Not that they were necessarily the best players or the most intelligent players, or the fastest players, but because of the high confidence they had in themselves, this highlighted their game. It highlighted who they were.

The confident ones. The aggressive ones.
The leaders.

Talk about inspiring.

How many times do we lack confidence in something we are doing? Some of us would never know the lack of it. Others of us, you definitely know.

We must own what we are saying, what we are doing, and who we are. And we must own it unapologetically. This can be scary. Sometimes memorizing a mantra helps us when we are about to do hard things. A simple saying like, "I can do hard things," repeats in our heads until we do the hard thing.

Or something like simple affirmations. Take the "I am..." list you made in the previous section and say those affirmations to yourself on repeat over and over until you are doing the hard thing.

Another idea is to humanize others. For example, when you are about to go into that interview, remember that we are all human and all mess up. Think of scenarios that will humanize the panel of interviewers; one is battling addiction, another may be in therapy learning to overcome horrific childhood trauma, and another may be struggling with anger issues.

We must own our story, choices, words, and beliefs. We must fully believe in ourselves if we want others to believe in us fully. And once you do believe, even when you sense hesitation, you must combat that belief with a mind weapon that works for you and follow it through till completion.

DISCUSSION QUESTIONS

- 1 What action steps are you taking towards your dreams and ideas?
- 2 Do you think people take you seriously? Why or why not?
- 3 Do you believe life is as easy as “just starting”?
- 4 Do you believe you are who you say you are? Do you believe in your “I am” statements?
- 5 What action steps could you take today to move towards where you want to be?
- 6 Write down three action steps on paper and do them every day this week.
- 7 Is someone else already doing what you want to be doing? Can you follow their blueprint but add in your style?
- 8 What would you consider the biggest priorities for yourself right now?
- 9 Do you think your basic needs being fulfilled is considered a high priority?
- 10 List your top three priorities on paper, along with your action steps. Carry this paper with you as a reminder all week long.

Date:

MY NOTES

[illegible]

**Believe in yourself, and find ways to express
yourself, and find the discipline to keep growing.**

Michael Feinstein

SESSION FIVE

FATE VS DESTINY



SESSION FIVE: FATE VS DESTINY



ACTIVITY #1 (30 minutes)

WHAT'S IN YOUR WAY?

Purpose: To realize that when we don't choose and let someone else choose for us, we are choosing. We do get to choose what we want to do if we choose.



ACTIVITY #2 (30 minutes)

SO WHAT?

Purpose: To cement our why and what we will accomplish. We know everything we need to know to make a decision.



ACTIVITY #3 (30 minutes)

WHAT'S YOUR CHOICE?

Purpose: To decide if we are going to show up for ourselves or not. Time to choose.

DEFINITIONS WORKSHEET

Please define each of these words or phrases:

- 1 Fate -
- 2 Destiny -
- 3 Hard Work -
- 4 Choice -

With the words and phrases you defined above, use each word or phrase in a paragraph to describe how you have seen each of these in your own life.

Fate _____

Destiny _____

Hard Work _____

Choice _____

WHAT'S IN YOUR WAY?

OBJECTIVE

To realize that when we don't choose and let someone else choose for us, we are choosing. We do get to choose what we want to do if we choose.

TALKING POINTS

Have you ever heard of a millionaire cocktail party? I read about this in a book called "The Success Principles" by Jack Canfield. In one of Jack's training sessions, he will have his attendees stand up and socialize as if they are at a real-life cocktail party. The catch is that everyone must act as if they have already achieved all their goals in life. So, they act as if they all have the car they want, the homes they want, go on the vacations they want, perform the career they want, give philanthropically as they want, and so on.

He says you can see how much more animated and excited everyone automatically becomes. People suddenly become more confident and assertive, sure of themselves when talking with others about living the life they would like to live, having achieved all their dreams they would like to achieve. After about five minutes, he will stop the exercise and have everyone share their feelings. What do you think people share the most? Excited? Alive? Inspired? Motivated? On top of the world? Happy? Confident? All smiles, I bet. Like they truly are there. Like they truly have all that they would want. All by acting as if they are already where they want to be.

Should we try this exercise?

If you already have all you want, how would you act right now? Are you dressing the part? Are you practicing the skill? Are you showing up for what you want now even though you don't have it yet?

We have the power to control our **destiny**. **Fate** doesn't have to keep us trapped or held back. We may not be able to fight fate, but we can fight **destiny**. And our **destiny** is in our hands. It is in our grasp. What if we acted as if we were already where we wanted to be? What if we take those feelings we get acting as if we are already there and use them to get us there? How powerful is that?! I am already this... Or I am already that... and follow those feelings.

No one chooses to wake up feeling anxious daily or depressed daily or unwell daily or sad daily, or lacking hope daily... no one. And if that is you, this section is even more powerful. You can change the direction of your **destiny** by simply believing in yourself and acting as if you are already there.

DISCUSSION QUESTIONS

- 1 Do you believe in fate?
- 2 Do you believe in destiny?
- 3 Do you think some circumstances are out of our control and some circumstances are in our control?
- 4 Do you believe you are choosing even when you decide not to choose?
- 5 Can you see how we do choose even when we don't choose? Why or why not?
- 6 Can you think of a time/s you decided not to choose something and ended up with something you didn't want? Did you wish you had made a decision?
- 7 How did the exercise above make you feel?
- 8 Did you feel different acting as if you already had everything you wanted? Why or why not?
- 9 Do you believe in the power of acting as if you already have all that you want? Why or why not?
- 10 Do you believe in dressing for the part you want instead of waiting till it is yours? Why or why not?

Date:

MY NOTES

[illegible]

"It is not in the stars to hold our destiny but in ourselves." William Shakespeare

SO WHAT?

OBJECTIVE

To cement our why and what we will accomplish. We know everything we need to know to make a decision.

TALKING POINTS

TALENT IS CHEAPER THAN TABLE SALT. WHAT SEPARATES THE TALENTED INDIVIDUAL FROM THE SUCCESSFUL ONE IS A LOT OF HARD WORK.

— STEPHEN KING

You have to be willing to put in the work. Talent is easy. It's everywhere. We all have talents, but that is where it ends most of the time. Think Michael Jordan or Michael Phelps or Aaron Rogers or Beyonce or anyone like them; they have been around, have stuck around, and still hold records and achievements over others. Why do you think that is? It's not just because they are undoubtedly talented individuals. It mainly depends on the hard work and dedication they have put into their work, dreams, and goals. When talent and hard work meet, watch out world!

This is where you come in. This is where the you you want to be comes in. We have spent the last five weeks exploring ourselves and challenging ourselves more than we maybe ever have. But now, this is where the rubber meets the road. This is where push comes to shove. We must follow through to completion. We must 100% believe in ourselves. In our vision. We must believe daily that we are already that person living that life we want to live. We must feel it in our bones. We chase those feelings. They drive us.

Herbert True, a marketing specialist at Notre Dame University, found that 94% of all salespeople quit trying to sell after the fourth call, yet, 60% of all sales are made after the fourth call. Look how much we miss out on by giving up too early on everything. If we really want something, if we really want to get out of this town or city, if we want to make it big somewhere out there, we have to keep trying. Again and again and again. Again and again and again is where greatness is born, and greatness is made.

So, let's hear your argument. No matter the environment at home. No matter the lies and junk you are being told by yourself or others. What are you willing to give up to start showing up for yourself?

DISCUSSION QUESTIONS

- 1 Why will you make it? Why will you succeed?
- 2 What separates you from others?
- 3 What are you willing to do that others are not willing to do?
- 4 Are you interested in only being talented, or are you interested in being one of the greatest?
- 5 Are you willing to put in the hard work that comes with being one of the greatest?
- 6 Are you willing to give up late nights with friends for late nights working on that big project?
- 7 Are you willing to trade time mindlessly scrolling on social media with time spent in the gym working on yourself?
- 8 Are you willing to get up a little earlier to get some quiet reading time instead of sleeping in?
- 9 What are your sacrifices? What are you willing to sacrifice for your ideal life?
- 10 What does hard work look like for you to be able to succeed?

Date:

MY NOTES

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

“Letting go means to come to the realization that some people are a part of your history, but not a part of your destiny.” Steve Maraboli

WHAT'S YOUR CHOICE?

OBJECTIVE

To decide if we are going to show up for ourselves or not. Time to choose.

TALKING POINTS

It is time. Last week. Last section. The **choice** is up to you.

NONE OF US CAN CHANGE OUR
YESTERDAYS, BUT ALL OF US CAN
CHANGE OUR TOMORROWS.

— COLIN POWELL

We can't change the past. We can't change our past hurts, traumas, anger, or anything in our past. We know this, yet some of us keep the past on repeat in our minds. Or we allow the past to follow us around like we are tied to it. This drags us down. It holds us back.

What if you released the past? From this point forward, what if you cut the tie to your past and let it go? How much lighter would that feel? How much easier would it be for us to move around freely and in different directions? We would be able to move around instead of feeling like we are anchored to something. Can you feel it?

You have a simple decision to make today. Be free or stay anchored.

This is where you can take the pain of your past and use it for the good of your future. Instead of drowning in all that pain, this is where you find a lifeboat to climb onto. And as you do that, you teach others to do that. And as you do that, you inspire and teach others to do that.

The ripple effect of taking your past pain and using it for the good of your future is endless. You will never know exactly how many others you inspire to move forward as you move forward. Not on this planet, anyways. That is the beauty of taking action. You will share your story one day with other youth who need to hear it. With other youth who need a story to guide them. With other youth who need a hero that inspires them.

A MAN IS LITERALLY WHAT HE THINKS.

— JAMES ALLEN

YOU ARE TODAY WHERE YOUR THOUGHTS
HAVE BROUGHT YOU; YOU WILL BE
TOMORROW WHERE YOUR THOUGHTS
TAKE YOU.

— JAMES ALLEN

So, what is your **choice**? This life is your life. It is your one life.

It is up to you now.

Are you going to show up for yourself?

Date:

MY NOTES

[illegible]

**"The only person you are destined to become is the person
you decide to be." Ralph Waldo Emerson**