



## Worksheet One



0:00 – 3:10

In this icebreaker session we discuss the importance of our “fighting.” The world is full of distractions that come in all forms, shapes, and sizes. This session helps motivate youth, teens, and young adults to minimize distractions that hinder sustainable growth and them achieving their set goals.



Evidence:

Studies show there’s a variety of benefits to motivating young people to believe in themselves and educational capabilities. We use this motivational content to empower young people. Helping young people stay motivated despite common youth/teen challenges and experiences; equipping young people with tools to strengthen their resilience.



Purpose:

To enhance young peoples motivational stamina to put their ideas, goals, and dreams into action. This motivational content implements MI and helps young people enhance their social awareness, self-management, decision making skills etc. Helping young people learn to cope with feelings/emotions and setting healthy goals. This content applies to education, careers/hobbies, family, and community.

### Takeaway Quotes

- “This is why you’re fighting.”
- “I don’t want you to forget why you’re doing what you’re doing.”
- “There is so much greatness that lives inside of you.”
- “You may be in the dark today.”

### Key Points

- Whatever it is that stands behind your passion and drive must be strong.
- Distractions come in all shapes, sizes, and forms.
- Are you going to give up or keep going? Why?
- Define “believing” and explain how you could apply “believing” to achieving your goals.
- Distractions are purpose killers.

## Discussion/Self reflect Questions.

- Why is it important to minimize unhealthy distractions?
- What stands behind your passion, purpose, and desire?
- What does the Quote of the week mean to you?
- Share a time you at first didn't succeed and how you managed to succeed the next attempt?
- What's some words of encouragement you'd give others on "Fighting" for their dreams?

## Process Questions

- List **two** distractions that create barrier(s) to your sustainable growth and success; What's standing in between you and what's yours?
  - \_\_\_\_\_
  - \_\_\_\_\_
- Share out loud what you will do to minimize these distractions. LET THE CLASS KNOW!!

## Homework

- Listen to 0:00 to 6:10 of "Fight for it" Motivational Speech

## Gift Accountability

- The world needs to be exposed to your gift; What have you done within the past 7 days to work on your gift?
  - " \_\_\_\_\_ "

### Quote of the Week

*"Don't the beautiful roses of the field start off in the dark?"*