



## 0:00 – 2:35

In this icebreaker session we discuss the importance of “believing in yourself and educational capabilities.” And if you never give up, there is no way you will not succeed and achieve your goals. You have a unique gift to show the world.



## 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:

- “You can’t give up on yourself.”
- “His blessings are his blessings, and your blessings are your blessings.”
- “Everybody on earth is walking around with a gift in their hands.”

### Key Points:

- To accomplish your dreams and achieve your goals, it is important you always believe in yourself.
- Nothing or no one on earth is living for self.
- Humble yourself.
- You may not be happy every single day, but you could be full of joy every single day.

Discussion/Self reflect Questions:

- What is your gift; what can you see yourself doing that will help you have a good impact on the world?
- How do you see your unique gift impacting the world in a healthy way?
- What does FAILURE mean to you? How could failure affect you positively?
- Why does the world need to experience your gift?
- What “good news” can you share with the world through your gift?

Process Questions:

- **WHO** is it about, that you are doing better for (e.g. Family, friends, community etc.)? (0:26)

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- List three (3) unhealthy choices and/or failures that has created barriers to accomplishing your goals:

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- **RELISTEN** to clip (0:00-2:35) and answer the following questions below:

- What is your biggest takeaway from this powerful message? (**Minimum of three sentences**)

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- What two (2) hobbies, activities give you JOY? (1:00) \_\_\_\_\_

Homework:

- Listen to 0:00 to 4:00 of “Don’t ever give up” Motivational Speech
  - What is your favorite takeaway quote from 2:35- 4:40? -

• “ \_\_\_\_\_ ”

- List six (4) things you MUST protect? (e.g. family, your gift, values, community)

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Bonus Question:

- What was the takeaway quote, clip 0:00-2:44 and 2:55-4:40 both had in common?

○ “ \_\_\_\_\_ ”

Quote of the Week

*“We didn’t come this far to just come this far.”*