

Give your BEST to be your BEST

Lesson Plan- Chapter 19

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Based on The Success Principles for Teens by Jack Canfield

Excellence comes from caring about yourself and what you are involved in. Are you someone who over delivers on promises or does not fulfill their commitments? These are tough questions to ask yourself, and if you answer honestly it could make a difference in the rest of your life. It is amazing how many people get up each day and decide not to give their best effort or level of commitment and follow through. Think of it from an employers stand point. All you need to do to get ahead is a little more than what is expected. No matter what it is that you are doing.

Activity 1 List some examples of situations when you did more than what was asked.

What was the result? How did that make you feel?

Question 1 Is it cool not to try? To fail? Why is that? Who makes it cool?

Question 2 Is it cool to struggle through life? When does that change? Do you know people who are in that situation? What is your opinion of them? Do you want to be like that?

Activity 2 Write down five role models. Next to each one, write down what makes them cool. Define the traits that are consistent. Discuss.

Suggestions- Look for ways to exceed expectations. Focus on others, not yourself. Everything you do will affect other people and usually will be noticed. Stop making excuses for not being successful or for not giving your best effort. You can make money or you can make excuses- but you can't make both!

What is stopping you from creating the life you want?