

Just Lean Into It!

Chapter 10-Lesson Plans

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Based on The Success Principles for Teens: How to Get From Where You are to Where You Want To Be By Jack Canfield

Think of a snowball. How does it start? What happens to it? It grows, and it becomes almost unstoppable. The principle behind it is called momentum. It happens with ideas and change as well.

They start with a single step. You don't have to know how to complete your goals, you just have to get started. Dreams are good, but they don't just happen.

Question 1 What do you see in your future or what career are you interested in?

Question 2 Has that changed over time?

Question 3 How did you decide on that?

Question 4 What steps have you taken or will you take to get there?

Question 5 Are you afraid people will not take you seriously? Don't let that keep you from getting started. Commit to giving your best effort- don't look back 10- 15 years from now and wonder what you could have been if you had tried.

Activity 1 What are success traits? Certain traits that all successful people share, no matter what they do. Take one minute and write down as many traits as you can think of that you would consider success traits.

Activity 2 Discuss. What are the most common? Example- willingness to try without a guarantee of success.

Activity 3 Go back to what you want to do and list the steps you will take to get there as well as the traits you are going to need to succeed. Suggestion- surround yourself with people who have similar goals.