

Decide What You Want

Lesson Plan

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

Principle 3: Decide What You Want

The indispensable first step to getting things you want out of life is this: decide what you want. - Ben Stein

Conversation starters:

What do you want to accomplish?

What do you want to experience?

Who do you want to meet?

What things would you like to have?

Who do you want to become?

What does success really mean to you?

3.1 Get Real With Yourself

Be committed to listening to your inner voice. The voice that when you make a decision every part of your body is screaming “YES”

Inside every one of us is that tiny seed of “you” that you were meant to become. Unfortunately, the seed got buried in response to your parents, teachers, friends, coaches, and other role models as you were growing up.

3.2 Don't Live Someone Else's Dreams

Your brain will believe whatever it hears over and over again.

Rarely do individuals accomplish amazing things without being genuinely curious, enthusiastic, and passionate about what they're doing.

Spend time on things that interest you- something that you choose to do. You need to be excited to give it everything you've got.

3.3 Discover Your Drive

What makes you tick?

What evokes the strongest emotion you have?

Some individuals believe there are only two kinds of people in the world: 1) motivated people 2) lazy people. The people who are lazy just haven't found the goal that really inspires them.

You will find that 80% of the people around you are just as talented as you are, if not more. However, the difference in success is the drive, ambition, attitude, and sense of purpose you have.

3.4 Settle for More

Remember everything counts and if you pay attention to the little things (the details) in life then the bigger parts of life will take care of themselves.

3.5 No Limits

If you only pursue what others think is realistic you will never discover what you really want or experience what you really deserve.

3.6 Attract What You Want

Have you ever heard birds of the same feather flock together? OR You lay with dogs you get fleas?

Debbie Downers, Negative Nancy OR Positive Polly

You will get more of what you focus on.

3.7 The Big 101

Optional Exercise- Make a list of 101 things you would like to do, be, or have in your life. Write everything down in detail.

3.8 Ink It, Don't Just Think It

Write down your thoughts regardless of how ridiculous you or anyone else thinks.

Emotional: What type of emotion or feeling would you like to experience every day? How would you like for others to describe your personality?

Material Things: What type of "things" would you like to have?

Dream and Fantasies: In a perfect world what would you be doing? Where would you like to travel?

Personal: What kind of person do you want to be in two years? What will people say about you? How will you dress? How will you stand? What will you stand for?

School & Education: What do you really want to get from your schooling experience? What kind of friends will you have? What kind of relationships will you have with your teachers?

Money and Finance: How much spending money would you like to have each week? How much money do you think you'll need to support the lifestyle you want?

Contribution and Service: What do you see yourself contributing to your family, school, community, country? How can you use your talents and abilities to help others?