

# If You Can Believe It, You Can Achieve It!

## 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

•**Anticipatory Set:** What makes a person successful? (Allow students to raise their hands and give examples.) Are these traits instinctive or are they learned throughout life? (Allow students to answer and discuss.)

•Let's take a moment to look at the lives of two very different individuals.( See 2.1)

Concept: **“The only real limits to our potential are those we give ourselves.”**

### Procedures:

- Begin the class with asking the questions from the Anticipatory Set. Allow students several minutes to raise hands and give examples of traits that make a person successful. Elaborate on the examples given and give praise to those who answer. After coming up with at least 5 traits have students discuss if these traits are instinctive to most people or do people learn these traits as they grow and mature. Probe into the discussion a little further and ask if these traits are changeable: *i.e. Self-confident: self-confidence is something learned throughout life and some never learn how to achieve self-confidence. However, self-confidence comes in many forms and changes throughout events in your life.*
- “Let's take a moment to look at the lives of two very different individuals.” (See 2.1) Walk around the class while holding up a picture of Tim Ferriss. Tell the story of his accomplishments (See 2.2). Now let's look at a very different individual. Tell the story of Laura Schultz (See 2.2) Explain how each example became an achiever by believing in himself. It seems Tim believed in himself earlier in life than Laura. He also seemed to be self-motivated. Laura achieved her dream only after being encouraged and convinced she was capable.
- “If you believe you can, you probably can. If you believe you won't, you most assuredly won't. Belief is the ignition switch that gets you off the launching pad.” (Denis Waitley, Bestselling author and consultant to NASA) All successful people have one thing in common....they believe in themselves. They look at life's problems as challenges and step up to the challenge. Instead of saying you can't, try saying I can. Give up phrases like “I wish I were able to”, “If only I were”, “I would try, but...” and begin making “can do” lists.
- Hand-out Worksheet (2.3). Explain how to complete the worksheet.
- When students have completed the sheet have them carefully tear the top left corner off the sheet (this is the can't list). Walk over to the trash can and move to the front of the room. Ask students to tear their “I can't” list into tiny, unreadable pieces. As you walk around the room have students throw their “trash” into the can.
- Encourage them to look at their “Can” list from time to time and try something new from the list.

“No matter how bad it is, and no matter how bad it gets, I’m going to make it! I choose to believe in myself!”

## **Tim Ferriss**



“Tim Farriss is only twenty-nine years old, and what he has already accomplished is mind-boggling. He says the reason he’s been able to accomplish so much is his strong belief in what’s possible. In fact, Tim believed so strongly in his abilities that he won the national San Shou Kickboxing title just six weeks after being introduced to the sport.

An All-American and a judo team captain at Princeton, Tim had always dreamed of winning a national title. He had worked hard, and he was good at his sport. But repeated injuries over several seasons had continually denied him his dream. So when a friend called one day to invite Tim to watch him in the national Chinese kickboxing championship six weeks away, Tim instantly decided to join him in the competition. “Join, not watch.”

Because he had never been in any kind of striking competition before, he called USA Boxing and asked where the best trainers could be found. He traveled to a tough neighborhood in Trenton, New Jersey, to learn from boxing coaches who had trained gold medalists. After four grueling hours a day in the ring, he put in more time conditioning in the weight room. To make up for his lack of experience in the sport, Tim’s trainers focused on his strengths instead of making up for his weaknesses. Tim didn’t want to merely compete. He wanted to win.

When competition day arrived, Tim defeated three highly acclaimed opponents before making it to the finals. As he anticipated winning the first match, he closed his eyes and visualized defeating his opponent in the very first round. Tim believed. And, he won.

Later, he told people that most people fail not because they lack skills or ability, but rather because they simply don’t believe in themselves. Never underestimate yourself by doubting your capabilities. Success all begins with a belief. Start believing that you can achieve the smaller goals in your life, and you will eventually build the confidence to believe that you can achieve your wildest dreams as well.”

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written by Jack Canfield and Kent Healy

Laura Schultz

“In 1977, in Tallahassee, Florida, Laura Schultz, who was sixty-three at the time, picked up the back end of a 2,000-pound car to get it off her grandson’s arm. Before that day, she jokingly said she hadn’t lifted anything heavier than a Pepto-Bismol bottle. Laura was a petite woman who looked unable to hoist anything heavier than a 25-pound bag of cat food.

Dr. Charles Garfield tried to interview her after reading about her life in the newspaper. At first, Laura would not talk about what she called “the event.” But with enough persistence, Charlie finally got his interview. She said she didn’t like talking about “the event” because it challenged her beliefs about what she could and couldn’t do. She said, “If I was able to do this when I didn’t think I could, what does that say about the rest of my life? Have I wasted it?”

Charlie convinced her that her life was not yet over and that she could still do whatever she wanted. He discovered that her passion was geology. She had always wanted to go to school and study geology, but since her parents didn't have enough money to send both of their children to college, her brother won out. At sixty-three, with a little bit of coaching from Charlie, she decided to go back to school and study geology. She eventually got her degree and went on to teach at a local community college."

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