



LEGEND:

Use the prompts throughout the lesson to guide you.



First person read aloud.



Next person read aloud.



Underline what's important to you.



Share with others.



Take action.

HOW YOU CAN MAKE THIS LESSON EFFECTIVE FOR YOU AND OTHERS:

- 1. Form groups of 6 to 8 people within the classroom.
- 2. Respect and value each person in the group. Encourage yourself and others as you share.
- 3. Take turns reading each section of the material out loud.
- 4. Discuss openly. As you read, underline what is important to you.
- 5. Evaluate yourself. Review. Reflect. Apply. Have fun!





THE GOAL OF THIS LESSON:

Make good choices and practice them.



Part 1 Choice is a Gift



THE BENEFITS OF CHOICE

You have freedom.

You are in control of your life.

You have the ability to make your life better.

You have the possibility to reach your potential.

You can change the direction of your life.

Value choice as a gift!



Circle the benefit that is most desirable to you. What benefit did you circle? Why?



01

Life Begins with No Choices



In some areas of our lives, we have no choice. You don't choose where or when you are born. You don't choose your parents. You don't choose your race, your personality type, or your genetic makeup.

You must live with the conditions you find yourself in. But! The longer you live, the more your life is built upon and shaped by the choices you make.

Since life begins with no choices, life doesn't begin equally for all people. What happens if others are ahead of you in the beginning of life? How will you catch up? The next section will answer those questions.

As Age Increases, the Gift of Choice Increases



"Though you cannot go back and make a brand new start, my friend, anyone can start from now, and make a brand new end."

JAMES R. SHERMAN

Choices give everyone the possibility to "catch up" with others. So, as you get older, you get to make more choices. In the beginning, that can be scary! We are tempted to not open the gift of choice. If that happens to you, then it is important to know that "No choice is a choice!" Choosing not to choose is to let someone else make that choice for you. The result? You lose control of your life. You give your gift of choice to someone else! When you fail to choose your own life plan, the odds are high that you will fall into someone else's life plan. And guess what they have planned for you? Not much!



To encourage you to get started in making choices, it is important for you to know that very few choices are final. In other words, the choice you make today can be reversed. Everybody has made wrong choices at some point in their life. That's the bad news. Want the good news? Those choices can be changed.

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The Value of Making Good Choices

"There is a choice you have to make in everything you do. So keep in mind that in the end, the choice you make, makes you."

JOHN WOODEN

Life is full of choices! All day, each and every day. You not only have to make choices, you are made by them. Choices powerfully shape your life.

Everything in your life is a reflection of the choices you have made.

The beauty of choice is that if you want a better result, all you have to do is make a better choice.



ноw му сноі	E AFFECTS ME		
What choice o	an I make today that will have a positiv	ve impact on my life? ·····	 . 0
List throo dif	orant ways you can rainfared the shail	so you just made.	
List three dif	erent ways you can reinforce the choi	ce you just made:	
	erent ways you can reinforce the choi		
1			
2			

Today I will make good choices that positively affect me.

Part 2

REVIEW OF LESSON 1, PART 1:

- Choice is a Gift
- As Age Increases, the Gift of Choice Increases
- The Value of Making Good Choices

In Part 1 of this lesson, you decided to make a choice that would have a positive effect on your life.

How well did you reinforce the choice you made?

ANSWER BELOW:

EVALUATE YOURSELF ON A SCALE OF 1 TO 5:

Circle your answer. (1 is weak, 5 is strong)

1 2 3 4 5



······ Why did you give yourself this rating?

Choices are the Best Way to Change Your Life



By now you have learned, you don't get better by chance, you get better by choice. So, where do you start? With yourself! Often we are tempted to want to change others, especially those who are close to us. We say, "If they would get better, my life would be better." That is not true. If you get better, your life will be better! Don't wait to discover the following:



I WANTED TO CHANGE THE WORLD

"I found it was difficult to change the world, so I tried to change my nation. When I found I couldn't change the nation, I began to focus on my town. I couldn't change the town, and as an older man, I tried to change my family.

Now, as an old man, I realize the only thing I can change is myself, and suddenly I realize that if long ago I had changed myself, I could have made an impact on my family. My family and I could have made an impact on our town. Their impact could have changed the nation, and I could indeed have changed the world."

UNKNOWN MONK 1100 A.D.



O5 Making Good Choices Benefits Others



One of the best ways to do this is to add value to people daily. Every day I choose to...

1. Value people.

I value myself and others because we are all created by God.

2. Make myself more valuable.

Making choices can either help me or hurt me. Making good choices helps me and helps others.

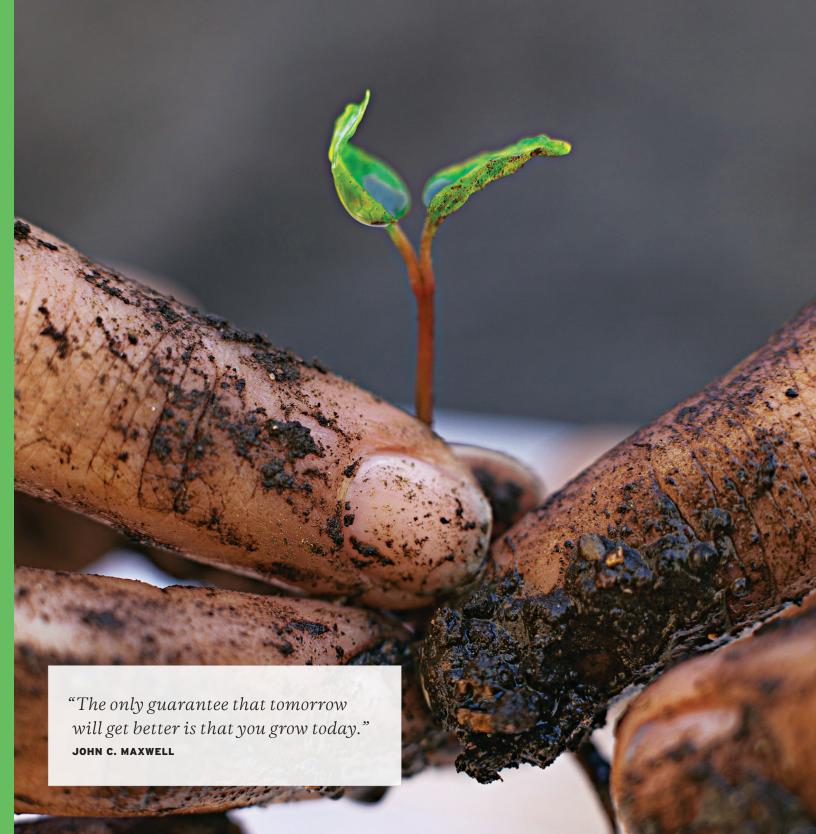
3. Do things that other people value.

Asking people questions or asking their opinion shows that you value them.



Today I will make good choices that will positively affect others.	
HOW MY CHOICES AFFECT OTHERS What daily choice can I make that will have a positive impact on my friends and family?	· भुष्टि
3. Do things that other people value.	
2. Make myself more valuable.	
1. Value people.	
Which of the three ways do you need to improve? Check one.	
3. Do things that other people value.	
2. Make myself more valuable.	
1. Value people.	טוט
What choice can I make today that will have a positive impact on others? · · · · · · · · · · · · · · · · · · ·	· 😭
REFLECTION:	





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Take action.

HOW YOU CAN MAKE THIS LESSON EFFECTIVE FOR YOU AND OTHERS:

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THE GOAL OF THIS LESSON:

Know how to be the gardener of your personal growth by planting and growing your values and strengths.



Part 1 Growth is a Choice



Growth can easily be compared to a garden. Gardens don't just happen. Growing a garden requires an intentional decision and action. The gardener creates the right environment that will provide nourishment for the seeds, which over time, grow and provide food. Creating the right environment will provide you a beautiful garden you can be proud of.



01

Growth Must Be Intentional



The first question to ask when starting a garden is, "What seeds do I sow?" In other words, what kind of garden do I want? That question is important because the seeds you choose to sow will determine the harvest you will receive! This is also true in your personal growth. In what areas do you desire to grow? Values and strengths are great areas to begin your personal growth garden. Values will give you growth on the inside. Before you can be great externally, you have to grow internally.

Sowing value-based crops will reap you internal growth. Your values are the things that you believe are important in the way you live your life. Personal growth is a value. By intentionally sowing growth, you are embracing a value that will allow you to have an unlimited future. The only guarantee of tomorrow getting better is your choosing to grow today.





Growth Thrives in the Right Environments



For a garden to grow, it needs the right environment. Planting seeds into the ground is not enough. The soil must be prepared and watered. There will be weeding and hoeing. It takes a lot of work to provide the right environment for growth.

FIVE ESSENTIAL FACTORS FOR A GROWTH ENVIRONMENT

A growth environment is a place where...

1. Others are ahead of you.

This allows you to see what you can become.

2. Others encourage you.

Find friends that bring out the best in you.

3. You are out of your comfort zone.

When is the last time you did something for the first time?

4. Failure is not your enemy.

Growth allows you to "fail forward."

5. Others are growing.

The growth journey together is most rewarding.



REFLECTION:

You have three main areas in your life: home, school, and friends. From the list of environmental essentials above, pick the one you need most for your home, for your school, and for your friends. Write the number in the boxes below.

HOME	SCHOOL	FRIENDS

How My Growth Affects Me



The secret of your success is that you choose to grow daily. When we take small steps of growth every day, over time we start to see progress. If you string together enough days of consistent growth, you begin to change as a person. You become better, stronger, and more skilled. When you change yourself, you can change your circumstances.



By committing to growing yourself every day, at the end of the year, you will be able to say to others,

"If you know me based on who I was a year ago, you don't know me at all. My growth game is strong. Allow me to reintroduce myself."

REFLECTION:	
What growth goal o your growth goal.	do you want to accomplish? List two ways you can accomplish
1	
2	

that positively affect me.



Part 2

REVIEW OF LESSON 2, PART 1:

- Growth is a Choice
- Growth Must Be Intentional
- Growth Thrives in the Right Environment

In Part 1 of this lesson, you wrote out a growth goal that would make you better.

How well did you do this daily?

ANSWER BELOW:

EVALUATE YOURSELF ON A SCALE OF 1 TO 5:

Circle your answer. (1 is weak, 5 is strong)

1 2 3 4 5



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Growth Requires Time



Any gardener knows you can't pull on the plants and expect them to grow faster. In other words, you can't force a seed to grow faster than nature intended it to, so you can't make trees bear fruit on demand. You may grow every day, but it will not show every day. You must weed and feed yourself every day. Weed out the negative influences, such as friends or habits in your life that do not help you to grow. Nourish the positive influences in your life. Whatever you feed will grow. Faith or fear? Confidence or worry? Belief or doubt?



Think about it: growth in the natural world is all about looking forward. A sapling becomes a mighty oak by growing slowly over time. An infant grows into a child and eventually an adult. Hope is the same way. It looks forward. When we plant hope, we can imagine a better future. And happiness is not just wishing for things that might be. It's the firm belief that you have and choose to grow a bright future.

REFLECTION:

Review what you have underlined. Choose the most important thing, and take a minute ----- to share with the group why it was important to you.







O5 Benefits of Growth



You will unlock and achieve your potential.

You will feel good about yourself.

Your values and strengths will become stronger.

You will grow in humility and self-awareness.

You will become more so you can do more.

You will be an example for others to follow.



·· Circle the benefit that is most desirable to you. What benefit did you circle? Why?



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••	what is the most important lesson you've learned about the value of growth? How can you apply what you've learned in this lesson to your family and friends? Share with others. What will you do daily that will have a positive effect on others?	





LEGEND:

Use the prompts throughout the lesson to guide you.



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Next person read aloud.



Underline what's important to you.



Share with others.



Take action.

HOW YOU CAN MAKE THIS LESSON EFFECTIVE FOR YOU AND OTHERS:

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- 5. Evaluate yourself. Review. Reflect. Apply. Have fun!



THE GOAL OF THIS LESSON:

Take the paintbrush of your mind, and paint a beautiful attitude.



Part 1 Attitude is a Choice



To be an artist, it takes a lot of practice and giftedness. This lesson will help you become an 'attitude artist.' Your attitude colors every aspect of your life. It's like the mind's paintbrush. It can paint everything in bright, vibrant colors, creating a masterpiece — a picture that is attractive to others. Or, it can make everything dark and dreary — something unattractive.

If you look at the lives of people who have achieved success, you will find that they possess a positive outlook on life. Their mental paintbrush colors life with brightness and vibrancy.

Life is the canvas you paint on. Your attitude is the paintbrush. You get to choose the colors.

Just as you would choose the colors for your picture, you get to choose the painting of your attitude for others to see. You can be known as the 'attitude artist' that attracts people to see the masterpieces of your life.



01

Your Attitude is the Difference Maker



Since attitude is a difference-maker in your life, it is very important. The good news is that you get to choose your attitude! Something so vital to your success is a choice that you can make. You can't control many of your circumstances, but you can control your response to them. When you choose to have a good attitude during a bad time, you are now taking control of your life instead of letting life control you. A good attitude helps you develop a positive life outlook.

A PICTURE OF A POSITIVE LIFE OUTLOOK

Life is filled with good and bad.

Some of the good and bad I can't control... that's life.

Some of the good and bad will find me.

If I have a positive life outlook, the good and bad will become better.

If I have a negative life outlook, the good and bad will become worse.

Therefore, I choose to have a positive life outlook.

Vhat	is the difference be	tween a positive I	ife outlook and	l a negative life ou	:look?
ill in	the blank.				
				h	
TINA	ve a positive life ou	tiook, the good ai	na the bad will	become	
f I ha	ve a negative life o	utlook, the good a	and the bad wil	become	
	,	, ,			





Your Positive Attitude Helps You Overcome Difficulties



Life is not easy. Every day something negative will happen to you. A friend will disappoint you. A test was more difficult than you expected, and you did poorly on it. A promise was made but not kept. You may get knocked down at times, but a positive attitude will respond with courageous words that say,

"It's not what happens to me. It's what happens in me that counts!"

Read the following story of the donkey in the well, and learn how to have an overcoming spirit within you.

DONKEY STAY DOWN

One day, a farmer's donkey fell down into a well. The animal cried for hours as the farmer tried to figure out what to do. Finally, he decided the animal was old, and the well needed to be covered up anyway; it just wasn't worth it to retrieve the donkey.

He invited all his neighbors to come over and help him. They all grabbed a shovel and began to shovel dirt into the well. At first, the donkey didn't realize what was happening and cried horribly. Then, to everyone's amazement, he quieted down. A few shovel loads later, the farmer finally looked down the well.

He was astonished at what he saw. With each shovel of dirt that hit his back, the donkey was doing something amazing.

He would shake it off and take a step up. As the farmer's neighbors continued to shovel dirt on top of the animal, he would shake it off and take a step up. Pretty soon, everyone was amazed as the donkey stepped up over the edge of the well and happily trotted off!

REFLECTION:	
Like the donkey	
Have you ever had dirt thrown on you? Yes or No? (Circle one)	
2. What kind of dirt was it? Write your answer below.	
3. When there was a problem, did you act like the farmer and try to cover it up, or did you act like the donkey and rise above it?	
HOW MY ATTITUDE AFFECTS ME	გ
As problems arise, there is a time to cry, reflect, strategize, and a time to act.	
What is one problem you are facing that you will handle with a positive attitude?	

that will positively affect me.



Part 2

REVIEW OF LESSON 3, PART 1:

- Attitude is a Choice
- Your Attitude is the Difference Maker
- Your Positive Attitude Helps You Overcome Difficulties

In Part 1 of this lesson, you committed to make attitude choices that would positively affect you.

How well did you do?

ANSWER BELOW:

EVALUATE YOURSELF ON A SCALE OF 1 TO 5:

Circle your answer. (1 is weak, 5 is strong)

1 2 3 4 5



····· Why did you give yourself this rating?

Forgiveness Gives You Healing and Health

Attitudes don't automatically stay good. When things don't go our way, it is easy for our attitude to slip and start to become negative. When that happens, do the following things to adjust your attitude:

1. Take responsibility for your attitude.

With each choice comes responsibility. Only you can choose a right attitude, and only you are responsible for it. So when your attitude gets negative, don't look for others to blame, and don't expect others to help you fix it. Own it, and adjust it.

2. Give yourself a timeline to fix your attitude.

Since you are in control of your attitude, you can determine how long you will allow a bad attitude to hurt you. Start practicing the '24 Hour Rule.' Give yourself 24 hours to feel sorry for yourself. Complain about life. Wish life would be better. Then, after the 24 hours, think positive thoughts, say positive words, and do positive things. Positive actions allow you to overcome negative feelings.

3. Manage your attitude daily.

Maintaining a right attitude is easier than adjusting a wrong attitude. How do you do that? Starting the day with a positive outlook will help you end the day with a positive outlook.

4. Feed your positive attitude, and starve your negative attitude.

Everyone has positive and negative thoughts. Your goal is to increase the positive, and decrease the negative. Your most prominent way of thinking will control your attitude. You need to consume positive mental 'food' into your life. Read books that encourage a positive mental attitude. Develop friendships with others who live a positive lifestyle. Have conversations that are uplifting. Do good things for others.

<u></u>	 REFLECTION: Review what you have underlined. Choose the most important thing, and take a minute to share with the group why it was important to you.

O4 Benefits of a Positive Attitude

You enjoy life more.

You inspire others.

You attract others that have positive attitudes.

You show gratitude for people and life.

You become more successful.

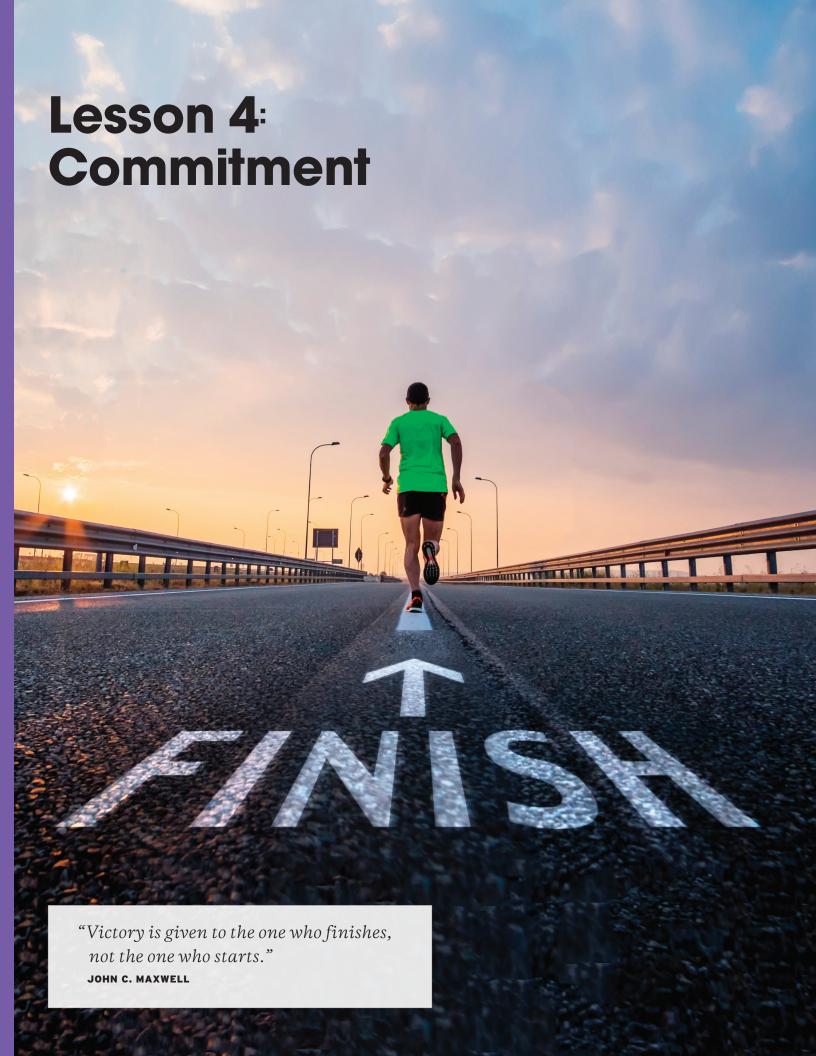


····· Circle the benefit that is most desirable to you. What benefit did you circle? Why?

HOW MY ATTITUDE AFFECTS OTHERS What is the most important lesson you have learned from the value of a positive attitude?	<u>6</u>
How can you apply that lesson to your family and friends?	
What attitude will you display that will positively affect others?	

Today I will make good attitude choices that will positively affect others.





LEGEND:

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Underline what's important to you.



Share with others.



Take action.

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- 5. Evaluate yourself. Review. Reflect. Apply. Have fun!



THE GOAL OF THIS LESSON:

Learning how to be committed to finish what you started.



Part 1 Commitment is a Choice



Everyone starts; few finish. The difference can be described in one word: 'commitment.' That's the difference between a 'day dreamer' and a 'dream achiever.' Dreams are free, but the journey isn't. Your mind can take you anywhere you want to go and allow you to have anything you want, but only action will allow you to achieve what your mind desires. Nothing is easier than saying words, and nothing is harder than living them out. Commitment is measured by action. At the starting line, runners talk about what they are going to do. At the finish line, runners show you what they did. Crossing the finish line is a commitment with a payoff. At the end of this lesson, you will discover that payoff.

People that demonstrate commitment begin with the end in mind. The finish lines of your life will define and underline your commitments.



<u> </u>	REFLECTION: What is one thing you have started that you would like to finish?

Starting is Easy; Finishing is Not



At the beginning of the race, there are many starters. The longer the race, the more commitment is required. Commitment separates starters from finishers.



Starters want immediate gratification. They don't want to wait for their reward. They want the finish line to be close to the starting line. It never is. They are always asking, "how long will this take?" If the answer is not immediate, they stop.

Finishers are willing to stay committed until they cross the finish line. They know that the finish line is far from where they start. They are always asking, "how far can I go?" They accept or make no excuses. They do more than show up to the race. They stay in the race.

Starters often think that life should be easy. They think life is downhill; it's not. They think they should be good at their first attempt, but they are not. They think to dream is enough; it's not. They think success is luck; it's not. Success is not sexy; it's sweaty.

Finishers know that life is difficult. They know that life is uphill; it is. They know that they will not be good at their first attempts; they are right. They know that a dream is not enough. They must work for it; they are right. They know that success is not easy, and they are right.

REFLECTION:	• C
Review what you have underlined. Choose the most important thing you underlined	



The First Test of Commitment is Action



Motion causes friction. When you try to achieve something, no matter how small, you will encounter plenty of obstacles and opposition. There will be times when your commitment is the only thing that will keep you going. Perhaps you want everything to be perfect before you are willing to commit yourself. You want to know that things will work out before you start. If that is the case, you will never enter the race.

Everyone gets a chance, but not everyone takes it. Everyone gets knocked down, but not everyone gets back up. Everyone wants to quit, but not everyone does. What is the difference? There is a difference between interest and commitment. When you are interested in doing something, you do it only when it's convenient and everything works out. When you are committed to do something, you do it regardless if it is convenient and does not work out.

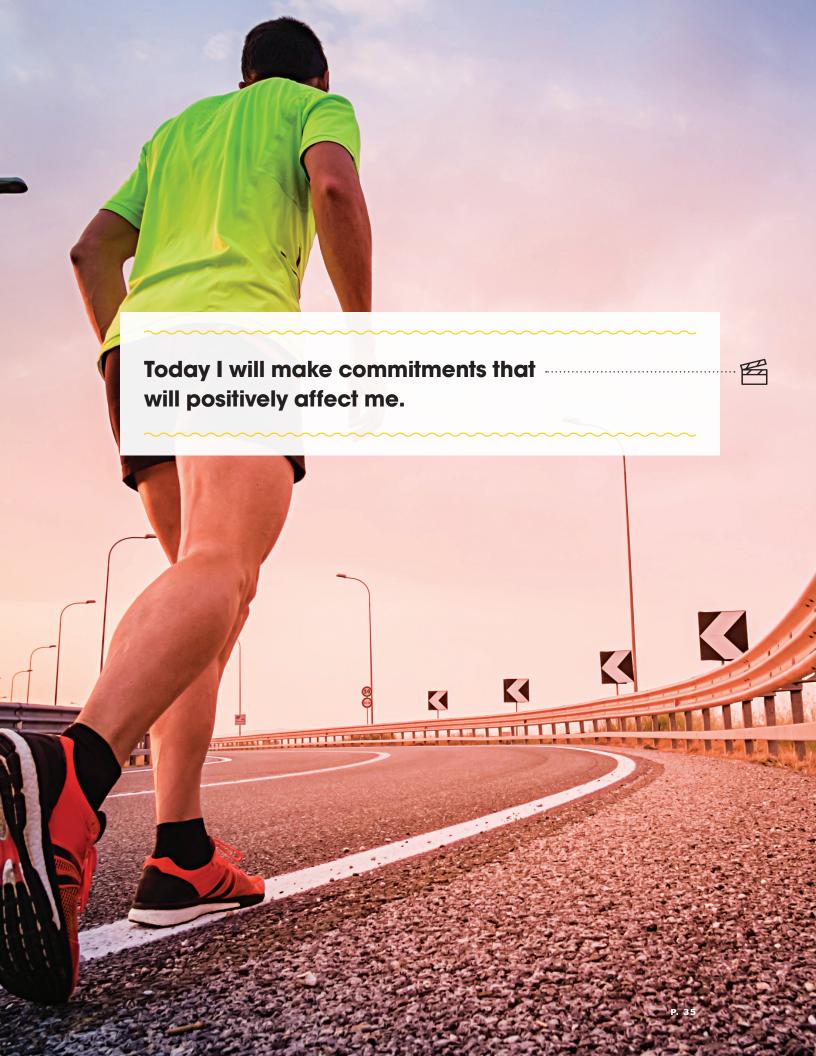


REFLECTION:

HOW MY COMMITMENT AFFECTS ME

Think of the times you have not finished. Can you identify the reason? Often we allow our feelings to keep us from finishing. Which kind of person will you become? A feeler or a finisher?

- "Feelers" want to feel good in order to finish.
- "Finishers" want to finish in order to feel good.
- "Feelers" place feeling above finishing.
- "Finishers" place finishing above feelings.



Part 2

REVIEW OF LESSON 4, PART 1:

- Commitment is a Choice
- Starting is Easy; Finishing is Not
- The First Test of Commitment is Action

In Part 1 of this lesson, you made a commitment to make commitments that would positively affect you.

How well did you do this?

	ER		

EVALUATE YOURSELF ON A SCALE OF 1 TO 5:

Circle your answer. (1 is weak, 5 is strong)

1 2 3 4 5

o ├── o Why did you give yourself this rating?

The Final Test of Commitment is Completion



Life is constantly testing us for our next level of commitment, and life's greatest rewards go to those who demonstrate an ongoing commitment to run until they finish. The commitment question: how do we run until we finish?



1. Learn and follow the Cycle of Commitment.

The cycle of commitment is Test, Fail, Learn, Improve, and Re-Enter. This cycle never stops. Commitment is a result of always trying (Test), often failing (Fail), always learning (Learn), working on getting better (Improve), and then getting back into the race (Re-enter).

REFLECTION Circle the a		e you do best	in the Cycle of C	ommitment:	
Test	Fail	Learn	Improve	Re-enter	
Check the a	area you n	need to improv	ve in the Cycle o	f Commitment. Share with others. · · · · · · · · · · · · · · · · · · ·	() () ()
1. Test					
2. Fail					
3. Learn	n				
4. Impre	ove				
5. Re-ei	nter				
Share with	others th	e area in whic	h you need to im	prove	<u>د کیک</u>

2. Know what you want to achieve.

It is hard to commit yourself to something if your finish line is far away. To stay consistent in your commitment, practice the following:

Advance Attraction

When you know what you want to be committed to...

Your eyes will see things that will help you achieve what you want.

Your mind will think things that will help you achieve what you want.

Your heart will feel things that will help you achieve what you want.

Your mouth will say things that will help you achieve what you want.

Your body will do things that will help you achieve what you want.

Make Today Count

All we have is today. There will never be another now. Stay committed one day at a time. The secret to finishing the race is to do your best today. At the end of each day, ask yourself, "Am I moving closer to my dream?" If the answer is "yes," be encouraged and do the same thing tomorrow.

The secret to your success is determined by your commitment today!

Share your Commitment to Others



Thomas Edison was a great inventor. When he had a good idea for an invention, he would call a press conference to announce it. Then he'd go into his lab and invent it. Make your plans public, and you will be more committed to follow through with them.



Share your commitment with people who believe in you and love you. Surround yourself with like-minded people who will encourage you. Becoming accountable to your commitments will mature and grow you as a person.

05

Benefits of Commitment



You will experience increased confidence in yourself. You will achieve more as you take consistent steps towards your goals.



You will be considered reliable because you do what you said you will do.

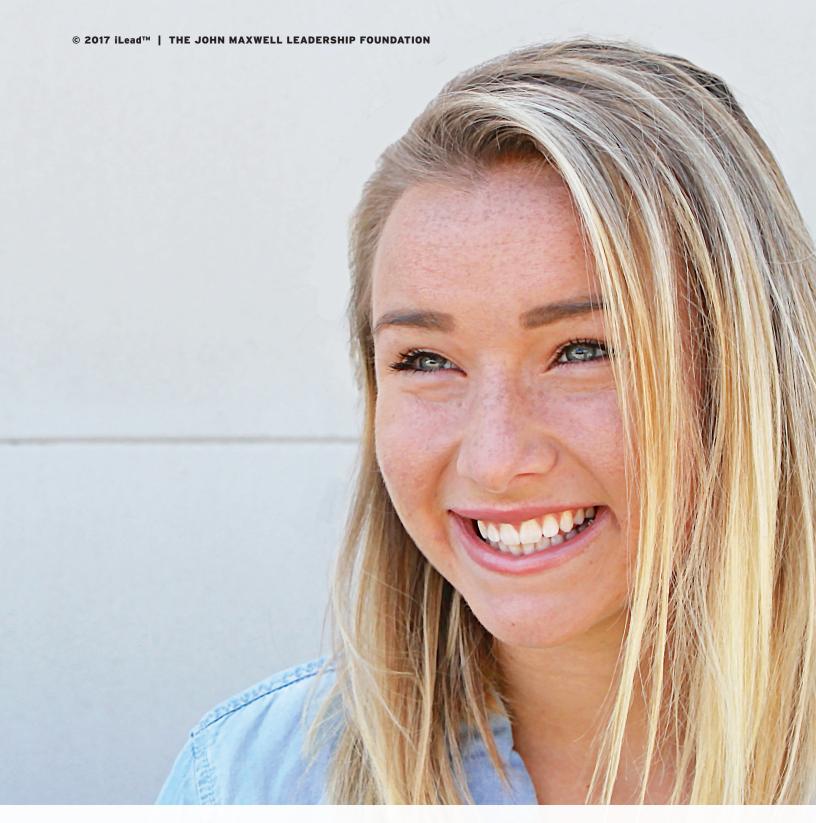
You will be seen as purposeful and capable.

You will stand strong in the face of adversity.



<u> </u>	REFLECTION: HOW MY COMMITMENT AFFECTS OTHERS What is the most important lesson you have learned from the value of commitment?
°∰°	···· How can you apply this lesson to your family and friends?
<u>~</u>	···· What commitment will you make that will positively affect others?

Today I will make good commitment choices that will positively affect others.





John C. Maxwell, a #1 New York Times bestselling author, coach, and speaker, was identified as the #1 leader in business by the AMA and the world's most influential leadership expert by Inc. in 2014. His organizations — The John Maxwell Company, The John Maxwell Team, EQUIP, and the John Maxwell Leadership Foundation — have trained millions of leaders touching every nation.

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