



GO HARD OR GO HOME

IN THE LIFE I DREAM

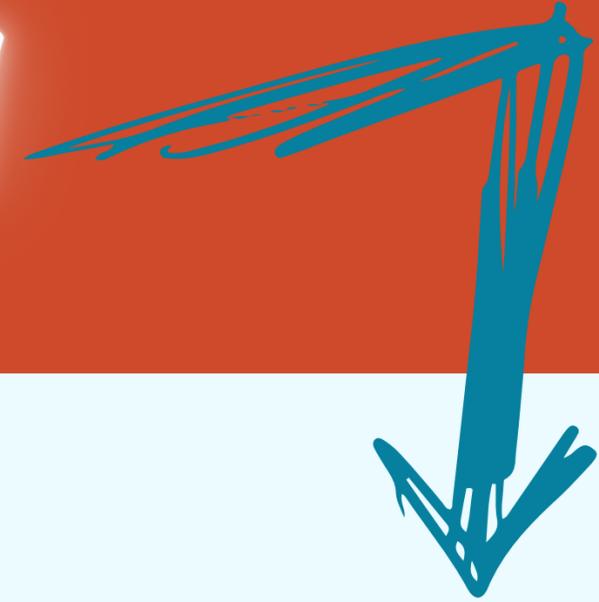


INTRODUCTION

Today, we will utilize tools such as visualization that can help us overcome obstacles and continue working towards the goals we set for ourselves.



SEL CONNECTION



We will discover how we can use visualization to intentionally develop our **self-awareness** and **self-management** skills.





ICEBREAKER

ONE MIND



ONE MIND

WORD ASSOCIATION GAME

- 1) The goal of the game is to connect words logically, even though the connection may not be obvious.
- 2) Form a circle to begin the game. Someone will say a word to start. When it is your turn, share the first word that comes to your mind based on the word said by the person beside you.

For example, if the word is "potato," the next person can say "French fries."

- 3) Select words around the theme of the lesson, such as winning or perseverance.





LESSON
PART ONE

PERSEVERANCE





PERSEVERANCE

PERSEVERANCE

(n.) Persistence in doing something despite difficulty or delay in achieving success.



LESSON: PART ONE



WATCH A VIDEO



PERSEVERANCE

Watch the video "The Pulse of Perseverance: 3 doctors on hardship, brotherhood, and success."



LESSON: PART ONE



TALK ABOUT IT

PERSEVERANCE

- What were some of the hardships the three doctors faced growing up?
- What were some of the hardships they faced even after becoming doctors?
- How did they help each other persevere?
- Do you see any similarities in their early stories to your lives now?



LESSON: PART ONE



TALK ABOUT IT

PERSEVERANCE

Everyone has examples of perseverance in their lives, whether it is through the actions of a parent, sibling, or even within themselves.



Reflect on two moments you witnessed someone being persistent through difficult odds.



LESSON: PART ONE



TALK ABOUT IT

PERSEVERANCE

SMALL GROUP SHARE

(3 Students per group)

- 1) Share two examples of perseverance you've witnessed.
- 2) Each group member will complete this prompt and share with the group.
"Perseverance is..."





LESSON PART TWO

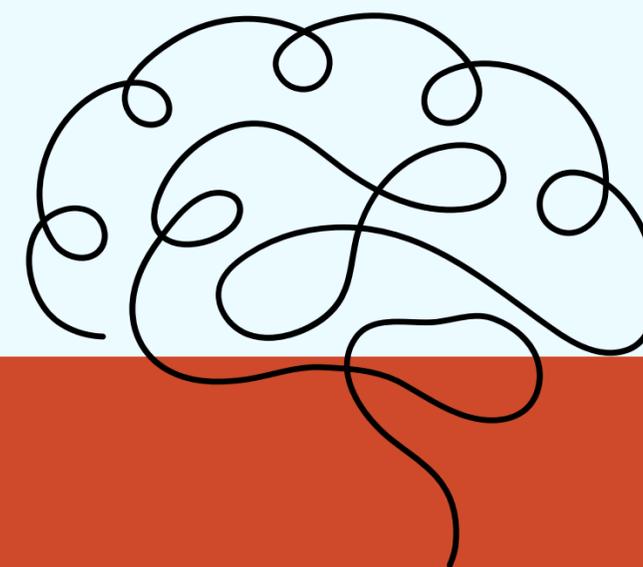
VISUALIZATION





VISUALIZATION

Visualization is when you create a mental image of something in your mind. It's more powerful than it sounds, as you'll see in the following video.



LESSON: PART TWO



WATCH A VIDEO



VISUALIZATION

1) Watch "The Power of Visualization."

2) Answer the discussion questions:

- Have you ever visualized yourself doing something and then achieved it? If so, what was it?
- In what situation can you see yourself using visualization in the future?



LESSON: PART TWO



WATCH A VIDEO



VISUALIZATION

1) Watch Lupe Fiasco's video for "Hip Hop Saved My Life."

2) Answer the discussion questions:

- What were some of the obstacles the character in the video had to overcome?
- How did he motivate himself in the face of seemingly impossible challenges?
- What did he visualize for his future?





LESSON PART THREE

VISUALIZE IT



LESSON: PART THREE



WRITING

VISUALIZE IT

- 1) Make a list of 3-5 things you want to improve or achieve in your life. For example, you can think about things like improving your grades, working out, or joining a club.
- 2) Close your eyes and visualize what your life would be like if you improved or achieved one of the things on your list.



LESSON: PART THREE



WRITING

VISUALIZE IT



- Now, it's time to write down your visualization for at least three items on your list. Use the prompt **"In the life I dream..."**

EXAMPLE

"In the life I dream, I am walking across the stage at my high school graduation with my diploma in hand. I feel excited because I know that at the end of the summer, I will be starting college. My family is in the audience..."



LESSON: PART THREE



TALK ABOUT IT

VISUALIZE IT

Share your visualization with the class. Tap into your emotions as you share.

- * Listen attentively to each other's visualizations and appreciate the dreams and aspirations we all have.
- * Remember, this activity is meant to inspire and encourage you to visualize your goals and dreams.



DEBRIEF / EXTENSION





PERSEVERANCE

Perseverance isn't always about accomplishing major goals. There are examples of perseverance all around us. Maybe it's when a parent works late but still gets up in time to make breakfast, or when you're exhausted but still finish your homework.

- What are some other daily examples of perseverance that you can think of?
- How can we begin recognizing others for their small acts of perseverance?

