

Dear Colleague,

Happy New Year and thank you for all you do for our youth. We would like to share some ideas from the Tough Choices Curriculum that help students create a plan for building healthy self esteem which may be helpful as you work on New Year's Resolutions and Goal Setting. Please call us if you would like some free curriculum samples and an overview DVD for Tough Choices™ or Right Choices™.

Sincerely,

The Staff at Worldview Publishing, Inc. 1-800-987-9444 1-813-985-9344

INTRODUCTORY ACTIVITY

WHY CHANGE?

This motivational story can be read to your group and then have each member share a story about someone they know who had a willingness to rise above their environment. This can be done as a group role play project, a current event discussion or an historical research project.

If you want to change your life than you are the only one who can do it. Not your parents, kids, wife, husband, employer, friends, neighbors etc. It really is all about YOU! Once you change, than ALL the people around you WILL start changing. You will be able to transform your painful feelings like anger, sadness, fear, and worry into PERSONAL POWER and make your life work for YOU! It really is quite simple, what you put into this course will determine what you will get back.

Are you willing to CHANGE?

If you are, then let's get started, if you're not, than just follow along anyway and you might change your mind. In fact, changing your thinking is the secret to getting what you want in life. Every thought you are thinking right now is creating your future. Every thought is either filling or draining your Personal Power Supply!

“What you think about and focus on is what you become”

Charles Nightingale

Each of us creates our own life by what we think and what we do. The best and the worst in our lives is our own doing! What we choose to believe can expand our worlds, bring us awesome experiences or it can close off great possibilities for happiness. Think of someone you know who had great potential but chose to live a life filled with unhappiness, anger, fear, addictions, and trouble with the law or maybe they just gave up!

Are these people responsible for how their lives turned out? They might have had hurtful parents, bad role models and just plain bad luck, but they still made the choices that created who they turned out to be today! It's all about how we choose to think and what we believe about our life experiences, the good, the bad, the ugly and the wonderful.

Our very last freedom is what we choose to believe! It's our **ATTITUDE**. No one can ever take that away from us. A TV news show interviewed homeless people in New York City and it was amazing to watch as they interviewed corporate executives who lost everything to alcohol and drugs sitting next to men who never owned a thing. What they all had in common was their belief that life was unfair and that they could not change it!

Another investigative news show followed two brothers who grew up in the same difficult family. After high school one went to college and the other ended up in prison. This is a dramatic example but the family and neighbors explained that you could see that one had the gift of thinking and expecting the best from every situation and the other the worst. **What you focus on, what you believe to be true about life, is what you BECOME!**



DEFINING GOALS for 2012

From the TOUGH CHOICES™ Life Skills Curriculum

“What you think about and focus on is what you become”

Charles Nightingale

A good habit I have is:

A habit I want to get rid of is:

Something I am proud of:

Something in my life that I really need to change because it is just not working is:

One of my dreams for the future is:

Something I can do this year that will help make my dream come true:

The most important thing to me is:

Weekly Action Plan



Push the Power Buttons and Make your Life WORK for you!
TAKE CONTROL OF YOUR INSIDE POWER!

Instructions:

In each space list what can you **do** this week to increase each personal power area?

AWARENESS

Wake-Up Calls - Honest Look Inside-----

WILLINGNESS

To Work at Change & Take Responsibility-----

DELETING BAD CD TRACKS

Letting Go of Hurtful Self-Talk - Forgiving-----

ATTITUDE

It's 90% of the Solution-----

PHYSICAL

Health - Medications - Addictions-----