

Strategies for Success

Student Journal Book

High School Edition

Marianne Douglas

There are several ways that you may provide the accompanying assignment to your students:

1. Have them go online for each Daily Sheet at www.SuccessHomework.com
2. Print the Daily Sheets from this E-book version as is. They are either one page or a double page.
3. Modify or personalize the Daily Sheet from this E-book version prior to printing. If you choose to modify a page, please be sure to keep the credits used from outside sources.

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Introduction

The pages in this book are intended to be used as handouts for students after each lesson. Each **Student Journal Page** contains:

- A **quote** for students to write in their journals.
- A section titled '**This lesson**' which lists the general content of the lesson which is included so that students who have been absent will be aware of the content of the material missed.
- **Additional stories and articles** that support the lesson from a variety of resources. These allow students to read the works of people around the world who study and share success strategies.

The pages in this book are copy-ready. Most lessons in the *Strategies for Success* curriculum have a one page **Student Journal Page** to accompany them. The reason for this is that students have a more positive perception of one page versus several pages. A few of the lessons have two page **Student Journal Pages**. It is suggested that these be printed back-to-back to comply with the 'one sheet' strategy.

The pages in this book are also available on the CD which accompanies this curriculum. The CD has been created to offer the instructor additional freedom and convenience.

- **Student Journal Pages** may be personalized to fit the specific school and class. Here are some suggestions that might be added:
 - **Encouraging notes** that fit what is happening in the class/school at that time
 - **Reminders** about upcoming events such as a scheduled quiz or a deadline to bring in something for a charitable event
- Using the CD allows the instructor to delete any material that might not 'fit' his or her class.
- With the CD, **Student Journal Pages** may be printed on a home computer. This is a great advantage should access to a school copy machine be a challenge. Because most home printers have color ink jets, color has been added to these pages on the CD version. (*Suggestion: Even if most of the pages are printed in black and white in school, printing occasional pages in color is greatly appreciated by the students.*)

Note: When pages are uploaded, please retain the copyright information from the individual contributors and the author.

LESSON 1 STUDENT JOURNAL PAGE

Purpose of the course – to teach you how to:

- create good habits that you will use both in and out of school
- set goals and make those goals happen
- find your primary learning style and use it to learn both in and out of school
- consciously access the abilities you possess
- expand your comfort zone
- create a sense of team with the other members of the class and in turn, the school.
- create empowering ways to handle the stresses of life
- prepare for interviews both for future schooling and jobs
- develop responsibility for yourself and others
- learn the basics of financial literacy

Your grade for the course is made up of various factors:

- **Journal** - 20%
- **Participation** – 20% (You get 3 points each day – 1 for showing up and signing in and 2 for participating in everything for that day. You *personally* must sign in each day to receive the ‘showing up’ credit. If you’re absent, the only way to get points is if your absence is excused.)
- **Homework/Class work assignments** – 20%
- **Quizzes** – 20%
- **Presentations/Special Projects** – 20%

Everything we do in class counts towards your grade – **everything** – from the smallest activity to the longest project.

You will receive a Student Journal Page for each lesson. You are responsible for getting the Student Journal Page for every lesson whether your class meets that day or not. To get a page on the days that you weren’t in class, you have 3 options:

1. Pick up a copy from the appropriate file cabinet
2. Have someone pick one up for you
3. Go online to read or print it. You may also choose to listen to the page online.

These have been designed for use while in this class. Based on the hundreds of students who have come before you, these will be valuable after you leave this course. They recommend keeping these papers in a binder. You do not have to carry them with you. You may leave the binder in your locker or at home when we’re done using them in class. Decide on a plan that works best for you.

Class Format

First 5 minutes – come into the room, sign in (do not let someone sign in for you) and greet everyone with high-fives while the music plays. Then have a seat while I look over the attendance sheet. I will have been at the door which will be shut when the bell rings. Please be on time. People who are tardy will be given two options – **pay or stay**. This class maintains a collection jar for donations to _____ [whatever charity the class or instructor wants to support].

Here’s the breakdown on the procedure for being late to class:

Month 1 – pay a penny if you’re late or stay after school 10 minutes

Month 2 – pay a nickel or stay 15 minutes

Month 3 – pay a dime or stay 20 minutes

Month 4 – pay a quarter or stay 25 minutes

Month 5 – pay fifty cents or stay 30 minutes



You cannot owe money but you can borrow from someone in the class. Anyone later than 2 minutes must stay at least 30 minutes. Obviously if you're very late, the possibility exists that a cut class may be recorded.

Class of the day will be made up of one or more of the following

- going over previous day's quote and lesson
- reading (may be done in a group or individually)
- writing
- discussion
- leadership activities/games
- buddy meetings
- group activities
- working on charitable projects
- student presentations

Last 10 minutes of class – In your **Journal** each day you will put the date, copy the quote of the day, and write your reaction to the quote. Your response will be what you think the quote means to you or how it relates to what we're doing. You will also write what you learned that day. During this time, I will record a participation grade as to whether you participated fully and whether you signed in that day (a 3, 2, 1 or zero)

This semester you will:

- keep a daily journal
- learn a variety of strategies to help you create the life you want for yourself
- learn how to handle stress and cope with the challenges life presents
- begin to learn how to create a financially stable life for yourself
- do a presentation about someone who is successful
- prepare a creative project at the end of the course to describe what the class was about or what it meant to you

Top Three Reasons to Journal

1. **It's a place where your ideas can flow freely.** A journal is not like a paper for class where you must be aware of grammar. A journal is a place to write your thoughts as they come to you.
2. **You will learn about yourself as you write in your journal.** In the busy lives that all of us lead, where else do you have the chance to really think about who you are?
3. **You will have a record of who you were on one day in time.** You will also be able to see how much you've grown.

LESSON 2 STUDENT JOURNAL PAGE

Please use the last ten minutes of class to quietly write in your journal. Your journal will be a collection of quotes, comments, and answers to questions asked in class. What you write in your journal is only between you and me unless I feel that something I read might compromise your safety. At that time, I must pass what I read on to someone in authority to provide help for you.

Create a journal that you'll want to keep for a long time. Decorate it, put your name on it and promise yourself that you'll write in it daily. By doing all these, you are following in the footsteps of many successful people and you will be creating something that you will benefit from for a long time to come.

If you do not finish the journal entry during class, finish it for homework.

Quote: *"Take the first step in faith. You don't have to see the whole staircase."* Martin Luther King

Please answer these questions in your journal:

1. Why did you take this course?
2. How did you do in school last year?
3. What are your major goals for the next 3 years?
4. Who decides what you think?
5. Name 3 people that you think of as successful. Next to their name, write why you think they're successful.
6. Most people think the only measure of success is how much money someone has. Do you think that having a lot of money is the only way to be successful?
7. Which of these items would mean success to you?
 - a. Having good friends
 - b. Having a good relationship with your family members
 - c. Having a great relationship with a significant other
 - d. Good health
 - e. Being in shape
 - f. Giving a lot to charity
 - g. Making a difference in the world

This Lesson: *(This section is here so both you and the teacher will remember what we did today and especially for people who were absent.)*

Pre-Assessment, name card, journal set up

LESSON 3 STUDENT JOURNAL PAGE

Quote: *Everyone is a winner. Some people are disguised as losers. Don't let their appearances fool you.*
Ken Blanchard

This Lesson:

- The pre-assessment
- Finish name card
- Begin interviews

What can you expect to find on a typical Student Journal Page?

These pages will be filled with a combination of stories and advice from successful people from around the world. In our world right now, we are exposed to a constant stream of news – from the radio, TV, internet, even our cell phones. But the “news” we hear is usually just a list of everything bad that happened that day because that’s what makes people tune in. In reality, there are many more ordinary or even great events happening on any given day than the negative stories indicate. There are many more wonderful people in the world than the criminals we see on the news or the rude and selfish people that we see on many sitcoms and in Hollywood movies. Most high school students have only been exposed to the people in their own communities or the people they see in movies and on television. Most teens have not traveled extensively and have not gotten to meet some of the millions of kind, honest, vibrant people in the world.

There are many people around the world whose goal is to share their secrets to having a happier more successful life. These people come from many countries and many walks of life. These **Student Journal pages** will contain some of their stories and Top Ten columns so that you too can learn some of the positive and effective strategies that up to now, most teens have never heard. Adults often pay great quantities of money to take the courses that some of these people offer because most adults want to improve the quality of their lives for themselves, their families and their businesses. Now, you too can learn what they learn – learning that will make your life less stressful, more successful and more fun.

You may also find occasional assignments, reminders and notes from your teacher here. Please save these pages in a binder. At the end of the course, don’t throw this binder away because it contains advice that will benefit you long after you leave this class and this high school.

Today’s story comes from David Leonhardt, a Canadian who is a speaker, author, and a consumer advocate in Ontario. He is known as “The Happy Guy” for his daily column that is read and enjoyed by people around the world. His advice is simple but powerful so you will see many of his articles on the **Student Journal pages** to follow. If you’d like to check his website, you can go to: www.HappyGuy.com

HAPPINESS

Here is a simple formula for happiness:

The more you adapt to your environment, to events around you and to people you meet, the happier you will be. The more you expect others to adapt to you, the more you expect events to suit your needs, the more you expect your environment to adapt to you, the more unhappy you will be.

LESSON 4 STUDENT JOURNAL PAGE

Quote: “Almost all your unhappiness in life comes from your tendency to blame someone else for something.”

This Lesson:

- Learning styles survey

Homework #910 (the reason this homework has this number on it is so that we can remember later what date it was on. #910 stands for month 9 and day 10 – in other words September 10)

Do **not** do this assignment in your journal. Homework assignments are for me to check in to see how you're doing *immediately* rather than waiting until I read your journal. Please do this assignment on a blank paper and pass it in today.

Put your name on the paper, what period you are in and write “Homework#910” on the top.

1. Who is your homeroom teacher?
2. What type of learner are you?
3. If you are a visual person, how should you study?
4. What is a kinesthetic person like?
5. If your significant other is an auditory person, how should you show him/her you care?

BALANCE

(From David Leonhardt, the Happy Guy at www.HappyGuy.com)

Maybe I am different, but I don't hate the heat as much as most people around. Perhaps I just remember the cold winter longer. Such is life here in the great white north, where some people think we wear parkas all year 'round, even in 90-degree weather with 1,000% humidity.



You see, a happy life is about balance. Most things are not matters of black and white, right and wrong, hero and villain, even if Hollywood does like to feed our illusions of self-righteousness.

Bring balance to how you regard others. Bring balance to how you regard yourself. Bring balance to how you organize your life. Bring balance to your priorities.

You can also try to bring balance to the weather, but don't get too frustrated if that doesn't work out.

LESSON 5 STUDENT JOURNAL PAGE

Quote of the day: *“If you conduct yourself as though you expect to be successful and happy, you will seldom be disappointed.”*

In your journal, please answer the following questions

1. What is your primary learning style?
2. If you are a visual learner, how should you study for a class?
3. What is an auditory learner?
4. If your significant other is visual, how should you show them you care?
5. What is **Stand and Deliver**?
6. What is the purpose of doing **Stand and Deliver**?
7. What is **StarPOWER**?
8. What do the five letters in **StarPOWER** stand for?

This Lesson:

1. Stand and Deliver
 - StarPOWER

PERFECTIONISM

(from David Leonhardt, the Happy Guy at <http://hop.clickbank.net/?happynews/happysite>)

We saw one of the most recognizable buildings in the world a few years back on our honeymoon -- the Leaning Tower of Pisa. It is a major attraction that draws oodles of people, if not gazoodles, every year.

The Leaning Tower of Pisa is a testimonial to our imperfections. It should not be standing, but it is despite all the errors. Of course, it has taken a lot of work to keep it standing, but nothing worthwhile is easy.



If you make a mistake, don't worry. People do that. Just make sure to also make the effort to counter your mistakes and learn from them. Despite all our errors, we can find ourselves still standing.

LESSON 6 STUDENT JOURNAL PAGE

Quote of the day: "Peace of mind is the highest human good and it is your normal, natural, condition. Ask yourself, "Do you want to be right or do want to be happy?"

This lesson:

- Physiology activity
- How to breathe using the breathing ratio
- Starting a breathing log

The Power of Breathing

[Excerpted from Acting Techniques for Everyday Life – Look and Feel Self-Confident in Difficult Real Life Situations by Jane Marla Robbins]

Ever get nervous and tense and wonder where your power of speech disappeared to, not to mention your ability to think? Did you ever think you could have performed better when you didn't? And you even wanted to hit yourself because you thought of the perfect response only after you had spoken another? An oxygenated quick moving brain might very well have helped.

One of your body's responses to danger, real or imagined, is to hold its breath, which stops the oxygen from going to your brain – and there goes your usual power of speech or your ability to think. Conscious breathing is the perfect antidote for people who get scared and hold their breath.

EMOTIONS

(From David Leonhardt, the Happy Guy at www.HappyGuy.com)

Your emotions determine more than just how you feel. They also determine, to some extent, what will happen to you today. If you feel miserable, you will likely miss opportunities you would catch by the tail in a more energized mood.



If you want the world to dance at your doorstep and offer you great opportunities, the place to start is with your own mood. Jump up. Smile. Clap your hands. Stand straight. And walk briskly.

Grab the world by the (proverbial) tail!

Sounds like physiology doesn't it??

LESSON 7 STUDENT JOURNAL PAGE

Quote of the day:

“Watch your thoughts because they become your words

Watch your words because they become your actions

Watch your actions because they become your habits

Watch your habits because they become your character

Watch your character because that becomes your destiny.” Ghandi

This Lesson:

- The power of words
- Read ‘The Power of Words’ in [How to Deal when Your Middle Name is Stress – Real Teens, Real Advice](#)

TIME

*(From David Leonhardt, the Happy Guy at www.HappyGuy.com
This discussion about time is really about the power of words.)*

To understand the value of **ten years**, ask an inmate being released from prison.

To understand the value of **three years**, ask a college graduating student.

To understand the value of **one month**, ask the mother of a premature baby.

To understand the value of **one day**, ask your daughter on her birthday.

To understand the value of **one hour**, ask a student
who didn't study for his final exam.

To understand the value of **one minute**, ask the person who just missed his train.

To understand the value of **one second**, ask the person who just
survived a car crash.

To understand the value of a **millisecond**, ask the silver medal winner
at the Olympics.

How do you value your time?

LESSON 8 STUDENT JOURNAL PAGE

Quote of the day: “*The meaning of things lies not in the things themselves but in our attitude towards them.*” Antoine de Saint-Exupery

This lesson:

- Begin review for quiz one
- ‘E’ of **StarPOWER**

And now a couple of words from David Leonhardt

(From David Leonhardt, *the Happy Guy* at www.HappyGuy.com)

ATTITUDE

Bad things are happening all the time.

Good things are happening all the time.

What you are paying attention to controls how your body will feel.

If you are hearing, reading, seeing bad things all the time, then that is how your body will ultimately be feeling. It won't be able to help it.

Just like you can't put a child in a family that yells and curses all the time and expect her or him to feel happy.

Think about it. Take control of your environment so that you can live a happy and fulfilled life. Give yourself a chance.

GOALS (or is it beliefs?)

Today is Columbus Day, so I thought it appropriate to share this with you today.

Remember when Christopher Columbus got tired of naysayers telling him it was impossible to sail around the world? He challenged them to balance an egg on its end. They tried and tried, but they could not do it. They said it could not be done. So he poured a bit of salt on the table and sat the egg on its end in the salt.

There is a good lesson here. Whatever you want to do, it can be done. But if you keep thinking it can't, you will also be right. So tell yourself today that it can be done, and start making it happen.

LESSON 9 STUDENT JOURNAL PAGE

Quote of the day: “Inner commitment to your own excellence is the stuff of which miracles are made.”

This lesson:

- Code of excellence
- Buddy activities and **StarPOWER**

HW#___

1. What do the letters in **StarPOWER** stand for?
2. Go through the letters in **StarPOWER** and describe how they apply to each person below
 - a. An Olympic champion knowing he/she just got a medal
 - b. Someone who just failed a test
 - c. A senior walking across the stage at graduation as his/her name is called
 - d. When you ask someone out on a date for the first time (or when you're the one being asked out)
 - e. When someone is being picked on for no reason
3. What is the **StarPOWER** like for the following people
 - a. Arnold Schwarzenegger – Actor/Governor of California
 - b. Beyonce Knowles
 - c. Usher
 - d. Olympic Swimmer Michael Phelps
 - e. Choose someone

INTEGRITY

(From David Leonhardt, *the Happy Guy* at www.HappyGuy.com)

Our society is built on codes of conduct, rules, laws and social norms. But at the base of that are simple values. That we need rules and laws to stick to those values is a sad commentary on our ability to live with integrity.

Integrity means living the values we claim to hold dear.

Integrity is neither as simple nor as easy as it sounds. But if you live with integrity, you will find that you don't need to focus on codes of conduct and rules - your own values will guide your way.

Take some time to bring your values to the fore today!

LESSON 10 STUDENT JOURNAL PAGE

Quote of the day: “Love yourself first and everything else falls in line”. Lucille Ball

This lesson:

- **Origami fortune teller** to review for upcoming quiz

The Top 10 Ways to Be Cool

1. **Dress from the inside out.** A smile and a confident stance do more for you than designer clothes.
2. **Forgive yourself.** When you don't like yourself, you don't allow others the chance to like you.
3. **Be SELF-centered.** It's okay to start with who you are and work outward. If you try to please others before pleasing yourself, you'll please no one. *(This does not mean being self-ISH. Cool people look out for others.)*
4. **Over respond. Don't over react.** Be fully present to the issue at hand and play a beneficial part in the solution.
5. **Chill out. Know your limits.**
6. **Give yourself time to be cool.** Cool people don't rush.
7. **Love life and show it.**
8. **Crack yourself up.** Nothing breaks down barriers easier than a sense of humor.
9. **Express yourself in everything you do and...**
10. **Show up to every interaction as yourself.**



About the Submitter: *This piece was originally submitted by Erica Wang, Coach, Workshop Leader, Motivator, who can be reached at coach@ericawang.com, or visited on the web at ericawang.com*

LESSON 11 STUDENT JOURNAL PAGE

Quote: *"If we did all the things that we are capable of doing we would literally astonish ourselves."*

Thomas Edison

This lesson:

- Human Bingo
- Reminder that quiz 1 is on ___

SELF-ESTEEM (From David Leonhardt, *the Happy Guy* at www.HappyGuy.com)

Consider poor Tiger. After years of terrorizing the countryside, hunting deer, poaching livestock, killing game, Tiger grew long in the tooth. Finally, he knew it was time to retire. So he packed his bag and ambled into town to the Three Little Pigs Retirement Home Inc. He rang the bell, and the first little pig appeared on the landing above. "What do you want?" asked the little pig.

"I came here to retire," Tiger replied.

"Ooooh. I don't think so," the little pig declared. "You're not like us. You've got big teeth. Very dangerous. We can't let you in."

So Tiger went to the dentist and had his teeth removed. The next day, he returned to the Three Little Pigs Retirement Home Inc. "What do you want?" asked the second little pig.

"I have no more teeth. I came here to retire," Tiger replied once more.

"Ooooh. No, no, no. That just won't do," the little pig exclaimed. "You're different. You have sharp claws. You scare us. We can't let you in."

So Tiger went to the manicurist and had his claws removed. The next day, he returned to the Three Little Pigs Retirement Home Inc. "What do you want?" demanded the third little pig.

"I have no more claws. I came here to retire," Tiger repeated.

"Ooooh. Let me see," the little pig muttered as he disappeared from sight. Tiger heard much whispering and commotion behind the big wooden doors. "Okay, come in," said the little pig.

Tiger strolled through the doors, and there stood the three little pigs, grinning ear to ear. Suddenly they jumped on Tiger. Squealing with delight, they beat him up and sent him packing. No teeth. No claws. Yippee! Finally they got even with Tiger for terrorizing the animals.

Tiger should have known better. He should have accepted who he is and not try to conform to someone else's image of him. What tiger in his right mind lets a pig paint his portrait?

So where does our image come from? Who paints our portrait?

Tomorrow: *Bring something to class that you are required to read for one of your subjects in school. See your teacher if you don't have anything to read.*

LESSON 12 STUDENT JOURNAL PAGE

Quote: “If you’re waiting for someone to believe in you, you’ll be waiting forever. You must believe in yourself.” Cher

This lesson:

- Reading
- The importance of substitute teachers and how to make the best of their time with your class

On days when a substitute covers this class (or most likely any class):

- You still must sign in. It’s physical proof that you were here.
- The only way to get rest of participation grade is to pass in work to the substitute
- Treat the substitute with respect – successful people understand that everyone’s job is important and know it’s important to treat a janitor as nicely as you would treat a millionaire celebrity.

Reminder - Quiz Tomorrow

HW#_____

Due tomorrow. This assignment will not be accepted late because this is the final review for tomorrow’s quiz.

1. What is the breathing ratio?
2. Why is the benefit of breathing that way?
3. What do you call the model that tells how we feel at any point?
4. What does the “P” in **StarPOWER** stand for?
5. What is meant by physiology?
6. What does the “O” in **StarPOWER** stand for?
7. What does the “W” stand for?
8. What does the “E” stand for?
9. What does it mean to envision something?
10. What does the “R” stand for?
11. What are the three primary learning styles?
12. How should a visual person study?
13. How should an auditory person study?
14. How should a kinesthetic person study?
15. How could you show a visual person that you care for them?
16. How do you show an auditory person that you care for them?
17. How do you show a kinesthetic person you care for them?
18. Why is the music played at the beginning of class each day?
19. Why do we do the **High-Five’s**?
20. Why do we do activities?
21. Why does everyone sign in each day?



LESSON 13 STUDENT JOURNAL PAGE

Quote: “One's own thought is one's world. What a person thinks is what he becomes -That is the eternal mystery” - The Upanishads (800-600 BC)

This lesson:

Quiz 1 and Pattern Interruption activity

HW # ____

1. What would be a good time to create a Planned Interruption with a friend?
2. With yourself?
3. How could you interrupt someone in this situation:
 - a. You see two people about to fight in the hall
 - b. Your friend can't stop talking about his/her recent breakup

The Top 10 Items for Your Work-Life Survival Kit

Collect all these things and you will have a set of affirmations that will help keep you focused and bring a touch of humor while you're doing it. Life: Make It Personal. Participate. Now go make your own survival kit!

1. **A glue stick or stick of gum.** To remind you to stick with it or to stick to it.
2. **A match.** To remind you to light your fire when it is burned out.
3. **A candle.** To remind you to shine brightly and lead the way in darkness.
4. **A tootsie roll or Charleston chew.** To remind you not to bite off more than you can chew.
5. **Smarties candies.** To help you when you are not feeling so smart.
6. **A chocolate kiss.** To remind you that you are loved.
7. **Confetti.** To remind you to have fun.
8. **A small box of Cheer.** To remind you to celebrate your accomplishments.
9. **A bag.** To help you keep it all together.
10. **A twistie.** To remind you to tie it closed before you lose it.



About the Submitter: *This piece was originally submitted by Caroline Schwartz of: Make It Personal, Website: www.personalbusinesscoaching.com, email: Caroline@PersonalBusinessCoaching.com*

LESSON 14 STUDENT JOURNAL PAGE

Quote: “If I could give you one gift, I would give you the ability to see yourself as I see you so that you could see how truly special you are.”

This lesson:



- **Procrastination Strategy**
- Strategies for working in class
- “The Present”

HW# ____ (Please answer these on a separate piece of paper)

1. Has there ever been a time when you were too proud to ask for help?
2. Has a stranger ever done an act of kindness that changed your life in some way? Describe it.
3. Do you know anyone who has given up on a dream and just settled? Describe their situation.
4. Describe a time in your life when you were afraid to try something new or a new approach. Did you end up doing it? How did you feel either way?
5. “Learned helplessness” is when you decide you can’t do something because you haven’t done too well on it in the past. For example, someone who can’t cook well might say, “I can’t cook!” Describe two situations of “learned helplessness” that you have had in your life.
6. What do you think the following quote from Thomas Edison means? “I am not discouraged because every wrong attempt discarded is another step forward”?
7. Colonel Sanders, who created the original KFC chicken recipe, was rejected over 1000 times before someone bought his chicken. Walt Disney was turned down over 250 times when he asked to borrow the money from banks to create Disneyland. How many times do you usually hear someone say, “NO” before you give up?
8. Have you ever given up on something and wished you hadn’t? What was it? Could you go back to do it if you really wanted to?
9. One of Tony Robbins’ most often said quotes is, “The past does not equal the future.” What do you think this quote means?

THE PRESENT

(From David Leonhardt, *the Happy Guy* at www.HappyGuy.com)

You have surely heard that yesterday is history, tomorrow is a mystery, and today is a gift, that's why they call it the present. Right now is all that really exists.

The past is just a memory, sometimes distorted by our own internal revisionist historian or even entangled with other memories to become a partially accurate recollection.

The future is just a dream, something we can plan for and, if everything works almost perfectly, can be at best partially predicted.

The present is real, and will quickly become the past. We get one shot at the present; while we hesitate, it has already become the past. Whatever has come before or may lie ahead, live the moment. Enjoy the present.

Lesson 15 Student Journal Page

Quote: “The most powerful thing you can do to change the world, is to change your own beliefs about the nature of life, people, reality, to something more positive.” Shakti Gawain

This lesson:

- Beliefs
- Global belief note cards
- Random act of kindness

The Top 10 Self-Sabotaging Beliefs

1. **I am not enough.** (...good enough, smart enough, attractive, interesting, skilled, rich...)
2. **I am a victim of _____** (...my circumstances, my past, my genes, someone's mood...)
3. **It is arrogant and egotistical to love oneself.**
4. **I can not trust myself.** (...my decisions, opinions, preferences, choices...)
5. **If I prioritize self-care and my wants, I will be self-centered, negligent of my responsibilities, or unkind to others.**
6. **If other people are unhappy (angry, upset, disappointed, etc.), I must have done something wrong.** It is my responsibility to make them happy again.
7. **I can predict what will happen by what has happened.** Variation: If it has not happened yet, it never will.
8. **It is bad to be caught in a mistake or fail.** When I do make a mistake I should feel bad for a long time and be self-deprecating to prove my sincerity.
9. **It is wrong (rude, self-centered, pushy, or too scary) to directly ask for what I want.**
10. **I am not lovable.** Variation: I am not worthy of _____ (...people's time, love, acknowledgments, respect, help...)

About the Submitter *This piece was originally submitted by Susan W. Abrams, M.Ed., Coach, and Certified Option Process Mentor, who can be reached at susan@susanabrams.net*

LESSON 16 STUDENT JOURNAL PAGE

Quote: “The most difficult thing is the decision to act. The rest is mere tenacity. The fears are paper tigers. You can do anything you decide to do.” Amelia Earhart

This lesson:

- Global beliefs

HW# _____

1. Name the typical interruptions that happen:
 - a. When you're online
 - b. When you're home
 - c. When you're driving
2. How could you interrupt these to improve the situation:
 - a. Two of your good friends are arguing over what you're going to do at the mall
 - b. You are constantly thinking about what's wrong with your life
3. Have you ever gone blank on a test or quiz?
4. What do you usually say when you go blank?
5. Do you have trouble remembering?
6. Do you tell yourself that you have trouble? (If you do, say instead, “I used to have trouble remembering but that was in the past.”)
7. Have you used any strategies yet? If yes, which ones. If no, why not?

CHOICE

(From David Leonhardt, *the Happy Guy* at www.HappyGuy.com)

You can be happy in any situation. Even in desperate circumstances, you can choose to be happy. True, sometimes it is tougher to stick by that decision, but most of the time it really is not that hard.

That irritating co-worker? Choose not to be irritated. You cannot control how she acts (although you can try to some degree), but you can control how you feel about it. The neighbor's dog leaving gifts on your lawn again? Choose not to be angry. You cannot control the dog or the neighbor (although you can try to some degree), but you can control how you feel about it. Car crash? Choose not to be upset. You cannot rewind the tape, but you can control how you feel about the crash.

It's your choice to be happy. Go forth and choose!

Lesson 17 Student Journal Page

Quote: “Measure wealth not by the things you have but by the things you have for which you would not take money.”

This lesson: Financial Beliefs

Process for making changes in Progress Report

1. Any time you receive a progress report, realize that they show a specific moment in time. As soon as I enter one more assignment in, the grade changes. So don't worry about the grade at this moment.
2. The purpose of these:
 - a. To let you know if you're missing anything or to see if I missed entering anything you should get credit for
 - b. To see if you need to get any excused absences updated
 - c. To see your current grade
3. If you find something that doesn't look right to you, I would be glad to check it out for you if you have asked me politely. I have created a process to make changes that works for me and for students as well (being successful is coming up with a workable plan). Here's what you need to do:
 - a. Get a blank note card
 - b. Put your name on it
 - c. All cards must begin with “*Would you please...*” and end with “*Thank you*”.
 - d. Give it to me in my hand
4. I will give you these reports twice each quarter (they are very time consuming to prepare, print out and update). I update my grades once a week. If you would like to check your grade more frequently, please come by after school to do so.

SIMPLICITY

(From David Leonhardt, the Happy Guy at www.HappyGuy.com)

A few years ago, a food company executive recounted in his heavy Irish accent the visit of his mother from the old country. She saw a sign for a garage sale and thought this kind of strange. He explained to her that a garage sale is when people get rid of things that are no longer of use to them. This perplexed her. She had never known anything to no longer be of use, since there was always some use for everything, and never enough money to buy everything a person might want.

In today's disposable society, it is easy to forget how much we have and how lucky we are. In my lifetime, I have already thrown away more than my grandparents could ever have hoped to own.

Do all these possessions make us happier? Unlikely, since we work just as hard for them and spend probably less time appreciating them. That's the secret -- appreciation. Let's appreciate every little thing we have.

LESSON 18 STUDENT JOURNAL PAGE

Quote: “Two roads diverged in a wood and I, I took the one less traveled and that has made all the difference.” Robert Frost

This lesson:

- Credit card use
- Credit history
- Trust Cars

HW#_____

1. Should you have a credit card?
2. Why or why not?
3. Do you want an annual fee on your credit card?
4. Do you want a high or low interest rate?
5. What happens if your card is stolen?
6. What happens if the thief charges \$5000 on your credit card and you didn't report it?
7. Why do you want a good credit card rating?

ATM Safety

ATMs are a great convenience, but they can compromise your safety. A robber looking for easy prey only has to stake out an ATM in a low-traffic, dimly lit area and bide his time.

Cash machines at banks are probably the safest bet, but that doesn't mean you have to steer clear of the ones at malls, airports and sports venues. You can avoid becoming a victim by using some good old common sense and by planning ahead for ATM withdrawals.



1. Always pay close attention to the ATM and your surroundings. Don't select an ATM at the corner of a building - corners create a blind spot. Use an ATM located near the center of a building. Do your automated banking in a public, well-lighted location that is free of shrubbery and decorative partitions or dividers.
2. Maintain an awareness of your surroundings throughout the entire transaction. Be wary of people trying to help you with ATM transactions. Be aware of anyone sitting in a parked car nearby. When leaving an ATM make sure you are not being followed. If you are, drive immediately to a police or fire station, or to a crowded, well-lighted location or business.
3. Do not use an ATM that appears unusual looking or offers options with which you are not familiar or comfortable.

4. Do not allow people to look over your shoulder as you enter your PIN. Memorize your PIN; never write it on the back of your card. Do not re-enter your PIN if the ATM eats your card - contact a bank official.
5. Do not wear expensive jewelry or take other valuables to the ATM. This is an added incentive to the assailant.
6. Never count cash at the machine or in public. Wait until you are in your car or another secure place.
7. When using a drive-up ATM, keep your engine running, your doors locked and leave enough room to maneuver between your car and the one ahead of you in the drive-up line.
8. Maintain a supply of deposit envelopes at home or in your car. Prepare all transaction paperwork prior to your arrival at the ATM. This will minimize the amount of time spent at the machine.
9. Closely monitor your bank statements, as well as your balances, and immediately report any problems to your bank.
10. If you are involved in a confrontation with an assailant who demands your money, COMPLY.

Source: The Electronic Funds Transfer Association, and the Los Angeles Police Department.

RESPONSIBILITY

(From David Leonhardt, the Happy Guy at www.HappyGuy.com)

Do you take responsibility for your actions and their results?

Responsibility is not the same as blame. When we ask, "Who's responsible for this?" we should not be asking who is to blame. We should be asking who is able to respond.

Response + ability = responsibility.

There is no loss of face when taking responsibility for one's actions. There is a loss of face, to others and to ourselves, when we fail to take responsibility. Of the hundreds of abilities you have, responsibility is one of the most important.

LESSON 19 STUDENT JOURNAL PAGE

Quote: “Politeness and consideration for others is like investing pennies and getting dollars back.”

Thomas Sowell

This Lesson:

- Investing and the **Rule of 72**
- **Rule of 72** activity

HW# _____

1. Why is it important to have positive beliefs about money?
2. Based on our discussion, why do many couples divorce?
3. The **Rule of 72** tells how many years it will take to double your money. Divide the rate (the percent) into 72 to get the years. Tell how long your money will double if you invest it this way:
 - a. In the bank at 3%
 - b. In a stock that pays 12%
 - c. In a money market that pays 4%
 - d. In a great stock that pays 18%
4. Suppose you start off with \$500. You invest it and it keeps doubling. How much money will you have if it doubles 6 times?
5. What’s your **StarPOWER** been like this week?
6. Do you think it’s a good idea to have a credit card?
7. How much do you think you’d have to pay if someone stole your credit card and charged \$5000?
8. What do you think might be a good rate on your credit card?
9. Do you think you should have to pay an annual fee? What is an annual fee?
10. Why do you have to read the fine print on the credit card contract?
11. What might be some of the information that can be found in the small print?

REGRET

(From David Leonhardt, *the Happy Guy* at www.HappyGuy.com)

It has been said that old age is the biggest surprise most people will get. Funny. We all know it is coming, but so few people are prepared. Old age is always something off in the future to be dealt with at a later date. We put aside some money, if we can. We hope we've loved our children enough that they will look after us when we cannot. But otherwise, we tend to let old age just happen, and then seem surprised when it does.

The biggest regrets people have are not doing something important, such as learning a skill, making a career switch, facing a fear. Much rarer are regrets over what they have done. The best way to get prepared for old age is to do now what you might regret later not having done. (Try saying that five times backwards!)

LESSON 20 STUDENT JOURNAL PAGE

Quote: “Affluence and abundance are our natural state. Reawaken the memory.” Deepok Chopra

This Lesson:

- New seats for the **Stand and Deliver** preparation
- **Zip, Zap, Boing**
- Review financial success questions

In your journal today, answer the following questions:

1. Money is _____
2. My bank account is _____
3. Those who have more money than I do are _____
4. Money never _____
5. Money always _____
6. When it comes to debt, I believe _____
7. When I am faced with money problems, I believe _____
8. When it comes to money management, I am _____
9. For me to make more money, I must _____
10. If I make too much money, then _____
11. I can't make a lot of money because _____
12. I deserve _____



LIFE PART I

(From David Leonhardt, *the Happy Guy* at www.HappyGuy.com)

What is the meaning of life? Many people have asked that question and many answers have been found. There is no one answer to that question, and it is even pointless to ask.

A much more important question to ask yourself is, "What is the meaning of MY life?" Perhaps it is to make the world a better place than had you never been born. That could be by making people smile, by cleaning up a polluted planet, by looking after rejected people or animals, by inventing something that millions of people will find useful, or perhaps even by making sure people know their letters will arrive where they are intended. What is the meaning of your life?

LESSON 21 STUDENT JOURNAL PAGE

Quote: “When you go for what you want, you often miss what you need.” Kathy Buckley

This Lesson:

- Notes from The Richest Man in Babylon by George S. Clason
- Go over beliefs from previous day
- Financial quiz coming up – review using best learning style

Review for quiz

1. If someone invests at 6%, how long before their money doubles?
2. If someone has a 12% interest rate on their credit card, how long before their debt doubles?
3. What is the rule called that tells you how quickly your money doubles?
4. Should you have a credit card? Why or why not?

These are the responses from an email survey of high school graduates who took *Strategies for Success*:

1. *Were you offered a credit card when you started college?*

- a. No I wasn't, but our school IDs can be used as debit cards through the bank.
- b. I have been offered credit cards since before I turned 18
- c. Yes, I received a ton of offers for credit cards, especially for credit cards geared toward students.
- d. I did receive a credit card in college. It was the first day I went to class. They had a plan for a debit card for a local bank and they asked if I wanted a credit card. I was already in the search for one because I wanted to establish some credit so after I graduate I could invest in some land.
- e. When I started here I was not sent mail offering me a credit card but I recently celebrated my 18th birthday and became eligible for a card of my own. Many companies offer college student special student cards to help get them on their feet with a good credit report.
- f. When I went to college I wasn't offered a credit card right away. I applied for one first and then I started getting different types in the mail.
- g. I already have a credit card but Macy's keeps sending me offers.

2. *What did they offer you to sign up?*

- a. I rarely opened the envelopes knowing I wasn't financially prepared for a credit card, but usually they charged no interest for x amount of months, no fees. etc.
- b. They actually didn't offer me much of anything, aside from a credit card... no monthly point build up, no super awesome apr rate... just a simple credit card.
- c. There were a few that offered 0% apr for the first 6 months, but after that it had a non-fixed rate of 9.49%. There was no annual fee. Some offered cash back, others offered airline rewards, and one even offered a special cash back rate that could be used only to buy a new or used car from a certified car dealer.
- d. I just received the card and the cool thing is that it comes with a key ring credit card which is pretty convenient. The only free thing they gave me was a free checking account with checks - whoopee!
- e. A towel or free money that goes on your credit card. Also, stores ask you if you would like 10 or 15% off on your purchase if you purchase a stores credit card.

- f. 10% off your purchase.
3. ***Did they tell you the rate?***
- a. Some said no, some said yes.
 - b. They did tell me the rate. It's around 16%... but since my credit line is so low - \$250, I plan on paying for anything and everything I charge to my credit card immediately when I get the bill. I use my credit card mostly for when I don't have enough cash in my pocket. I used it to purchase school books so I didn't have to carry \$200 on me to school.
 - c. As I remember, most didn't tell me the interest out in the open but did later in the paperwork that came with the application. Also, offers for lower interest rates were offered only with the cards that came with forms that you could verify attending a four year school.
 - d. The rate is in the 8.99% range.
 - e. Nope, only the one in the mall and the banks at the college summer orientation.
4. ***Did they tell you anything else?***
- a. Yes, there were always information packets.
 - b. No, but I did read all of the fine print, instead of overlooking it. That's the biggest thing I learned from the *Strategies* class - read ALL of the fine print!
 - c. That I was getting 10% off my purchase and that I will get more great offers when I sign up.
5. ***Did you get one? Did your friends?***
- a. Yes, I eventually got one because I was getting my own apartment and needed it just in case of emergencies and for when I had to buy furniture for the place.
 - b. I did get a credit card. I was approved for one with a very low credit line. Since I pay everything immediately, it's been a huge help. There are so many things you can't pay for by check, and going to get a money order is such a huge pain ... especially online. The credit card has made life a lot easier, as long as I don't abuse it.
 - c. I haven't gotten one yet but I do plan on getting one in the near future. A few of my friends in school have cards that are co-signed by their parents but I don't think I met anyone who has a credit card of their own.
 - d. My friends and I all have credit cards.
 - e. I do have a credit card (Macy's) and I have a credit/debit card with my bank. Surprisingly, only a few of my friends have credit cards.

Another student wrote:

"I just opened your e mail and the subject of credit cards really aggravates me!!! I'm now in the first semester of my sophomore year in college. When I started my mom got me an excellent card with a limit of \$150 and 0% financing (and read all the fine print.... she made sure!!) just to help me build credit and for emergencies if I needed it. I paid it every month and it is now fully paid off and in my drawer!!! I have another one which is under her name but the card has my name. I'll use it occasionally but I get at least 2-3 applications for credit cards in the mail each day and phone calls AT LEAST once a week (I live at home). The thing that aggravates me is the company that calls most often is the same one which I already have a card for! And every time they call I say the same thing "I ALREADY HAVE THIS CARD!!!" and tell them not to call back!! They mostly offer low introductory rates but aren't specific until you read the fine print. Usually these rates only last a short while and then skyrocket!

LESSON 22 STUDENT JOURNAL PAGE

Quote: “To the world you might be just one person, but to one person you just might be the world”.

Taylor Hanson

This lesson:

- Continue Financial Success – The Richest Man in Babylon
- Review for quiz

Some final notes about financial success:

- Create positive beliefs for yourself about money.
- Be grateful for what you have rather than always feeling bad for what you don't have.
- Be charitable by donating to less fortunate people on a regular basis.
- Develop a system for saving (remember how long it takes to build a habit).
- Keep track of where your money goes.
- Pay your bills on time.
- Don't let yourself get into debt.
- Use credit cards wisely.

MONEY

(From David Leonhardt, the Happy Guy at <http://hop.clickbank.net/?happynews/happysite>)

One thing about the Internet is that there is never a shortage of offers to make oodles of money. But will that make you happier?

Probably not, because most of those offers just end up costing money. But even if you succeed, that does not mean you will be happier.

When we spend more than we earn, we tend to be less happy. When we earn more than we spend, we tend to be happier (unless we have to give up too much that money can't buy to earn that extra income.)

You can change what you earn, or you can change what you spend. Guess which one is easier?

If your budget is not balanced, sit down and balance it today. It's OK to scrap so many of the unnecessary items that advertising and a peek at your neighbors' possessions make look like necessities.

LESSON 23 STUDENT JOURNAL PAGE

Quote: “Change three bad habits a year. You will get phenomenal results.” Tony Robbins

This lesson:

- Final review for tomorrow’s quiz on finances
- Where my eyes look when I remember
- What to say to myself when I go blank



The Most Dangerous Things About Credit Cards (and How to Fight Back)

by Carrie Smith at Lifehacker.com 10/8/13

They Make It Effortless to Spend Money

Credit cards are often mistakenly thought of—and used—as extensions of our income, but just because we have a certain credit limit doesn’t mean we’re free to purchase whatever we want. I found this out the hard way, as I racked up credit card debt like it was my best friend.

It’s unfortunate that credit cards make it all too easy for us to spend money, but it’s the truth. We tend to purchase things without thinking of how we’re going to pay for it when the bill arrives—and it inevitably will.

How to protect yourself: Challenge yourself to only using debit cards to make purchases for the next 14 days. When you go to the grocery store or out to eat, leave your credit cards at home and use your debit card, or cash instead. Then at the end of the 14 days you can assess your spending habits and see if you really need to use your credit cards at all. Or if you only need them for certain expenses, like travel or buying online.

Everyone Else is Using Them, So You Feel You Should Too

Credit cards didn’t play a major role in our consumer spending until the 1980’s. But we have quickly become dependent on them and crafted our spending habits with them in mind. Nowadays, 72 percent of Americans have at least one credit card, with the average being three credit cards or more.

This peer pressure makes it easy for us to use—and rely on—credit cards, since it’s such a commonly accepted idea. Not only is using credit cards socially acceptable, but so is having debt. However, if you want to build wealth and save for the future, you need to understand your own spending habits and money personality.

If you’re a spender by nature, having access to a high credit limit could be cause for a financial disaster. Your neighbor might be a saver and can easily handle a credit card, but that doesn’t automatically mean it’s a good idea for you.

How to protect yourself: Evaluate the way you handle money and do some experiments on whether it’s smart for you to use credit cards. Pay attention to what your friends are doing and see if their behavior is indirectly influencing you to spend more or swipe that credit card more often. Finances are never a one-size-fits-all type of thing, so don’t get caught up in the hype and think that just because everyone else is doing it you should be doing it too.

Interest Charges Keep You Treading Water

One of the biggest ways to keep yourself drowning in debt is to pay the minimum balance on a credit card with a high interest rate. It's like throwing money down the drain—while your pockets are being depleted, your funds are padding the banker's account.

Let's say you see a really good sale on an item you've been needing for a while, so you buy it on your credit card and promise yourself you'll have the money when the bill comes. But the bill comes and you don't have all the funds to pay it, so you only send in half the money.

Instead of getting a discount on your item, you're actually losing money by paying usually around 15%–20% in interest charges. This can be easily avoided by planning ahead or using the other strategies listed here.

How to protect yourself: One thing you can do is call your credit card company and ask them to lower your interest rate. They might not always approve your request but in many cases they are open to working with you, and it never hurts to ask.

They Block You from Pursuing Other Goals

When you strictly rely on credit cards to make all your monthly purchases, it can be difficult to stick to a budget. Before you know it, you've spent \$5 here and \$20 there, then it all adds up to several hundred dollars and you have nothing to show for it.

This can create leaks and holes in your budget and hinder you from ever making progress on your financial goals. Even if you pay your bill on time, and you are careful about spending, there's still a chance you could pay a bill late or need to pay for an emergency that pops up. Next thing you know, you're chasing your money instead of having control of it.

How to protect yourself: Put your financial priorities first by limiting the use of credit cards. Readjust your mindset so you no longer view credit cards as part of your monthly spending routine. When creating your budget, only use the income and funds you currently have saved to pay your bills—leave the credit limit out of the equation.

Carrie Smith is a guest blogger for ReadyForZero. She's the writer and editor behind Careful Cents, a blog aimed to help solopreneurs and full-time freelancers make valuable connections and grow their businesses. Find her on Twitter@carefulcents

LESSON 24 STUDENT JOURNAL PAGE

Quote: "What is right is not always popular and what is popular is not always right." Albert Einstein

This lesson:

- Quiz 2
- New seating chart

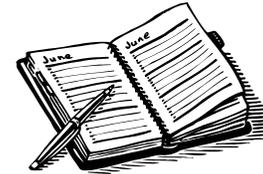
Tips for a Better Memory By Vicki Haddock

All of us have problems recalling a stray fact or name at times, but some of us are so disorganized and forgetful that our brains sometimes seem more like a sieve.

No need to panic. Psychologists at Beth Israel Deaconess Medical Center in Boston have developed an innovative program called Memory 101 that's gaining attention from researchers around the nation. Want to turbo-charge your memory -- or least get your engine running smoothly? Here are tips from Memory 101 psychologists Cheryl Weinstein and Winifred Sachs, as well as from clinical memory programs around the country:



- **Make a memory notebook.** This is an 8-by-10 notebook with a calendar that will help you plan the little details of your life. Fill it with your to-do lists for the day, week, and month. Your notebook can become a portable filing cabinet for phone numbers, addresses, birthdays, medical information, phone messages, inspirational thoughts, -- you name it. Carry it with you, or carry a small notepad to jot down information that you later transfer into your notebook. The act of writing something down reinforces it in your memory. And make sure to look at your notebook several times a day.
- **Talk aloud to yourself.** Say: "I'm walking up the stairs to get my glasses. I'm putting my parking ticket in my pocket so I can get it validated. I'm going to the store to buy milk and eggs." If a great idea strikes while you're in the shower, rehearse it out loud to help remember it. Consider carrying a tape recorder to record things you need to remember.
- **Post reminder signs in your house, locker, and car:** "Remember to buy stamps!" "Remember to take out the garbage on Thursday!"



- **Get in the habit of keeping items where you will need them** -- keys by the front door, agenda in your backpack or pocketbook, and so on. Record these locations in your memory notebook.
- **Minimize distractions. Do one thing at a time.** Turn off the TV or music when you're talking with someone. At a restaurant, try to face the wall so you can more easily focus on the conversation at your table.
- **Bundle items from your to-do list.** Examples: Always clean your glasses at the sink after you brush your teeth; do your homework and your chores at home at the same time, etc.

- **Use mnemonic tricks** -- acronyms, rhymes, and so on. When tightening or loosening lids, remember "righty-tighty, lefty-loosey." To recall the Great Lakes, remember "HOMES" (Huron, Ontario, Michigan, Erie, Superior.) *[The letters in **StarPOWER** were created to help you remember the words to help you determine how you are at any given moment]*
- **Take care of your body to take care of your mind.** Certain medications, poor nutrition, and even small deficiencies in sleep may interfere with memory.
- **Exercise your mind.** Reading, playing the piano, watching shows like *Jeopardy*, playing online or smart phone games - all these activities help keep your brain sharp and active.
- **Understand your own style of learning.** Most people are visual learners, remembering best what they see. They benefit the most from memory notebooks and signs. Others are auditory learners, remembering best what they hear. They benefit from talking out loud or using a tape recorder. A few people are kinesthetic learners, remembering best what they experience. They will benefit most from writing things down or acting them out. Knowing your strength will help your memory run at peak efficiency. To enhance your memory, try using all three learning modes.

PEOPLE

People are like icebergs.

I don't mean that people are cold, just that most of who they are hides below the surface, where you will never see them.

Icebergs, if you have seen them, can sometimes overwhelm you, as they shoot up high into the air. As majestic and giant as they might seem, only a small fraction of the iceberg is above water. Most lurk in anonymity below.

Don't jump to conclusions about people. Most of what there is to know, you will never know.

(From David Leonhardt, the Happy Guy at www.HappyGuy.com)

LESSON 25 STUDENT JOURNAL PAGE

Quote: “Do you want to be the actor in your own life...or the reactor?”

This Lesson:

- ‘W’ continued with the power of asking questions
- ‘What else could it mean?’

PERSONALIZATION

(From David Leonhardt, *the Happy Guy* at www.HappyGuy.com)

People are funny. We each think we are the center of the universe. Each nation acts like it's the center of the universe. As a planet, we act like we are the center of the universe. But each of us is just a speck of dust in time and space.

Why do we assume the person butting in line is cutting us off? He is doing nothing to us, we just happen to be in his way. Why do we assume that the government is taking our tax money? The government is not doing anything to us, just trying to raise the money to pay for all the things we expect it to do.

It is easy to personalize everything, as if the world has set up a secret conspiracy to drive us crazy. When that is how it seems, it might help to mentally climb out of your body and just observe what is happening from a third-person position. You might just notice that the world isn't out to get you, after all.

Here is an excerpt from How to Deal When Your Middle Name is Stress – Real Teens/Real Advice, a book written by the original students of this course to help other teens.

Test Taking Strategies

I always choked on my history tests and I had one coming up. I studied and studied. When it was time for a test, I usually felt like I forgot everything. But instead of panicking, I remembered a strategy that I had learned. It was one specifically for test taking. The technique was to tell yourself you'll remember the answer to the question in a minute rather than telling yourself that you're going blank or that you don't know.

I used this and the strategy of looking where my memory is stored. When I used these strategies, they worked. I remembered everything I needed. Two days later when I got the test back, I had gotten a 95! I was so happy and now I use those strategies every time I take a test or can't remember something.

Freshman, Strategies for Success I

LESSON 26 STUDENT JOURNAL PAGE

Quote: "All your behavior results from the thoughts that precede it."

This Lesson:

- The **Power Questions**
- What's good about each day of the cycle
- What's good about each teacher

HW#

1. Name 2 chores that you don't particularly enjoy but that you must do
2. State the 4 **Power Questions**
3. Use the power questions on each situation
4. How would you answer these questions? Both give you clues about what makes you tick.
 - a. What gets you up in the morning? (Not your parent or your alarm but what would make you excited enough to want to wake up in the morning?)
 - b. What keeps you up at night? (Again, this is not about coffee or movies but what is so intriguing that you can't fall asleep.)

FREEDOM

"If you choose not to decide, you still have made a choice."

We have the freedom to choose how we react to everything around us, but we often do not exercise that freedom. Of course, nobody wants to be always on their toes, avoiding all anger or all sadness, for that would surely not be healthy.

But we all can focus on the type of person we want to be and reduce the number of times we react or act in anger. Or with guilt. Or greed. Or whatever else challenges you.

[Just as we decide "What else could it mean?" or "What's good about this?"]

ANGER

"Ooh. That makes me so mad!"

Wait a minute. No it doesn't. It just did what it does. It is not the source of our anger; we are. We choose anger. No, we don't say to ourselves, "Hey, I know. I'll be angry now." But we choose to react with anger. We can choose not to, if we wish. We can decide how we will react to things beyond our control. We have the freedom of choice.

NO, it's not always so easy. Even though we take for granted that freedom of choice is easy and natural, it is neither. To truly exercise any of our freedoms takes great effort and sometimes great courage.

But with so many it's "making us angry." Wouldn't you benefit from exercising a little more of your freedom of choice?

(From David Leonhardt, the Happy Guy at www.HappyGuy.com)

LESSON 27 STUDENT JOURNAL PAGE

Quote: *"The best way to have the last word is to apologize."*

This lesson:

- The Four Cards to change how we feel

PROVERB

"Fear less, hope more; eat less, chew more; whine less, breathe more; talk less, say more; love more, and all good things will be yours." How much of this Swedish proverb can you apply to your life this week?

GRATITUDE

Feeling unlucky? Unappreciative? Wish you could enjoy life more?

Here's a good trick. Whenever you sit down to the table, set an extra place setting for someone who can't be there. For someone who won't eat that day. For someone not blessed with a meal...as you are.

What a poignant reminder of how lucky we are to have something to fill our bellies, never mind the 400 inch plasma-screen 3-D interactive TV and the 44 flavors of jelly beans we lugged home from the candy shop last week.

ATTITUDE

"The one thing you have total control over is yourself and how you react to things. Maybe circumstances will kick you in the teeth, but you get to choose how you're going to react to them."

We can choose to be upset, angry or sad over something. Or we can choose the opposite. It sure beats complaining, especially when nobody wants to listen.

(From David Leonhardt, the Happy Guy at www.HappyGuy.com)

LESSON 28 STUDENT JOURNAL PAGE

Quote: *“It’s easy to stand in a group, but it takes courage to stand alone”*

This Lesson:

- Review everyone’s Stand and Deliver information using best learning style
- Begin seeing the movie “Remember the Titans”

LEADERSHIP

Ever try to push a string? It's not too easy, is it? Now try pulling it. Ah, that's better.

We can try to push people around and make them conform to our image of what they should be like and how they should interact with us. But that really won't work too well.

Or we can show some personal leadership and simply be who we are and who we want to be, and we can interact with them as best appropriate. Amazingly, people will tend to follow along like a string being pulled.

PERSEVERANCE

Did you know that Michael Jordan was cut from his high school basketball team?

Very few people realize just how much work is involved to succeed at anything. Sure, you need a talent or skill, and a very strong interest, but you also need to persevere, to never give up.

I wonder where the captain of that team is now...

(From David Leonhardt, the Happy Guy at www.HappyGuy.com)

LESSON 29 STUDENT JOURNAL PAGE

Quote: *“Truth and life are all around you. What matters most is where and when you decide to put your focus.”* Roger von Oech

This Lesson:

- Quiz 3
- Letter to a soldier
- Two quote posters
- Discuss questions from “Remember the Titans”



HW #_____

1. How much money is in each of your three envelopes?
2. Which is growing fastest?
3. Why do you think this is so?

MEMORY

We waste a lot of time and energy, not to mention frustration, trying to remember things. Like where we put our glasses or our car keys. Like what my wife asked me to pick up at the store.

One key to memory is repetition.

One key to memory is repetition.

One key to memory is repetition.

Why waste your frustration on your memory, when there many other places to use your frustration?

YOU

The world needs you.

The world needs you to be yourself, or else you would be somebody else.

The world needs you to help people you meet, or else you would not meet them.

The world needs you to nurture it, or else it would not nurture you.

The world needs you to smile, or else it would not smile on you.

The world needs you today, or else you would not be here now.

The world needs you.

(From David Leonhardt, the Happy Guy at www.HappyGuy.com)

LESSON 30 STUDENT JOURNAL PAGE

Quote: “The trouble with not having a goal is that you can spend your life running up and down the field and never scoring.” Bill Copeland

This lesson:

- The Latte factor
- Family spending



BLEMISHES

(From David Leonhardt, the Happy Guy at <http://hop.clickbank.net/?happynews/happysite>)

Ooh. Not another mosquito bite.

It's another blemish on my skin. I can just add it to the pimples that break out at random like I've been hit with a blemish shotgun.

It's funny how we view blemishes.

There is a billion dollar make-up industry founded on our fear of appearing to have blemishes. We cover pimples, age lines (After all, it's embarrassing to be the only person who ages, right?), scars and other marks.

We poison our apples to remove blemishes and make the apples look healthy and nutritious. (Doesn't that seem strange, that we would rather have healthy-looking apples than healthy apples?) We work harder to get spots off our mirrors than to remove grunge and crumbs from the silver ware drawer.

It's nice to have good looking things, but isn't it what's inside that counts? What would the world be like if people worked as hard to clear up the blemishes on the inside as they do the blemishes on the outside? Kinder? More loving? Happier?

Let's keep working to improve the people we are, not just the people we appear to be.

LESSON 31 STUDENT JOURNAL PAGE

Quote: "Our greatest glory is not in never failing but in rising every time we fall."

This Lesson:

- Description and rubric for "Successful Person Project"
- First day of sign ups for the name of the person you will research

HW# _____

1. Are you a procrastinator?
2. What do you usually put off besides homework?
3. What does procrastinating do for you?
4. How does it make you feel when you've waited until the last minute to do something?
5. What's your best strategy for getting things done?

Procrastination (Dr. Tony Alessandra at www.alessandra.com)

Procrastination is like a virus. It creeps up on you slowly, drains you of energy, and is difficult to get rid of if your resistance is low. Procrastination is a close relative of incompetence and a first cousin to inefficiency. These suggestions will help you conquer the virus:



1. **Give yourself deadlines.** In moderation, pressure motivates. Extreme pressure debilitates. Set appointments, make commitments, write out your goals, and otherwise develop the determination to succeed.

2. **Don't duck the difficult problems.** Every day we are faced with both difficult and easy tasks. Tackle the difficult ones first so that you can look forward to the easy ones. If you work on the easy ones first, you might expand the time that they take in order to avoid the difficult ones waiting for you.

Many people put off difficult or large tasks because they appear too huge to tackle in a reasonable time frame. They feel that if they start and complete the "large" task at one sitting, it will prevent them from accomplishing any of the other tasks they have to do on that day. The answer to this problem is to break all large or difficult tasks into their smaller subparts. Then, you can do each of the subparts of the larger project over a series of days, if appropriate.

3. **Don't let perfectionism paralyze you.** This is a problem which many writers have when writing articles or books. They sit with pad and pen in hand waiting for the "right" words to come out. What they are doing is avoiding the process of writing. You can always go back later and polish those things you're unhappy with. Better yet, you can delegate the polishing to someone else.

Because humans are so susceptible to procrastination, you must work at building up your immunity to it. Effective action is the best medicine.

LESSON 32 STUDENT JOURNAL PAGE

Quote: “Things you do for other people are usually among the best things you do.”

This lesson:

- Working as a team
- The Paper Tower Game

HW#_____

We know that repetition is used to help us remember things. Since this course has a final exam at the end, it's a good strategy to review what's already learned so that exam time is less stressful.

1. Describe the **StarPOWER** of a championship golfer or a model about to walk down a runway.
2. Why do we hold our breath for so long in the breathing ratio?
3. What are the **4 Power Questions**?
4. What's good about Day 5 (or whatever you call the days of your school cycle)?
5. What's a **Pattern Interrupt**?
6. Give an example of one.
7. When would be a good time to create a **Pattern Interrupt** for someone?
8. Why is music used at the beginning of class?
9. Why is soft music used during testing?
10. What is the purpose of the sign in sheet?
11. How do teachers use the 3 learning styles to teach you?

HAPPINESS

(From David Leonhardt, the Happy Guy at www.HappyGuy.com)

I read this somewhere recently: Life is complicated, but happiness is simple.

There really is a big difference between negotiating relationships, and getting stressed over them. There is a big difference between planning for the future, and worrying about it. There is a big difference between enduring a setback, and being miserable over it.

You can't avoid life's complications. Isn't it comforting to know that happiness is simple?

LESSON 33 STUDENT JOURNAL PAGE

Quote: "Fear begins to melt away when you begin to take action on a goal you really want." Robert Allen

This lesson:

- Goal setting workshop
- Top ten one year goals in envelope

Homework – out of magazines and newspapers, begin cutting pictorial representations of your goals for a poster that will be done in a few days.

The Top 10 Tips to Succeed Any Goal

Here are 10 helpful tips certain to deliver more movement and success when it comes to accomplishing your goals.

(This top ten mentions some of the same strategies we talked about as well as a few other good points)

1. **Take 20!** Take 20 minutes to sit down and write - 'what' you want and 'why'! (The more time you invest in this simple task the greater your return of success - period!)
2. **Tell someone you trust.** Tell someone who cares about your success and will support you. If this person doesn't exist in your life...get a coach.
3. **Mark your deadline.** A firm deadline is a smart deadline. It heightens your focus, motivation, and commitment to getting the work done now (vs. never).
4. **Ditch it.** Make this deal with yourself: If you don't accomplish the goal by your stated deadline...ditch the goal. You don't want it bad enough and could better use your energy elsewhere.
5. **Affirm it!** Affirmations work! They shift your perspective and expand your 'possibility thinking.' Create one that feels absolutely incredible to say out loud. [*We call them **Power Phrases***]
6. **Track it.** Daily or weekly, track every action you've taken towards your goal. This is a no-fail approach to knowing what's working, what isn't and what's left to do.
7. **Take one-a-day.** Take an action (however big or small) EVERY single day that supports your goal - until you reach it!
8. **Try, try, try...** Try every idea, hunch and 'what if.' You'll always get something for something...but rarely something from nothing.
9. **Give yourself permission.** There is power in permission! Give yourself permission to flub up, to take a break, to over-succeed, or whatever else you want. Permission liberates, energizes, inspires and empowers.
10. **Get a coach!** Your goals are the very reason we exist! (*Your teacher is your current coach*)

About the Submitter - *This piece was originally submitted by Laura Burkey, Professional Success Coach.*

LESSON 34 STUDENT JOURNAL PAGE

Quote: "Everything was visualized by someone at one time. Otherwise you wouldn't have it."

This lesson:

- Visualization
- The letter game



HW# _____

Several days ago you were asked to begin looking for pictures that represented your goals. Please bring them in tomorrow. You may also sketch or draw pictures or download them from the internet.

- If you'd like to go to college, get pictures of the colleges you're interested in either online or from the guidance office.
- If you'd like to travel to certain places, get pictures of those places.
- If you have a certain car you'd like to have (remember to make your goal **SMART**).
- If you'd like to be married and have a family, get a picture of a family.
- If you'd like financial security, get some pictures that show money.

The more pictures you have of your goals the better.

HOPE

(From David Leonhardt, *the Happy Guy* at www.HappyGuy.com)

There is always hope.

Good things happen and bad things happen. Even when things look darkest, good things are still to happen; there is hope.

What is hope? It is the certain knowledge that sooner or later one of those good things will happen. It is the deep understanding that bad things do not go on forever.

Remember Adolph Hitler?
Remember the Berlin Wall?
Remember Saddam Hussein?

There is always hope.

LESSON 35 STUDENT JOURNAL PAGE

Quote: "Give me a stock clerk with a goal, and I will give you a man who will make history. Give me a man without a goal, and I will give you a stock clerk."

J. C. Penney



Today's lesson:

- Treasure Map of goals

The Top 10 Things to Be Grateful For Each And Every Day

This list seems very basic. Yet not everyone in this country or in the world has, or will be able to be grateful for, all of these things. In their life some of these things do not exist now, nor have they ever existed. Thanksgiving Holiday is more than turkey, Grandma's pumpkin pie, half price sales and sports events.

This list is one which, hopefully, everyone reading it can say applies to them. However simple it may seem, it is humbling and sad to realize that many in our country and even more in other countries, only have 1-2 things on this list each day, while most if not all of us have all ten! Perhaps if we are thankful for these basic things daily, it will help ourselves and others gain more abundance, or at least we will appreciate our own more.

1. **Waking up alive.** George Burns once said a great day for him was waking up and not seeing candles, a church, and his friends all dressed in black. He was blessed financially and health wise. Many, in this country and in other countries, are lucky to make it to age 10, let alone 100.

2. **Decent air to breathe.** While everyone has this, in some places in the world, the air is so polluted and foul smelling, the people die of respiratory ailments just from breathing.

3. **A new day to learn and to earn a livelihood.** Most of us live in areas with very low un-employment rates. If we choose and need to work and have a job, we can earn money daily or weekly *somehow*. Others are in school or educational environments. They can learn or increase what they already know. Many people have no jobs and will never have a chance to learn a basic education.

4. **A home in which to eat, sleep, live, and relax.** We are blessed if we are not one of the millions of people whose home consists of a car, an abandoned house or building, cardboard or tin constructed "shelters," or the bare earth or grass. Think about pictures you may have seen of the homeless when you complain about your home or apartment being too cold or warm, or the utility bill being too high.

5. **Ample clean food to eat & the option to buy as much as we need.** Most of us never have experienced waiting in line 2-6 hours to buy a loaf of bread, some flour, eggs, etc. We don't know what it is like to wait for a truck to pull up and hand out boxes or containers of rice or Red Cross rations. We've never dug in dumpsters behind a grocery store or restaurant to get the food that was thrown out to have for our daily meal. Food is expensive for many. At least in the U.S. we have no lack of it and it is not rationed out to us or sold at black market prices.



6. **Friends, family and pets.** Most all of us have one or more of these three things in our life. In some parts of the country and the world, people are alone--young children are alone. And the "pet" may have to end up feeding a family or a group of people due to lack of any other food supply. We spend more money on the food and vet bills for our pets than many people in poor countries MAKE in income in 1-3 years!

7. **Living in a democratic society.** Not talking or pushing politics. But we are free to pretty much do and say what we wish as covered by the Bill of Rights. And we don't have tanks and armed soldiers walking the streets 24 hours a day looking for looters, guerillas and terrorists. Life and the government aren't at all perfect here. But it sure beats anything else I have seen or read about in my lifetime.

8. **Abundant natural resources.** Yes we need to clean up our water and air, and plant more trees, etc. But we *do* have in our towns, water and sewage control that are sanitary to use and maintained. Our air quality varies from town to town, and on average is much better than in many other countries in the world. We also have ample supplies of electricity, gas, and other resources we need to live and thrive personally and industrially.

9. **Clothing to protect us from the elements & to even enhance our appearance.** True, there are places in the U.S. where people in poverty lack adequate clothing. Compared to our population, however, the majority of us have adequate clothes, and many of us have clothing that is both functional and attractive as well.

10. **The gift of choice.** This is something everyone has no matter where they live. Even if they live in a poor non-democratic society, we all have the choice to make decisions, to act, and to be however we wish, as adults at least. This was given us at birth and is never taken away, but is often taken for granted, ignored, or not fully developed or used.

This piece was originally submitted by Dennis R. Tesdell who wants you to know: One of my specialty areas is health and "self care," and I am a firm believer that we can greatly control our moods by how we think and what we do or do not do, especially during stressful and "family-oriented" times, such as holidays and even New Year's Eve! I offer this list as a sample of suggestions that have proven to be helpful to MANY people, from my personal experience, as well as from my extensive reading and study of moods and mood disorders.

LESSON 36 STUDENT JOURNAL PAGE

Quote: "Achieving goals by themselves will never make us happy in the long term. It's who you become, as you overcome obstacles necessary to achieve your goals that can give you the deepest sense and most long-lasting sense of fulfillment." Tony Robbins



This lesson:

- JET your way to success
 - J – jot down your goals
 - E – envision what it must feel like to have that goal come true
 - T – take several minutes a day to do something to make that goal happen
- Write a detailed description of what your life will be like ten years from now

HW# _____

1. List your top goal.
2. List one thing you have done to make that goal happen.
3. List something you can do today.
4. How does it feel to be a bit closer to making that goal a reality?

SUCCESS

Do you write down your goals? Most people don't. They figure if they have them in their head, that's good enough, right? Who needs to write them down?

A 1950's study found that just 3% of students in that year's Harvard University graduating class had written down goals.

30 years later, those 3% had more wealth between them than the other 97% put together!

GOALS

Every now and then I am approached by someone who says he wants to get out of a rut. Or by someone who thinks life could be better. They want me to tell them what to do. So I ask them where they want to be, and I feel a bit like the Cheshire cat. See what I mean...

One day Alice came to a fork in the road and saw a Cheshire cat in a tree. "Which road do I take?" she asked. "Where do you want to go?" was his response. "I don't know," Alice answered. "Then," said the cat, "it doesn't matter."

(From David Leonhardt, the Happy Guy at www.HappyGuy.com)

LESSON 37 STUDENT JOURNAL PAGE

Quote: “The truth of the matter is you always know the right thing to do. The hard part is doing it.”

General Norman Schwarzkopf

This lesson:

- Check in on progress of **Successful Person Projects**
- Cheating
- Plagiarism
- Character
- Ethics
- Self esteem

INCREDIBLE

We took our daughter to see “The Incredibles.” If you have seen it, you would know that Mirage is not a mean person, she just happens to work for the most evil man alive. When faced with just how evil he is, she decides to help the good guys.

How many people do you know who are just like Mirage, pleased to work for a company that values their skills, without considering if the company is good or evil.

Of course, in the real world very few companies are all good or all evil, and we can justify anything we want.

Last week, I was approached by a website owner to get top rankings at Google and Yahoo for his site. He offered a very nice sum to do it, and it would have been a great “career move.” I turned him down. Why? **His business was selling essays to students - in other words, helping them cheat.**

It is not just enough to be validated, to be valued and to be well-paid. At the end of the day it matters who validates you, what you are valued for and what you are being paid to do. Ethics matter.

YOU

You are the most important person in your life and your universe rightly revolves around you.

No matter how much you might love your spouse, your children, your parents or your favorite TV show characters, as long as you live the only person that you know for 100% certainty will be with you 'til the end is you.

Take some time to invest in your character and make yourself an incredibly pleasant person to be around. Others will appreciate it, of course, but not as much as you will.

(From David Leonhardt, *the Happy Guy* at www.HappyGuy.com)

A few notes from Maria Shriver's book

Ten Things I Wish I'd Known – Before I Went Out into the Real World

“Ouch! Welcome to adulthood. Your parents, your friends, society, the business world – no one but you is responsible for how you conduct yourself. You are not a victim. The single most important determining factor in your life is you. And it's never too early to get your ethical act together.

Be strong about what you believe in. Be firm about who you really are – plus and minus. Know what you will and won't do to get ahead. Know what you can and cannot live with. Believe me, this is a big one. Your job will test your ethics – and therefore *teach* you ethics – every day.

Let's face it, life after college is different with a capital D. You're out in the real world full-time, and people expect you to act accordingly. But you're not a cork bobbing on the wild and wicked ocean, tossed and turned by powers beyond your control – even if it feels that way. Other people's ethics do not have to be yours. You and you alone are responsible for how you behave...If you ignore what you know to be the difference between right and wrong, you'll pay a huge price...

Situational ethics just don't cut it. The end does not justify the means. I know it sounds easy for me to say that we all should stand our ethical ground. After all, if someone fires me for opening my big mouth, I'll still have food on the table. Still, I believe all of us rise when we work with principles we believe in consistently – and when we work with people who believe and behave the same way. When you cut corners with what you know is right, you're risking your good name, your reputation. It's bigger than the promotion, the money, or the deal. It's who you are. Don't give it away so fast.”

(Maria Shriver is a former newscaster on NBC news, the mother of four children, the wife of California Governor Arnold Schwarzenegger, and the niece of former President John F. Kennedy)

LESSON 38 STUDENT JOURNAL PAGE

Quote: *"It is one of the most beautiful compensations of this life that you cannot sincerely try to help another without helping yourself."* Ralph Waldo Emerson

This lesson:

- The power of doing charitable work
- The connection between successful people and charitable endeavors
- Brainstorming charitable ideas
- Strategies for working with a team

Top Benefits of Volunteering

- It makes us feel good to help others.
- It allows people of many talents to shine
- It provides opportunities for people to relate to each other
- It helps develop a sense of team among people who might not have gotten to work with each other in any other situation
- It helps us develop skills

PURPOSE

(From David Leonhardt, the Happy Guy at <http://hop.clickbank.net/?happynews/happysite>)

I thought the guy was crazy, picking up starfish on the beach and throwing them back. "I am saving them from the hot sun," he explained.

"But that's a little crazy, don't you think?" I asked. "I mean, there are millions of them along this coast. Throwing a few back won't even make a difference."

The guy threw another back into the water and turned to me. "I just made a difference for that one."

How are you making a difference?

LESSON 39 STUDENT JOURNAL PAGE

Quote: “One of the weaknesses of our age is our apparent inability to distinguish our needs from our greeds.” Dan Robinson

This lesson:

- Discussed how to **Go P.L.A.C.E.S.** with Human Needs
- Reviewed what’s needed for **Successful Person Projects**
- Began review for next quiz

HW#_____

1. Think of something you have to study for in another class. How could you make a model or pattern to help you remember?
2. Most of what we enjoy doing fulfills at least 4 of the 6 human needs. The activities we don’t enjoy doing do not. One of the keys to having a more successful life is to find a way to make the things we *must* do more enjoyable. With a buddy, find what human needs each of these meet. Tell the need and describe how it fits.
 - a. Going shopping with friends
 - b. Having a friend help you with your homework
 - c. Going to a concert with friends
 - d. Attending field day during homecoming week
 - e. Winning the basketball championship
 - f. Helping at a soup kitchen
 - g. Spending a holiday with your family
 - h. Having a great class in school

Fill in the following to help you prepare for the ‘List’ Quiz:

3. What do the letters in **StarPOWER** stand for?
 - a. P _____
 - b. O _____
 - c. W _____
 - d. E _____
 - e. R _____
4. What makes a goal **SMART**?
 - a. S _____
 - b. M _____
 - c. A _____

- d. R _____
- e. T _____

5. What does it mean to **JET** your way to success?

- a. J _____
- b. E _____
- c. T _____

6. What are the human needs that take you **PLACES**?

- a. P _____
- b. L _____
- c. A _____
- d. C _____
- e. E _____
- f. S _____

7. What are the three primary learning styles?

- a. _____
- b. _____
- c. _____

8. What are the 4 power questions?

- a. _____
- b. _____
- c. _____
- d. _____

YOUR LIFE

(From David Leonhardt, the Happy Guy at www.HappyGuy.com)

How important is every minute of your life? What if you actively thought about how each moment you will never get back again? What if you saw every minute as part of your balance in the bank of life?

Would you still watch as much television? Would you still worry about little things that won't matter years from now? Would you still hang on to clutter that reduces your enjoyment of life?

Even as we speak, the balance is being depleted. What will you do next?

LESSON 40 STUDENT JOURNAL PAGE

Quote: “Imagine that you are already the very best in your field; how would you behave differently? The fear of failure is the greatest single obstacle to success in adult life.”

This lesson:

- Strategies that can be used during presentations

The Top 10 Steps to Reduce Speaking Anxiety

(This list was written for people who speak for a living. The notes in italics are from the author of this course)



1. Know the room.

Become familiar with the place in which you will speak. Arrive early and walk around the room including the speaking area. Stand at the lectern, speak into the microphone. Walk around where the audience will be seated. Walk from where you will be seated to the lectern, as you will be when introduced. *(You already know your classroom quite well)*

2. Know the audience.

If possible, greet some of the audience as they arrive and chat with them. It's easier to speak to a group of friends than to a group of strangers. *(You already know your audience from **Stand and Deliver** and **High-Five's**)*

3. Know your material.

If you are not familiar with your material or are uncomfortable with it, your nervousness will increase. Practice your speech and revise it until you can present it with ease.

4. Learn to relax.

You can ease tension by doing exercises. Sit comfortably with your back straight. Breathe in slowly, hold your breath for four to five seconds, and then slowly exhale. To relax facial muscles, open your mouth and eyes wide, and then close then tightly. *(Sounds like **StarPOWER** wouldn't you say?)*

5. Visualize yourself speaking.

Imagine yourself walking confidently to the lectern as the audience applauds. Imagine yourself speaking, your voice loud, clear and assured. When you visualize yourself as successful, you will be successful. *(We've already done this.)*

6. Realize people want you to succeed.

All audiences want speakers to be interesting, stimulating, informative and entertaining. They want you to succeed - not fail.

7. **Don't apologize.**

Most of the time your nervousness does not show at all. If you don't say anything about it, nobody will notice. If you mention your nervousness or apologize for any problems you think you have with your speech, you'll only be calling attention to them. Had you remained silent, your listeners may not have noticed anything.

8. **Concentrate on your message - not the medium.**

Your nervous feelings will dissipate if you focus your attention away from your anxieties and concentrate on your message and your audience, not yourself.

9. **Turn nervousness into positive energy.**

The same nervous energy that causes platform panic can be an asset to a speaker. Harness it, and evolve it into vitality and enthusiasm. *(Did you know that nervousness and excitement feel the same way inside you? Think about that for a minute. Think of a time you were nervous and a time when you were excited. Not much difference huh? So choose a strong word and tell yourself that you're excited to be presenting)*

10. **Gain experience.**

Experience builds confidence, which is the key to effective speaking. Most beginning speakers find their anxieties decrease after each speech they give.

About the Submitter: Lenny Laskowski, international professional speaker and author of the National Best Seller, 10 Days to More Confident Public Speaking (Warner Books). Lenny can be reached at LennyL@LJLSeminars.com , or visited on the web at <http://www.LJLSeminars.com>

CONFIDENCE

Imagine if you could just walk through a doorway into a room of self-confidence. What would it feel like? Would the world be your oyster? You bet it would.



Try this. Name your front door your "Door of Confidence." Now walk through it slowly. As you pass through, imagine how it would feel to have all the confidence in the world. I mean REALLY imagine, in color and in 3-D. Feel the feeling. Now keep walking through your door of confidence and don't stop. Hold onto that feeling as you walk down the street or climb into your car. Don't be discouraged if the feeling lasts only a short time. Do it again. And again. Practice, and keep practicing. The more you practice, the more confidence you will have every time you walk through your "Door of Confidence."

(From David Leonhardt, the Happy Guy at www.HappyGuy.com)

LESSON 40 (PART 2) STUDENT JOURNAL PAGE)

The Top 10 Ways to Feel Confident about Public Speaking

Fear of speaking in front of others rates higher than fear of death for a large part of our population. Mastering the art of feeling confident in front of others can give you a real sense of confidence in yourself and further your goals. Relax and enjoy!

1. Your audience wants you to succeed.

They are on your side and want what you have to give. Look at them as a group of friends that are supportive.

2. You must breathe.

Take 4-5 deep breaths from the stomach before you start and then make sure to keep breathing deeply. Those voice trembles come from your vocal cords being tightly constricted. Deep breaths will relax them and you will sound more confident (even if you aren't).

3. Before you start, take 5-10 seconds to make eye contact with some of the people in your audience.

This will allow you to really connect as a person, rather than it being a one-person performance. Choose several nice, friendly people in the audience to make contact with and then begin. This pause also will heighten the attention from the rest of the audience.



4. Be prepared.

The more prepared you are, the less fear you will have. Never read your speech, but always have notes or an outline. Your notes should be in 14-16 point type or larger, so you can glance down easily. Using highlighters for different points can be another easy way to give yourself a visual cue.

5. What's in it for them?

This is what they are listening for. No matter how compelling the information or point of view you are sharing, you still need to phrase it so they can see why this benefits them or what the cost to them could be for not seeing your viewpoint. As you read over your material, keep asking yourself the question, "So what?" and then insert clear answers to that question.

6. Your first statement and your last are the most important.

They are what will be remembered most. Craft those with care. Open with a statement that will get their attention. Close with a statement that will create an action or leave them with a feeling.

7. Plan your talk by the key points.

One point per 15 minutes is about the most that can be covered well. Know what your key points are and then build the rest of the speech around these points with examples or stories. Create logical bridges from one point to the next to make it easy to follow.

8. Tell them what you are gonna tell them, tell them, and then tell them what you told them.

Keep it as simple as possible and they will remember what you have said.

9. Audience participation relieves your stress and allows them to get involved.

Whenever possible have the audience do something during your talk. Ask a question and get a show of hands or input. Sharing with each other, do a short "test" or working on some activity pertinent to your topic are other ways. It keeps them involved, gives you a moment to regroup and is more fun for them.



10. Stop on time, no matter what. And don't forget to have fun!!!!!!

Nothing is worse than a speaker who takes longer than the audience expected. You don't need to tell them EVERYTHING you know. In fact, it is good to leave them wanting more. It is okay to formally end and let people know you will stick around and answer questions, if that is practical.

About the Submitter: This piece was originally submitted by Joeann Fossland, National Speaker and Success Coach, who can be reached at Joeann@joeann.c

MIRACLES

"There are only two ways to live your life: as though nothing is a miracle, or as though everything is a miracle."

I like this quote by Albert Einstein. Most people just don't get it. They waddle along the road of life taking pretty much everything for granted. They fail to notice that everything is a miracle. You don't see plants or animals on Venus. You don't see telephones or televisions on Jupiter. You can't order a cheesecake or baklava on Saturn. You can't go for a hike or for lemonade on Mercury. And there is no place in the Orion cluster where you can find watermelon ice.

We have been blessed with non-stop miracles, so let's stop and take a moment to recognize them as such.

(From David Leonhardt, the Happy Guy at www.HappyGuy.com)

LESSON 41 STUDENT JOURNAL PAGE

Quote: “Continually bombard your mind with thoughts, words, pictures, and people consistent with the person you want to be and the goals you want to achieve.”

This lesson:

- Power Phrases

GOALS

What's your mantra? If you don't have one, maybe you should. Before you scoff at the idea, keep in mind that mantras harness the same psychology that Coca Cola and Nike use (and spend billions of dollars on!) If you hear that Coca Cola is "the real thing" often enough, you will most likely act on that premise. If you hear often enough that you can "Just do it!" with Nike, you will probably buy Nikes for success.

A mantra works the same way. If you hear yourself say, "I will lose weight" or "I can get that promotion" often enough, you are more likely to do the things you need to do to achieve your goal.

(From David Leonhardt, the Happy Guy at www.HappyGuy.com)

David Leonhardt calls positive statements mantras - we call them Power Phrases.)

LESSON 42 STUDENT JOURNAL PAGE

Quote: “There are always three speeches for every one you actually gave. The one you practiced, the one you gave, and the one you wish you gave.” Dale Carnegie

This Lesson:

- Continue presentation strategies
- Selection process
- Presentation etiquette

30-second stress busters

(This article was found on the website iHigh.com by Teen Correspondent Lindsay Satterwhite)

Don't you just love those stress reliever books that suggest things like "start a garden" or "get a pet"? If I had time to do those things then I wouldn't be reading about stress relief in the first place! Let's be honest, the life of a typical high school student is rough! Our days are packed with everything from friends to work to college essays, not to mention high school itself. I don't have time for stress relievers that will take me any more than 30 seconds, so I figure you are just the same way. If you can start a garden or find time to exercise then I applaud you, but for those of us who can't, here are a dozen 30-second ways for us to maintain our sanity.

1. SMILE

We smile when we feel relaxed and happy, but smiling can actually *make* us feel happy and relaxed. Smiling transmits nerve impulses from the facial muscles to the limbic system, a key emotional center in the brain, tilting the neurochemical balance toward calm. So try to smile, no matter how stressed you are, it can help you feel a lot better.



2. SLOW DOWN

Your walking, your talking, your driving - slow it all down a notch. Although you may be in a huge hurry, slowing down a little bit can slow down blood flow and panic devices in your brain, helping you to think more clearly and avoid making silly mistakes that will only add to your frustration.

3. LET SOMEONE ELSE DRIVE

As much as a beautiful drive with your favorite music can be a huge stress reliever, it can also cause large amounts of unnecessary stress. Traffic, speed, and just the act of driving itself, can make things much worse. Plus, the ride can give you a chance to just sit back and relax without having to worry about driving. So carpool - it's better for the environment anyway!

4. STRAIGHTEN UP

When people are under stress, they slump over as if they have the weight of the world on their shoulders, and those public school desks don't help much. Slumping restricts breathing and reduces blood and oxygen flow to the brain, adding to muscle tension and magnifying feelings of panic and helplessness. Straightening your spine promotes circulation, increases oxygen levels in your blood and helps relieve muscle tension, all of which promote relaxation.

5. BREATH

Sounds easy enough, right? But we actually forget to pay attention to this sometimes, and simply taking three breaths that we are concentrating on gets oxygen to the brain and slows the heartbeat, freeing you of that feeling of frenzy. If you're really stressed, imagine a place of calm when you are breathing in and out. Inhale slowly in through your nose and hold each breath for a few seconds before blowing it slowly out through your mouth.



6. PUT IT ON PAPER

Writing provides perspective. Suddenly your problems don't look so scary when you can see them on paper. Make a list of things you feel like you have to do, and then look at what is most important. You may find that half of the things on your list don't have to be addressed for a long time.

7. STRETCH

Muscles tighten during the course of the day, and when we feel stressed out, the process accelerates. Stretching loosens muscles and encourages deep breathing. I'm not suggesting a full stretching/exercise plan here, but simply reaching to the sky during a particularly difficult calculus test can make a world of a difference. Usually this will cause you to yawn, which is the body's way of getting much needed oxygen to the brain, which will also help on that test.

8. TAKE A WALK

Even if it's just to the bathroom, or a step outside in between classes. This encourages all of the stress relievers before like stretching and deep breathing, and also improves blood circulation while making you feel less trapped in your classroom or meeting. *(As long as it doesn't include bunking class or going against any school rules to do so.)*

9. WARM UP

Try this tip from David Sobel, M.D., author of The Healthy Mind, Healthy Body Handbook in San Jose, CA: Rub your hands together vigorously until they feel warm. Then cup them over your closed eyes for five seconds while you breathe deeply. The warmth and darkness are comforting.

10. SHAKE IT UP

Go somewhere where no one can see you and think you've lost your mind. Hold your hands out in front of you and shake them vigorously (really REALLY fast) for ten to fifteen seconds. This relieves the tensions in your joints, and helps your muscles to loosen. I've personally found that this is particularly helpful before things like a piano recital to help get rid of the inevitable nervous shaking of your hands.

11. BE GOOFY

Laugh, even if it's not funny, and try to make others laugh (without being annoying). It will simply free you from the mundane activities of everyday life and actually make you feel happier. Plus, a good, deep laugh is actually necessary to sustain life! You have to laugh at least once a week, but several times a day will make life seem much easier.

(Sources listed with the article are idiotsguide.com and Topten.org)

DAY 43 STUDENT JOURNAL PAGE

Quote: “The line between dreams and reality dissolves the closer you get to your goals.”

This Lesson:

- Successful person presentations

The Top 10 Key Traits Successful People Have In Common

1. **Successful people enjoy their work.** They have a sense of purpose and are having the time of their lives doing their work.
2. **They have a positive attitude and plenty of confidence.** The successful never seem to doubt that they will achieve and when they do, it contributes even more strongly to their self-esteem. (*Notice it says, “When they do” which means that they don’t always achieve. But when they don’t achieve, they learn from their experience.*)
3. **They use negative experiences to discover their strengths.** For example, TV producer Norman Lear grew up with parents who were fighting a lot, but he learned to find humor in the situation and used it to develop the TV show, “All in the Family”.
4. **They are decisive, disciplined goal setters.** Most achievers have a clear idea what they want out of life and they take the shortest route to go after it.
5. **They have integrity and help others succeed.** Karl Eller, a Chairman for Circle K Stores said 'With any deal, I've been careful that I was fair to the other side, so both parties were happy.'
6. **They are persistent.** Founder of McDonald's, Ray Kroc, was turned down eight times when he applied for a loan to start his chain, but he persisted and kept improving until he got the money.
7. **They take risks.** Few people ever get to the top without sticking their necks out - and when successful people make mistakes, they shrug them off and go on with their lives.
8. **They have developed good communication and problem solving skills.** If they can't come up with an answer, they actively seek suggestions from others.
9. **They surround themselves with competent, responsible and supportive people.** No matter how smart or creative a person might be, he must have others he can trust.
10. **They are healthy, have high energy levels and schedule time to renew themselves.** This revitalization is so important to them that successful people conscientiously schedule time slots for activities or rest that will help them feel energized again.

Submitted by Jan Freeman who can be reached at success@coachjan.com

LESSON 44 STUDENT JOURNAL PAGE

Quote: *“The quality of a person's life is in direct proportion to their commitment to excellence, regardless of their chosen field of endeavor.”*

Vince Lombardi - US football coach known for his motivational drive and ideals, coached the Green Bay Packers to victories in Super Bowls I & II

This Lesson:

- Debrief presentations
- Stress reduction strategies
- Learning styles and best learning environments

HW# _____

1. If you could do anything what would it be?
2. What are your special talents?
3. What do you do better than most people you know?
4. What were your dreams as a child?
5. What is the one thing you're most proud of accomplishing in your life so far?
6. What will you regret not doing in your life if you continue as you are right now?
7. Who has influenced you the most so far in your life?
8. What is a **power phrase**?
9. What is the purpose of a **power phrase**?
10. Where are **power phrases** used in our society?
11. Name a typical negative **power phrase** you use pretty frequently.
12. Name the 6 **human needs**
13. Name the 3 steps to **JET your way to success**.
14. Name the 4 **power questions**
15. Name the 5 parts of **StarPOWER**
16. Name the 3 **learning styles**

STRESS

(From David Leonhardt, the Happy Guy at www.HappyGuy.com)

Want to reduce stress? Flip your thoughts upside down by taking control.

Instead of worrying about change, start imagining every possible opportunity in change.

Instead of worrying about next month's budget, cut your costs.

Instead of being nervous about that sales presentation, practice it until you become the master.

Stress is usually the result of not being in control. Take control now.

LESSON 45 STUDENT JOURNAL PAGE

Quote: “The future belongs to those that believe in the beauty of their dreams.” Eleanor Roosevelt

This Lesson:

- Strategies for being interviewed – for school or work

Things to avoid in interviews (*From 101 Great Answers to the Toughest Interview Questions*)

1. Poor grooming
2. Showing up late
3. Inappropriate dress
4. An answer that doesn't relate to the question being asked
5. Defensiveness
6. Lack of knowledge about the company, school, job or industry
7. Dishonesty
8. Lack of enthusiasm/interest
9. Asking the wrong questions
10. Any answer that reveals that you're not qualified for the job
11. Any difference between your resume and your interview answers
12. Lack of focus
13. Lack of eye contact
14. Any negativity especially about your past boss
15. Inability to take responsibility for past failures/mistakes

How to keep a job once you get it

1. Give your best always
2. Follow the rules set by the company
3. Don't whine
4. Be honest and trustworthy
5. Keep the drama out of the job
6. Be a part of the team
7. Don't gossip
8. Don't badmouth the boss
9. Treat customers like the gold they are

REFLECTIONS

(*From David Leonhardt, the Happy Guy at www.HappyGuy.com)*

Everybody's a mirror.

When you smile at people, they smile back.

When you frown at people, they frown back.

When you shout at people, they shout back.

Take a look at yourself in the mirror today.

DAY 46 STUDENT JOURNAL PAGE

Quote: "Life is very motivating if you look for the motivation, very educational if you look for the lessons, very amusing if you look for the humor." David Leonhardt

This Lesson:

- Motivation strategies

HW#_____

- What strategies you have learned so far? How have you used them (or plan to use them at a later date?) Be as specific as possible.
- Write the goals that you wrote in your journal earlier this year. After you write them, put an "X" next to the goals you no longer want and a check mark next to the ones that have already happened.

MOTIVATION - Part 1

Never let anyone tell you it can't be done. It can.

If anyone tries to tell you it can't be done, just show them this email (this was sent by email).

It can be done.

MOTIVATION - Part 2

Take one step at a time.

If it is worth doing, it will be tough. If it is worth doing, there will be challenges. If it is worth doing, there will be setbacks.

If you think about all the challenges and setbacks you will face on your personal development path, you might never start out.

If it is worth doing, it will be glorious. If it is worth doing, there will be victories. If it is worth doing, you will overcome the roadblocks.

Ah, that's better.

(From David Leonhardt, the Happy Guy at www.HappyGuy.com)

LESSON 47 STUDENT JOURNAL PAGE

Quote: “When it is dark enough, you can see the stars.” Ralph Waldo Emerson

Today’s Lesson:

- Description of creative project due

Create some artistic or written remembrance of *Strategies* class. You may partner with someone else for this assignment.

- If you’re poetic, write a poem about something you learned or experienced. Or write a diamante.
- If you’re artistic, create a collage of photos or drawings that fit this course or maybe even a logo.
- If you’re musical, write a song or rap.
- If you like to act, create a skit.

This project has a simple rubric – it it’s done and good, you get full credit. If it’s done but not that good, you get ½ credit. If you don’t do it, well, you know what that is. If it’s exceptional, then some extra credit will come your way.

This is something to have fun with...not stress over...so that’s the first belief you should create for yourself. If you think it’s going to difficult, it will be. If you think this could be fun to do, that’s true too.

HAPPINESS

(From David Leonhardt, *the Happy Guy* at www.HappyGuy.com)

What is the key to a happy life?

Many people search for "the key", as if that will answer all their questions. But there are many, many keys.



Take a look at your keychain. If it is anything like mine, it could weigh down a hot-air balloon in a tornado. I suppose I could lighten it up by throwing away a few keys. Do I really need car keys? A house key? A safety deposit box key? My parents' house key? Of course I do. Each key unlocks something different, something important to my well-being.

How many keys to happiness do you need? All of them, of course

LESSON 48 STUDENT JOURNAL PAGE

Quote: “Remember, every minute spent angry is sixty seconds of wasted happiness.”

Today’s Lesson:

- The meaning of happiness

HAPPINESS

(From David Leonhardt, the Happy Guy at www.HappyGuy.com)

I've had a chance to break down a few statistics from last month's contest to define happiness, and the results are fascinating. Our readership is a very wholesome, if not quite healthy, bunch.

- 17% of you defined happiness, at least in part, as family.
- 16% of you included altruism or kindness in your definition.
- 14% included faith, and 14% said happiness is a choice you have to make.
- Love, self-esteem and nature all figured in about 10% of your definitions.

Surprisingly, health was cited by just 4%, and money or "financial freedom" by just 3%

If you did not participate in the Define Happiness contest, think about what happiness really means to you, for consciously thinking is the first step to changing our habits from those that do not bring happiness to those that do.

BARRIERS

(From David Leonhardt, the Happy Guy at www.HappyGuy.com)

If you live in the Kootenays (British Columbia, Canada), you might have heard my Top 3 Barriers to Happiness list on KBS radio yesterday morning:

1. Taking things for granted.

Antidote: active appreciation and expressions of gratitude.

2. Comparisons.

Antidote: Don't compare yourself to people you think are better/have more than you.

3. Rising expectations.

Antidote: Expect the worst, but hope for the best.

LESSON 49 STUDENT JOURNAL PAGE

Quote #1: “*Excellence is not an act but a habit.*” Aristotle

Quote #2: “*Things start as hopes and end up as habits.*” Lillian Hellman

Today’s Lesson:

- Habits

IMAGE

(From David Leonhardt, *the Happy Guy* at www.HappyGuy.com)

Remember how New York used to be a crime-ridden place where people feared to go out at night? Then, a few years ago, the authorities cracked down on crime.

But what was amazing was the kind of crime they cracked down on: vandalism and littering. The result was greatly reduced violence. Why?

Because a neglected environment of garbage on the ground and broken windows sends a message that nobody is in charge and nothing matters. In a clean, well-maintained atmosphere, there is a sense of order, an underlying message that things matter.

When you look in the mirror, what do you see? Do you see a neglected person who doesn't matter?

Or do you see a well-maintained person who matters very much. How you treat yourself and how others treat you hangs in the balance.



LESSON 50 STUDENT JOURNAL PAGE

Quote: “*Good habits are hard to develop but easy to live with. Bad habits are easy to develop but hard to live with.*”

Today’s Lesson:

- Failure

Homework

As you go about your day, as best you can become aware of your negative thoughts. As soon as you realize you’ve had one, interrupt your own pattern in some way. It doesn’t have to be a big interruption. Just something to change your focus. Do something else; call someone. Think of something else, something that you like. This will be a bit challenging to do at first, but it does get easier.

When you begin to turn your negative thoughts away, you should begin to notice fewer negative situations around you. There is a law of attraction to the universe: Like attracts like. Negative attracts negative. Same with positive. This is where sayings like “What goes around, comes around” or the old “Do unto others as you would like them to do unto you” come from. Those are common expressions in the world because they’re true.

Obviously this is homework that I can’t check other than to ask you to write about it the next time I see you. But if you want a more joyful, peaceful existence with less stress and more happiness, becoming aware of your negative thoughts and turning them around is one of the ways to begin to get there.

How to Fail

This article was written several years ago for The Sun newspaper in Holyoke, Massachusetts. The author, James Jackowski, a retired columnist submitted it to Ann Landers.

What strange tales I would tell if I were a guest speaker at a high school graduation. To get at those young minds still fresh from twelve years of education - what a great opportunity! I would tell them something they never thought that they would hear. I would tell them how to fail.

You know, anyone can tell you how to succeed. There are thousands of books on that subject. The blueprints and formulas are all there for anyone to follow. What is not found very often is a set of directions on how to fail. I would tell the graduates that success is never guaranteed, no matter how closely you follow the diagrams. But failure is pretty much a certainty, and not just once, but probably several times in your life.

You will fail if you are inconsiderate of others. So many people think the world was created just for them, and they disregard the feelings of others. We must share the space on this planet with each other.

You will fail if you think anybody owes you anything because of your education.



The only ones who are owed anything are those whose victories and defeats paved the way for all the opportunities available to you now. Among those might be your grandparents and great grandparents now living in nursing homes.

You will fail if you start your business life looking for a job that suits you. You must suit the job. Applying for any kind of work in a T-shirt and jeans will further enhance your chance for failure.

You will fail if you climb a corporate ladder by stepping on people. As the saying goes, “You will meet the same people when you are on your way down.”

You will fail if you are intolerant of individuals with strange-sounding names and different-colored skin. Remember, you are just as different to them.

You will fail if you do not try to right a wrong whenever possible. You will fail if you see abuse and do not speak out against it. You will fail if you see corruption and do not fight it. You will fail if you suffer bad politicians and yet do not vote.

You will experience the biggest failure of all if you believe the romantic notion that “Love means never having to say you’re sorry”. Anyone who has lived long enough to retire will tell you that love means just the opposite. Love means being able to say you are sorry and mean it.

Some thoughts about failure

(Excerpted from Ten Things I Wish I'd Known Before I Went Out to the Real World by Maria Shriver)

“I’m sorry to have to tell you this, but many of you will experience failure in the pursuit of your passion. Many of you will fail to attain some of the goals or fulfill some of the dreams you have right now. But it’s incredibly important to understand that FAILING IS PART OF LEARNING. Fear of failure can paralyze you. If you don’t risk looking ridiculous or inept or even stupid sometimes, you may stay secure, but you’ll also stay the same. By avoiding failure, you’re also avoiding life’s richness. And what happens if you fail? It can be liberating. In fact, I’ve found most people who’ve achieved great success also have experienced some great defeat. I wish someone had told me that on graduation day. Instead, everyone told me I could go ahead and do anything I wanted, be anyone I wanted to become, with no detours or U-turns in my path. The hidden message was this: If you fail, shame on you. Well, that’s not true.”

DAY 51 STUDENT JOURNAL PAGE

Quote: *“It is important to note that successful people tend to defy their labels past and present with their actions. Unsuccessful people accept and conform to their labels, by their actions.”* Daniel S. Kennedy (author of The Ultimate Success Secret)

Today’s Lesson:

- Labels

REPUTATION

Whooping cranes don't really whoop it up all night.

Yaks are not really all that talkative.

And bald eagles have feathers all over their heads.

People are also tagged with nicknames, reputations and images that might not fit who they really are.

Maybe this has happened to you.

Don't judge a book by its cover or by its name. Everybody has good inside. Make sure you remain open to that.

ACCEPTANCE

There is no such thing as happiness if you are not at peace with yourself. Too many people just don't know how to make peace with themselves.

Peace begins with acceptance. Whether we agree with everything we do (like the environmentalist who sometimes throws out a recyclable container), it is important to accept what we do.

Do we always make the best choices? No. But they are the choices we make.

Do we always treat people with the most respect? No. But it is how we treat people.

Can we improve? Yes, and we should. But that is a project for the future. First we must accept who we are now, rather than condemning ourselves. Then we can move to improve the person we will be tomorrow.

(From David Leonhardt, the Happy Guy at www.HappyGuy.com)

LESSON 52 STUDENT JOURNAL PAGE

Quote: “When you change the way you look at things, the things you look at change.” Dr. Wayne Dyer

Today’s Lesson:

- Begin presentation of creative projects
- Begin preparation for final exam

The Top Ten Ideas for Studying for Exams

1. **Find a good location.** If your desk is the best place for studying, get it set up in the way you like best. If you’re better studying somewhere else such as the living room or outside, make sure that location is available and free of distractions.
2. **Remind yourself of why it’s important to study.** Keep your goals in mind and how doing well on your exams is part of making your goal of graduation from high school a reality.
3. **Set up your environment.** If you’re a person who can study with music on, put on the type of music that makes you think best. If you will not be distracted, classical music has been shown to be extremely beneficial to the thought process. Set up the best lighting. If you’re a person who likes bright light to study either study during the day or get plenty of light into your location. If you prefer dim light, make sure there is enough light over your work area to light the material you’re studying.
4. **Promise yourself that you’ll stay off the computer during study times.** What you think will be a quick visit online to chat or play games can easily turn into hours of time not spent studying.
5. **Make sure all your other obligations are taken care of before you start studying.** If your parents want you to take out the trash or do the dishes, get that done so that won’t be hanging over your head. Make any necessary phone calls before you settle down to study.
6. **Get your family and friends in on the deal.** Let them know that you need to study and that you feel it’s important to do well on your exams. Even if you’ve not been much of a studier before, they’ll respect you for your decision to take charge of your life.
7. **Make sure you have everything you need with you.** Bring home all the books, notebooks and study guides you need to maximize the study time.
8. **Focus on what you don’t know.** Many people waste studying time going over material they already know. Review the material you’re comfortable with briefly but turn most of your attention to what you don’t think you know.
9. **Use your best learning style.** If you’re visual, read your notes and make a ‘cheat sheet’, even if you’re not allowed to use it during the exam. If you’re auditory, say your material out loud. You may even tape it and play it back. If you’re kinesthetic, move around frequently and find a way to make a study guide that’s hands-on as we did with the Origami Fortune Teller.
10. **Don’t let yourself get stressed.** Do the best you can knowing that you don’t have to be perfect and that you’ve learned many strategies that will help you do well.

Good luck!! (Submitted by author and former Strategies teacher Marianne Douglas)

LESSON 53 STUDENT JOURNAL PAGE

Quote: “He that is good for making excuses is seldom good for anything else.”

Today’s Lesson:

- Brainstorming to get answers to life’s issues
- Using the strategies from this course to help others solve their problems

BRAINSTORMING

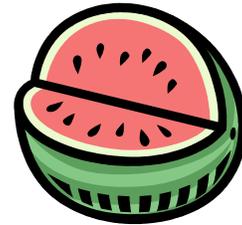
How often do you brainstorm? I don't mean for work. I mean for your personal life. Have you ever had a few friends over just to talk about ways to improve your lives, character, interactions, parenting skills or anything like that? Not to just gossip, but to try to get as many ideas down on paper as possible and then for each of you to whittle away at the list until you each have what you need to make your life a little better.

You do it for work; isn't your life just as important? Call up some friends today and brainstorm.

LESSONS

Life is like a watermelon. Although it can be smashed, we seem to have a strong shell to protect us most of the time. And while it is mostly quite sweet, we do have to spit out a few seeds now and then.

Funny thing about those seeds, though. If you plant them, they often grow into sweet watermelons again.



The unpleasant things in our lives are like those seeds. They are lessons, and if we plant them in fertile ground and let them teach us, they can make our lives sweeter.

(From David Leonhardt, the Happy Guy at www.HappyGuy.com)

LESSON 54 STUDENT JOURNAL PAGE

Quote: “To laugh often and much: to win the respect of intelligent people and the affection of children; to earn the appreciation of honest critics and endure the betrayal of false friends; to appreciate beauty; to find the best in others; to leave the world a little better whether by a healthy child, a garden patch or a redeemed social condition; to know that even one life has breathed easier because you have lived. This is the meaning of success.” Ralph Waldo Emerson

Today’s Lesson:

- What is success?

Game Plan for Life

(Excerpted from the book *Winning Every Day – The Game Plan for Success* by Lou Holtz (known as the winningest coach in football and voted the top motivational speaker for two years by a survey of speakers’ bureaus))



1. **The Power of Attitude.** The attitude you choose to assume toward life and everything it brings you will determine whether you realize your aspirations. What you are capable of achieving is determined by your talent and motivation. How well you do something is determined by your attitude.
2. **Tackle Adversity.** You are going to be knocked down. I have been on top and I have been at the bottom. To achieve success, you are going to have to solve problems. If you react positively to them, you’ll be stronger and better than ever. You can assume that your competition has problems too. If you react to setbacks more quickly and positively, you gain a distinct advantage. I’ve never encountered a person who achieved anything that didn’t require overcoming obstacles. Expect them.
3. **Have a Sense of Purpose.** Understand what you are trying to do. Stay completely focused on your original and primary purpose. Do not be sidetracked. If you own a business, help customers get what they want. If you want a promotion, give your employers what they want, somebody who delivers a first-rate performance every day.
4. **Make Sacrifice Your Ally.** You can’t be successful without making sacrifices. Most losing organizations are overpopulated with people who constantly complain about life’s difficulties. They will drain your enthusiasm and energy. Take pride in making sacrifices and having self-discipline.
5. **Adapt or Die.** Things are always changing, so embrace the fact that your life and career are always in transition. Yes, you will achieve your goals, but don’t fall into the mistake of thinking you don’t have to do anything further. Even if you become number one, you will still need to stay focused on the fundamentals.
6. **Chase Your Dreams.** All great accomplishments start with a dream. Dreams fuel your enthusiasm and vision. They give you a burning desire to get up in the morning and achieve.
7. **Nurture Your Self-Image.** A positive self-image grows out of having strong character. To be trustworthy, committed to excellence, and show care for others are the underpinnings of a successful person. These qualities are so important I devoted the last three steps to them.

8. **Foster Trust.** All relationships are based on trust. I can't begin to tell you how many people I have seen ruin tremendous opportunities because they didn't have the discipline or decency to do what's right. Continually ask yourself, "Is this the right thing to do?" Do what you feel is right regardless of peer pressure or personal desires; success and confidence will not be far behind.
9. **Commit to Excellence:** Do everything to the best of your ability. Everybody wants to be associated with people who set and maintain high standards. When you lower standards, you invite mediocrity.
10. **Handle with Care.** Treat others as you would like to be treated – with concern and care

LESSON 55 STUDENT JOURNAL PAGE

Quote: “Too many people overvalue what they are not and undervalue what they are.” Malcolm S. Forbes”

Today’s Lesson:

- Evaluation of the course
- Post-Assessment

Some final thoughts from our happy and successful friend, David Leonhardt

Part 1: Having problems remembering where you placed the car keys? Again? Can't remember good old what's-her-name? Late for an appointment because it just slipped your mind?

Our memories are designed to be imperfect. If we remembered everything we saw, everything we heard, everything we tasted, we would go crazy. One trip to the shopping mall would be enough to put us away. "The 435th person I saw was wearing heavy mascara and holding a fire engine red handbag, just big enough to carry an iguana..."

Some things are best to forget...like all the ads on television and all the gossip down at the bowling alley. But how can you remember the things you need to remember?

There are three rules to a good memory: recency, frequency and vividness.

In the meantime, relax. You would not want to remember everything you see or experience. It would be just too much.

Part 2: We tend to remember the most recent events. What did you eat at your last meal? Of course you remember; it was recent. What did you eat for lunch last Tuesday? Think hard. Maybe you'll remember, maybe not. What did you eat for lunch on the first Tuesday of May, 2003? Not a chance.

How can we harness **recency** to help us remember what we want? Bring those things up to the top of the file in your mind.

If you have meetings during the week, review your calendar each day, so that you can recall the important meetings. Each day, your schedule will again become a recent event. To remember names before the church picnic or the company social, picture the people and say their names out loud just before going.

Make the important memories recent, pushing back those that are less important.

Part 3: Today we improve our memory through **frequency**. Yesterday, we learned how to better remember things through recency...by bringing them to the top of the pile in our mind.

Amazingly, yesterday's advice can also help with the frequency angle. For instance, if each day you bring your week's schedule to the top of your mind to make it more recent in your memory, by Thursday's pivotal meeting, you will have recalled it four times. It is unlikely you will forget it.

Another way to invoke frequency is to create a system. For instance, dedicate a single place to ALWAYS place your car keys. Or your glasses. Or the TV remote. Or whatever you often lose. If you always place it in the same spot, that is frequency. If each time you place it in a different spot, you'll drive yourself bonkers rewriting your memory every time. No wonder we can't find things!

Habits are another way to invoke frequency. How do you remember which muscle to move when you want to take a step. You don't have to worry about that. You've done it so many times that it becomes habit. How many times have you driven to work, and just before arriving you realize that you had been day-dreaming and have no idea how you got there. You remembered it so well, that you did not need to think about it. It has become habit through repetition. That is frequency at work.

Part 4: We remember events that are recent and frequent, as we discussed over the past three days. Let's close this series out by considering vividness.

Alan Jackson sings, "Where were you when the world stopped turning?" That is something few people will forget. Most people will remember the moment they won a trophy. They will remember their first kiss. They will remember a deadly car crash they survive. These are vivid events. Even if they happened a long time ago, even if they never speak of them, they will remember them. If they are neither recent or frequent, why would they be so memorable? Because they are **vivid**.

Perhaps being vivid makes them recent and frequent. Perhaps vivid memories are lived over and over, making them frequent, and most likely, fairly recent as well.

If you want to remember something, why not make the memory vivid. Throwing your car keys at a mirror and making it shatter would be a vivid way to remember where you placed them. But that is not recommended. Placing a big red sign that reads: "car keys, glasses and TV remote" might work.

Try remembering names by associating them with the most outstandingly vivid feature of a person. It might be a facial feature or it might be something that person has accomplished.

Start making your memories vivid today. It will also brighten up your life...as long as that mirror is not involved.

LESSON 56 - LAST DAY STUDENT JOURNAL PAGE

Quote (you don't have to write this one...just read it. It was taken from Oprah Winfrey's online course entitled "Live Your Best Life".)

*"I stand here today because I always believed in something bigger than myself. Think about it. I was born in 1954 – black as they come – Mississippi and all that Mississippi meant in 1954. I stand where I stand today because I did not believe what they told me was **possible** for a black, negro, colored, Mississippi, out house, one cow, one chicken colored girl. I believed I could do whatever I wanted to do. I believed that we really were created equal. That's what I believed. I believed that there wasn't any one smarter than me. And that is why I am where I am today. We become what we believe. That's what I know for sure."*

Bring to the exam:

- Something to write with
- Something to do if you're done early that won't get you in trouble. If you're allowed to study, you can bring materials to study for the rest of your exams.
- Your journal

A message from Marianne Douglas, the creator of this program: Remember the journey is as important as the destination and you now possess many tools to get over the bumps along the road.

May the journey meet all your human needs

May the power questions guide you to making the best of all the challenges that life inevitably presents

May you find a way to enjoy the interruptions along the way and learn to create a few helpful ones of your own

May you remember to keep your focus on what you want and not on those things that will interrupt the journey ahead

May you have balance in your life and be surrounded by friends and family who care for you and who you in turn care for

May you remember the power and joy of random acts of kindness

May you do them for yourself and others on a regular basis

And may you always remember how truly special you are.

(Please feel free to check the site www.TeenStrategies.com for reviews of these lessons, stories from my students, and new information that will help you create an extraordinary life. Want to share? Write and tell how your life changed by taking *Strategies for Success*, what you learned and what suggestions you have to improve the course. All suggestions are welcome. Email me at Info@StrategiesforSuccessCurriculum.com. Be sure that you have the permission of your parents before sending this email.)

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