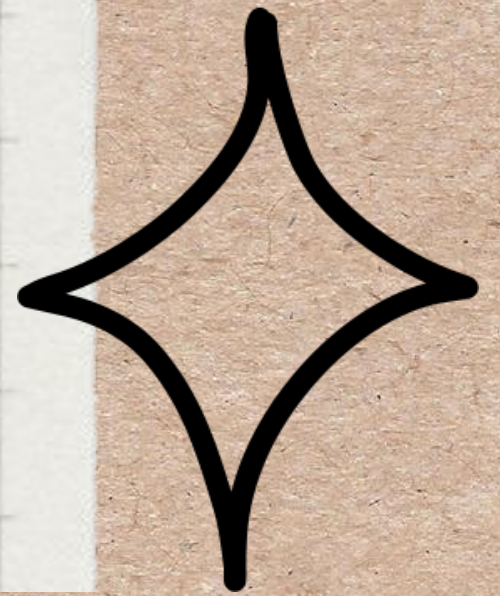
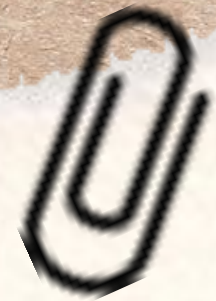
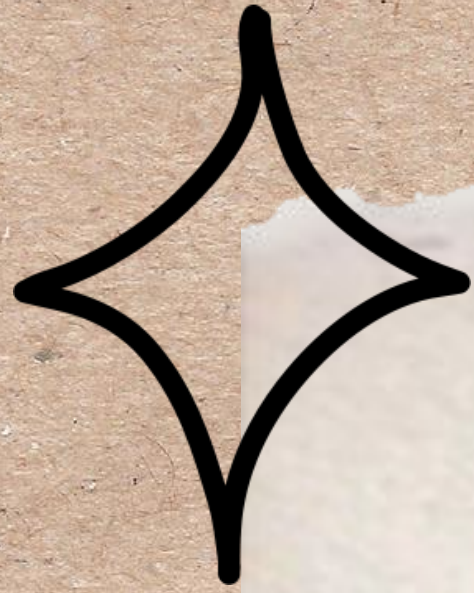




# CHOOSING WHY NOT

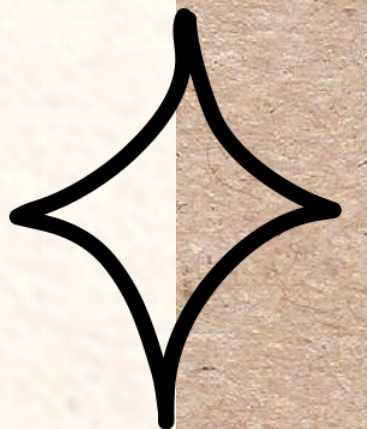
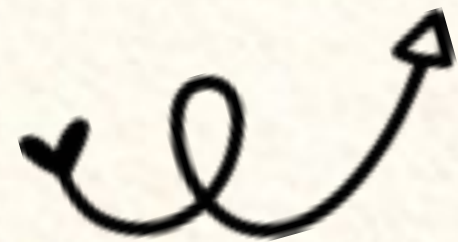
*Week 3*





# One-word Check-in

Describe how you are feeling at this moment with one word.

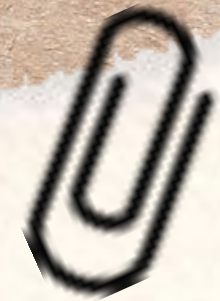


# Add One If You Believe...

- You can become President of the United States.
- You can become a pro basketball player.
- You can become a movie star.
- You can get straight A's in school.
- You can become a famous singer.
- You can become a world class chef.
- You can become an Olympic swimmer.

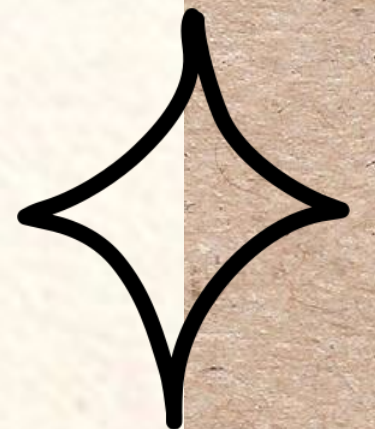
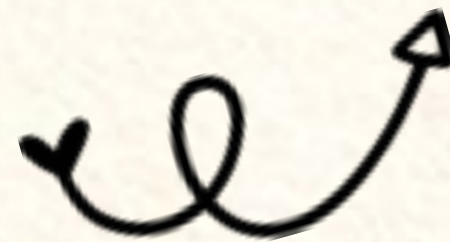
- If your answer is yes, raise one finger.
- If your answer is no, do not raise a finger.
- Keep adding a finger for each yes answer.

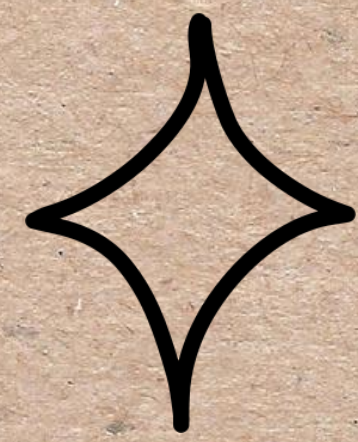




# One-word Check-in

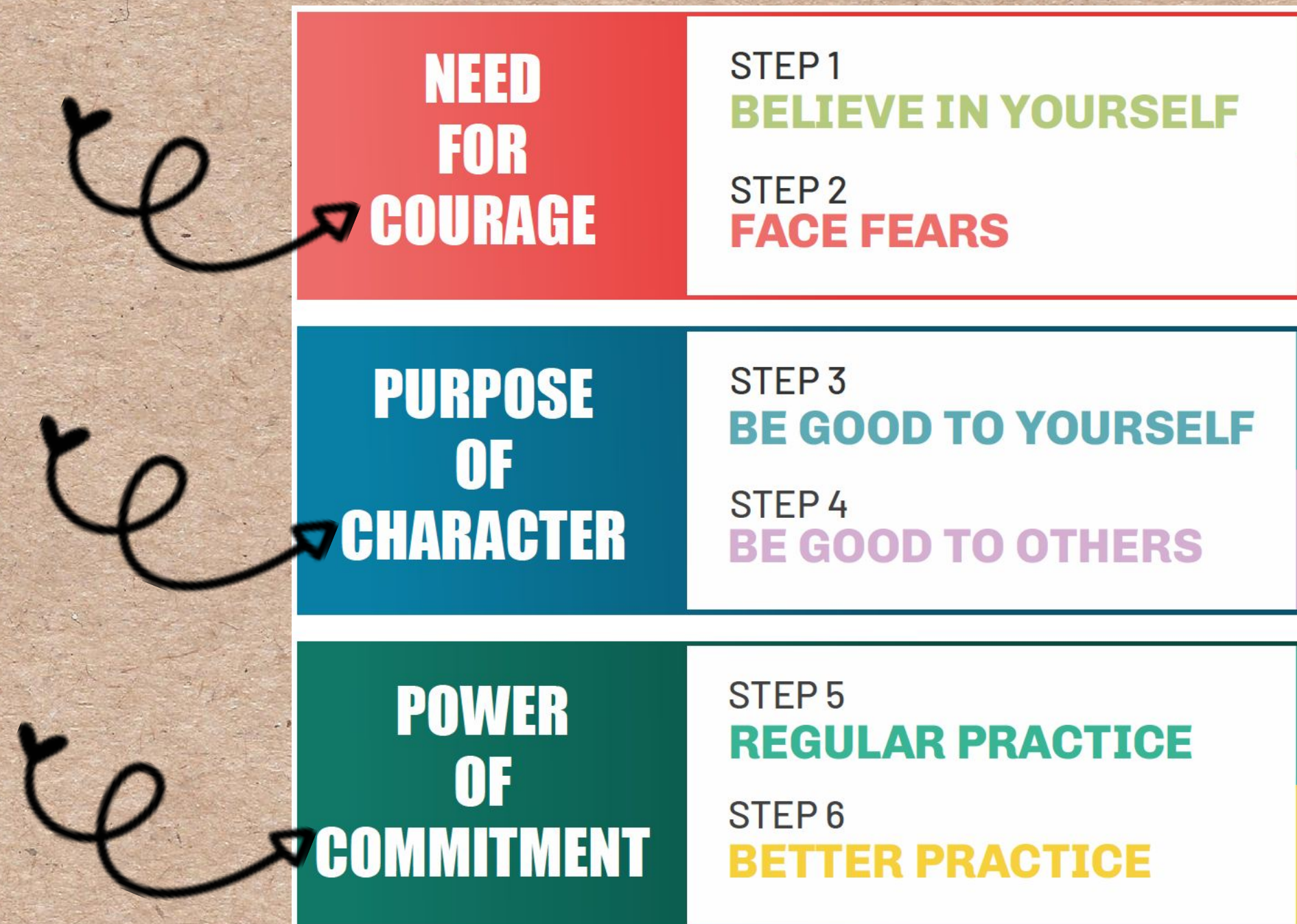
Describe how you are feeling at this moment with one word.







# A Confident Mindset

Courage + Character + Commitment = Achieve Your Goals





# Courage



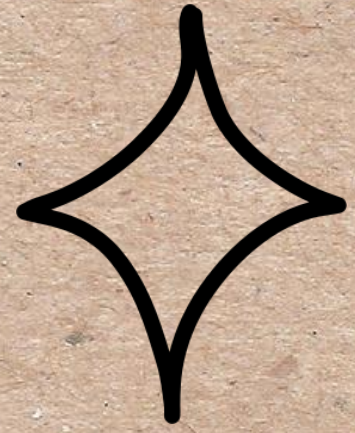
Courage is...

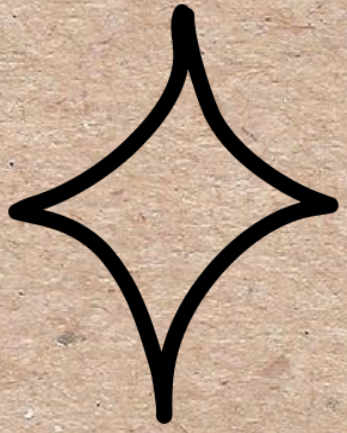
- believing in yourself and your abilities.
- trying new things.

2 Steps

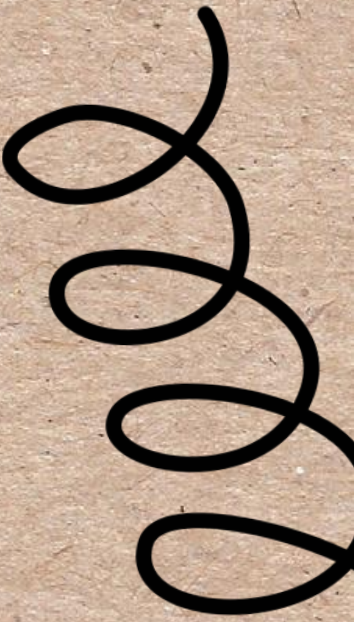
**Step 1:** Believe in Yourself

**Step 2:** Face Your Fears.





# Character<sup>o</sup>



Character is...

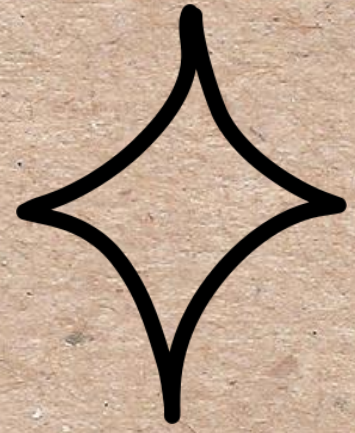
- your personal values that guide your actions.

2 Steps

**Step 1:** Be good to yourself

**Step 2:** Be good to others.





# Commitment<sup>00</sup>



Commitment is...

- engaging in practice.
- making an action plan.

2 Steps

- Step 1:** Regular practice
- Step 2:** Better practice








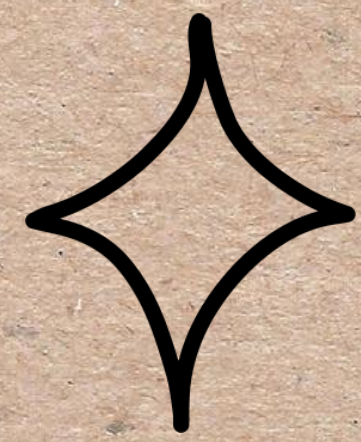
# REVIEW TIME



Reflect on the following question:

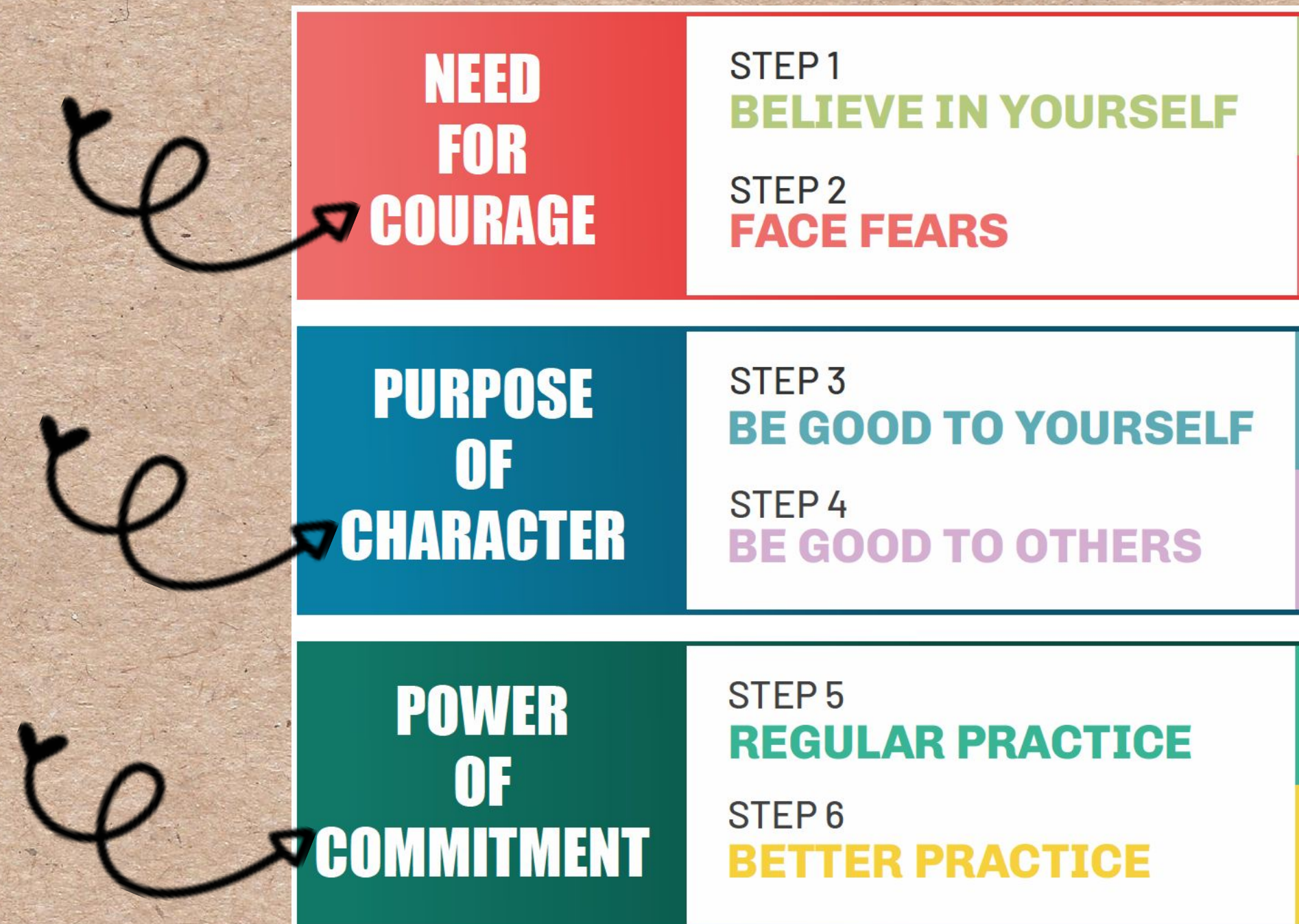
- What are the 3C's in developing a Confident Mindset?
- 





# A Confident Mindset

Courage + Character + Commitment = Achieve Your Goals






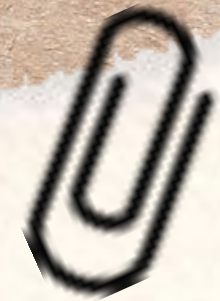
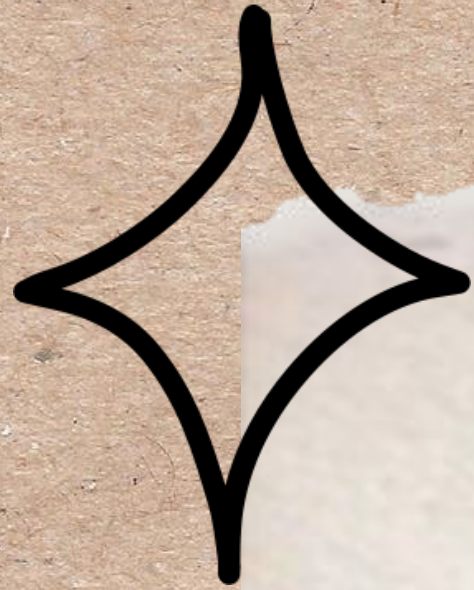
# Group Work



In your group...

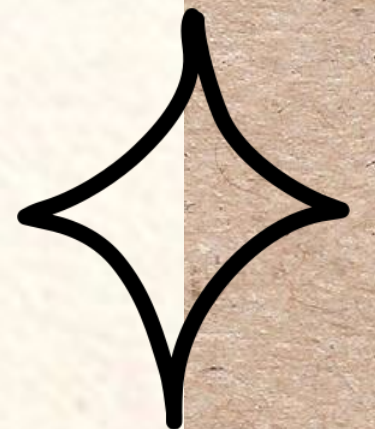
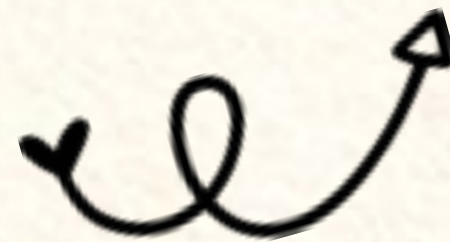


- explain the meaning of either courage, character, or commitment.
  - list the two steps necessary to achieve the selected one.
  - provide an example.
- 



# One-word Check-in

Describe how you are feeling at this moment with one word.





**ACM Weekly Family**

**Correspondence**



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# LESSON LINKS

