

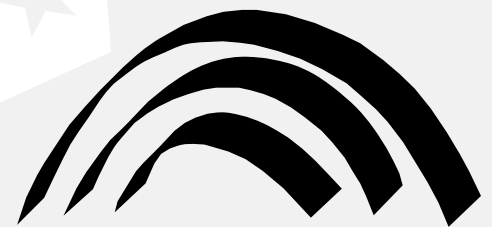
Segment Eight

POSITIVE RELATIONSHIPS

Finding A Pit Crew

After exploring this lesson, you will be able to:

- Recognize who the positive people are in your life
- Understand which relationships will help you reach your goals



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Facilitator/Mentor Script

Daily Lesson: Finding a Pit Crew

When racing down the road to success you need to find a good pit crew to help you maintain your speed on the way to achieving your goals. Relationships play a role in all aspects of your life. You have relationships at home, at school, and within the community you live. As the driver of your destiny, it is up to you to find a well-balanced pit crew to help you succeed. Relationships help you deal with fear, disappointments, peer pressure, and loneliness. Relationships allow you to share joy, happiness, and love. Having positive relationships makes it easier for you to achieve your goals. A group of people who encourage you and believe in you is called a support team.

Positive support teams are the people in your daily lives supporting you in giving encouragement, listening, coaching, and teaching you. Support teams sometimes tell you what you may not want to hear, but need to. We all need a support system to help us attain our goals. Building your support team and maintaining positive relationships takes hard work, but can be done easily if you know the rules of the road in building relationships. Accomplishments of any kind can sometimes be difficult. You may come across challenges that get in the way. When building a positive support team, you will have a “crew” of people to keep you going when the road gets rough.

To build a strong pit crew, you will want to set positive relationship goals. Examples of relationship goals include meeting someone new, creating a lasting relationship with a teacher or mentor, expanding your circle of friends, mending a relationship with a friend, parent, or sibling, making a friendship stronger, spending quality time with a grandparent, ending a negative relationship, and maintaining a current relationship. If you make a conscious effort to surround yourself with positive and encouraging people, you will feel better about yourself and your ability to succeed.

Hands-On Activities:

- Surprise Letter

Written Activity: My Pit Crew

We all need people to help encourage, guide, and support us. Identify who is part of your support system in your workbook by writing their names in the appropriate spaces.

Overhead Suggestions:

Relationship Hints... Download the handout at www.winningfutures.org. Go to the Mentors Only page and locate Relationship Hints.

Handout Suggestions:

Daily Road Test... Download the handout at www.winningfutures.org. Go to the Mentors Only page and locate Daily Road Test (all are in the one file).

Activity

Surprise Letter!

Objective:

This activity can be used to help students strengthen their relationships with family, friends, and others.

Procedure:

Have students write a surprise letter to their mothers or fathers, guardians, brothers, sisters, grandparents, teachers, etc. Let the students know that the letters should be forwarded to the person addressed in the letter (if you have access to the addresses, you can do this for the students).

Encourage students to include their feeling from the following statements in the body of their letters:

1. How much that person means to them
2. What they admire about that person
3. Why they appreciate that person

Discussion:

the person.

After writing the letters, ask several students if they would share with the group who they wrote their letter to and why they chose that person.

Materials:

Paper, writing utensils (markers, crayons, colored pencils are optional)

Time:

20-30 minutes



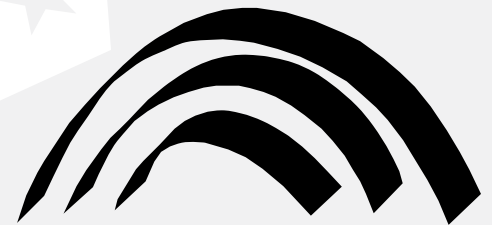
Segment Nine

GOAL SETTING

Start Your Engine

After exploring this lesson, you will be able to:

- Understand the importance of having a vision for your future
- See how goals help your vision become a reality
- Learn the difference between short-term and long-term goals
- Define the three major areas of goal types



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Facilitator/Mentor Script

Daily Lesson: Start Your Engines

Race day has arrived! Your pit crew is in place, standing by, enthusiastically cheering you on. You are feeling confident because you know who you are and what you stand for. It is time to wave the green flag and begin to set the goals for your future. Mapping out your future is a process. Winning Futures is based on a five-step goal-setting process that is designed to guide and help you achieve any type of goal you set out to accomplish.

The first step in going for your goals is to have a VISION. Visualizations are mental pictures you create in your mind of things you want and want to be. The best way to describe VISION is to think of it as a way of daydreaming. When you were little, you probably saw yourself as a princess dancing at a grand ball or maybe an action hero saving the world. As you get older, your visions change. Now you daydream of making the school basketball team, playing the lead role in a school production, being on the honor roll, or owning a high-tech computer system. In the future, you might dream of becoming a police officer, teacher, or the president.

Visualize yourself in a detailed specific situation. For instance, maybe you're striving to be in the school play. What play is it? What is your part? What do you look like? How do you feel? Who are your fellow actors? Who is in the audience? A vision is a mental movie you will play over and over in your head. When you create a vision for your wants, it makes it easier for you to turn them into goals. Goals make your VISIONS come true!

Goals give you something to work toward. Making your vision a reality is simple; just write it down on paper! Writing your goals down makes them real. It is the first step in mapping out a plan on how to get your goal accomplished.

There are two types of goals: short-term and long-term. Long-term goals are the big goals you are working toward. Short-term goals are the action steps to get to your final goals. Both serve an important role in making your vision a reality. Long-term goals give you direction. Short-term goals move you forward and allow you to focus and give you positive reinforcement. Short-term goals are targets that are achieved in the near future and help lead you to your long-term goals.



Hands-On Activities:

- Shoot for Goals

Written Activity: Choosing My Destination

To make your dreams come true, you need to set goals and write them down. Dreams can help you decide what you want to achieve in life. Dreams help guide you to your goals. Create a clear, detailed vision of what you want your life to be like. Think about your job, where you live, who you live with, what you are wearing, your values, the relationships in your life, and anything else you imagine and foresee. Now, write or draw about what you see in your vision in the space provided in your workbook.

Once you have your vision for your future, set a detailed goal in each area to help you reach your vision. For example, if you want to be a math teacher, set your goal in math. If you want to stay close to your family, set a goal to have a strong relationship with your parents. If it makes you happy by helping others, set a goal to volunteer at a hospital or nursing home.

Overhead Suggestions:

Three Areas of Goals... Download the handout at www.winningfutures.org. Go to the Mentors Only page and locate Three Areas of Goals.

Handout Suggestions:

Daily Road Test... Download the handout at www.winningfutures.org. Go to the Mentors Only page and locate Daily Road Test (all are in the one file).

Activity

Shoot for Goals

Objective:

This activity can be used to reinforce students' goals and the purpose of those goals in their lives.

Procedure:

Let the students know today's session is about goals. Tell them goals are something people want, something people aim for.

Next, have a few students take some random shots at the basketball hoop for warm up. After a few students have taken shots, inconspicuously have someone remove the hoop and continue with the lesson.

Facilitation:

Ask the students what a basketball player is trying to do when the player has the ball? (Eventually their answer should be, "To make a basket.")

Give the ball to a student and ask him/her to take a shot. The student will say they cannot shoot for the basket. Ask the group why that student is having trouble shooting for the basket. They will tell you there is no basketball hoop to shoot for.

State to the group that, "If there were no basketball hoops or rules in the game of basketball, players would have no reason to play. There would be no way of measuring success in the game."

"It is not any different in the game of life; you have to have a target to work toward and that's what goals are...giving you something to shoot for. Goals give purpose and direction in life; they make your vision come true."

Time:

5-10 minutes