Questions to Accompany Supplemental Videos

Video– **“A Brand New Ending”**

Why do you exist?  What is your gift to share with the world?

1) What dream has chosen you?  Write it down.

2) You are born anew in each moment.  You can’t go back and make a brand new beginning but you can make a brand new ending.  What do you want your brand new ending to look like? Describe it.

Video– “**My Embarrassing Story of Fear”**

Prince EA (the creator of the video) said that he gets nervous because he has thoughts such as, “What if I fail?  What if I mess up?” Since feelings follow thoughts, he got scared because of the thoughts that he was thinking about the opportunity he was given.

What thoughts could he have thought instead?  What thoughts would have empowered him and helped him to feel more relaxed about the opportunity?

1) List 3 thoughts that he could have chosen to focus on that are positive instead of his fear thoughts (that prompted him to say that his brother got into a car accident).

Prince EA stated that “Courage is the judgment that something is more important than feelings of fear.”  He still has feelings of fear but he doesn’t allow them to dictate his actions. A common saying in life is, “feel the fear and do it anyway.”  You can make a decision to take action even while you are fearful.

What have you put off doing because you have felt fear?

2) What are three things that you would like to be courageous and simply try – whether you fail or not?  (Remember, you can feel fear and take action anyway.)

**Video – “10 Celebrities Who Failed”**

Everyone who is successful has failed, and often.  Write your “biography.” Just like on the video…

1) write down your name

2) write down 2 to 3 of your past failures

3) write down what you will accomplish in the next 30 years – write down all of dreams and goals for yourself  “as if” you have already accomplished them in a story form.

Example:  “Caity failed math class twice, didn’t make the lacrosse team and had a learning disability as a child.  She went on to become a best-selling author of children’s books, fostered dogs from shelters and had a wonderful family with three children.

Video– **“People Are Awesome”**

Name 10 things that make you feel happy to be alive.  Things that make you feel energized and excited. Think about things like poetry, cooking, teaching, dancing, volunteering, playing sports, etc.  Anything that makes you happy!

Video– **“Contenders”**

In the video, he speaks about making friends with fear and failure.

Everyone who is successful has a track record of failures.  You can’t win without failing first.

Michael Jordan was cut from his high school basketball team because he wasn’t good enough.

Babe Ruth has the third highest home run record for all time in baseball.  He also held the record as the player with the most strikeouts for 10 years.

1) What could you do differently so that you make friends with fear and failure?  Name 3 ways.

Video– **“Who Do You Want to Be?”**

What are you holding back on in your life?  What ideas have you stopped yourself from acting on?

1) Name 3 tiny, easy steps that you can take to move forward on some things that you have been wanting to do.  (Think about making a phone call to get information about a college or trade school you want to attend, committing to an 2 extra hours per week of studying, asking a mentor to help you with a goal, etc.)

Video– **“Unbroken”**

The speaker in the video states, “Do what you believe is great work.”  He also states that “Fear kills dreams. Fear kills hope. Fear can hold you back from doing something that you know within yourself that you are capable of doing.  It can paralyze you.”

He mentions that, “It doesn’t matter what happened yesterday.  What matters is, what are you going to do about it?”

He states, “You’re all about your feelings.  If you don’t discipline your emotions, they will use you.”

He recommends that you say to yourself, “I’m in control here.  I’m not going to let this get me down.”

1) List 2 things that you could say to yourself when you feel overwhelmed by fear and emotions.

2) List 2 ways that you can discipline your emotions.