For young students who can change their world

ANTI-VIRUS

Character Values

For young students who can change their world

ANTI-VIRUS

Character Values

RESERVED RIGHTS FOR THIS PUBLICATION

Copyright © 2014 by Anti-Virus Youth Education, Inc.

Published for Anti-Virus Youth Education, Inc.
Millersburg, Ohio

All rights reserved to Anti-Virus Youth Education, Inc. No part of The Anti-Virus Curriculum may be reproduced, distributed, or transmitted in any form or by any means or stored in a database or retrieval system without the prior written permission of the publisher.

For the mentor resources, permission is granted to copy, distribute, and/or modify this document under the terms of the GNU Free Documentation License, Version 1.2 or any later version published by the Free Software Foundation; with no invariant sections, no Front-Cover Texts, and no Back-Cover Texts. All lesson values have been adapted by Anti-Virus Youth Education, Inc. Used by permission.

All rights reserved to Anti-Virus Youth Education, Inc.

Printed and bound in the United States of America.

www.antivirusyouth.org

THIS IS WHY I LOVE ANTI-VIRUS

Welcome to Anti-Virus Youth Education! I am excited to endorse the Anti-Virus program and for you to become an Anti-Virus agent by using our character values. I believe that character is the critical component for a successful life. The Anti-Virus curriculum will show you how living a life of character will help you make decisions that will benefit you, have a positive effect on others, and create a better world. Anti-Virus is fun, interactive and useful in everyday life. I know you will love it!

John C. Maxwell

Author, Speaker & Founder of
The John Maxwell Company

Here is what other students have said about Anti-Virus:

I am so thankful for Anti-Virus, it seriously changed my life. I've always been mean, but since this program I've become nicer. Many people look up to me and I didn't even notice until now. One small change in my attitude caused a big change in the rest of my peers. Thanks for changing not only my life, but everyone else are around me!

– Reneigh, 8th Grade Student

Thank you for helping me grow. I was disrespectful, rude, not willing to give, but now I understand what it means to treat people right.

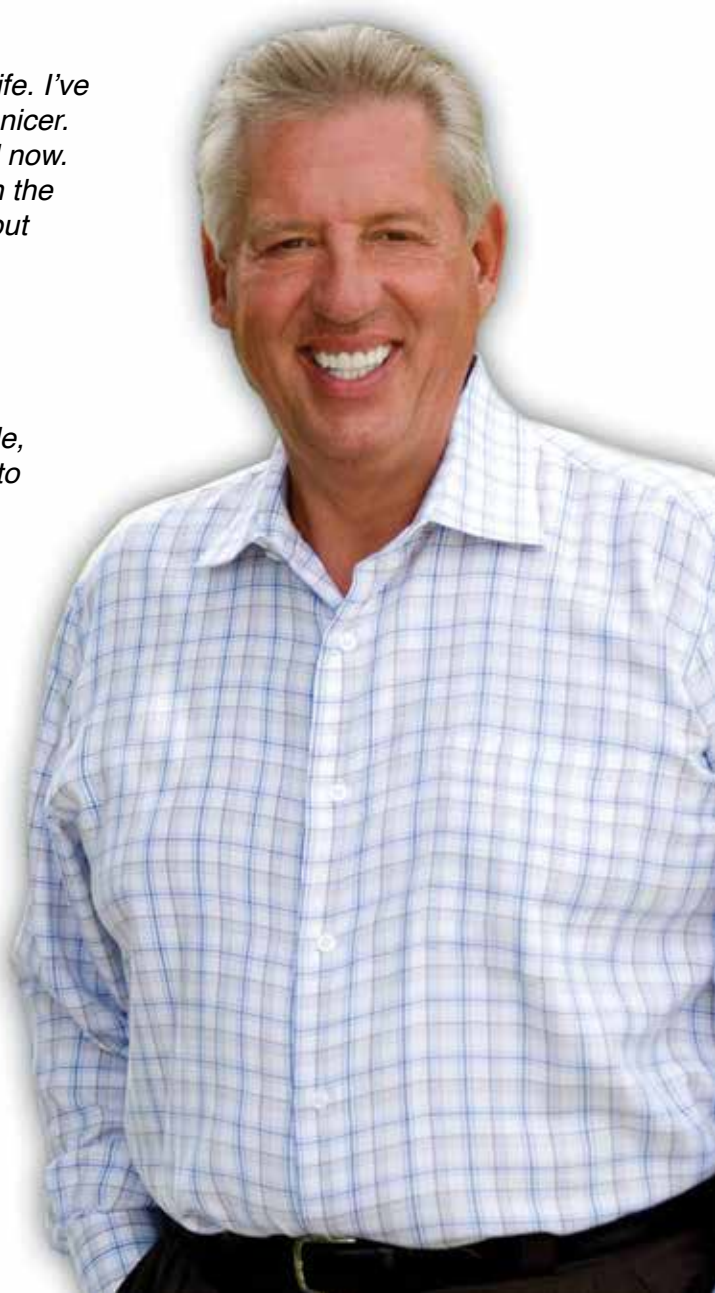
– Maddie, 8th Grade Student

This program has impacted many peoples lives. I have learned to be more responsible and getting things done on time. Thank you!

– Kailey, 8th Grade Student

I feel Anti-Virus has helped our school. It made all of us think about what we have done, whether it was good or bad. If it is good we can say, "Good job" to ourselves, and if it was a little bad, Anti-Virus showed you what to work on to become a better person. And most of all, Anti-Virus makes you think!

– Billy, Middle School Student



Acknowledgments

The Board of Directors for Anti-Virus Youth Education, Inc. would like to acknowledge the creative team:
Dane Applin, Joni Deutschman, Anna Georgina Jump, Gretchen Miller, Jason Miller, Tanya Miller, Anya Schlegel, Kyle Schlegel, Juan Reyes, Karyssa “Rys” Weaver, Andrew Yoder, and Austin Yoder.

We would also like to acknowledge Joni Deutschman, Anna Georgina Jump and Tanya Miller for the design and development of the Anti-Virus curriculum.

Further acknowledgments go to Jacki Poulin, Rita Cabrera, Chris Bower, and Dawn Yoder for offering sound advice. Thank you to Connie Troyer for professional proofreading/editing and Austin Yoder for additional edits. Thank you to Derek Zimmerman for character drawings.

A special thank you goes to the following mentors, Bernie Torrence and Jerry Anderson.
And to Dr. John C. Maxwell for supporting the Anti-Virus program.

John E. Schrock

Anti-Virus Youth Education will be forever thankful to John E. Schrock for his wisdom, knowledge and vision to change the world through character values. We will always honor and remember your legacy.

Contents

The Virus 2

The Anti-Virus 9

Challenge to Change 13

Character Values 18

Ambition 19

Responsibility 25

Hard Work 31

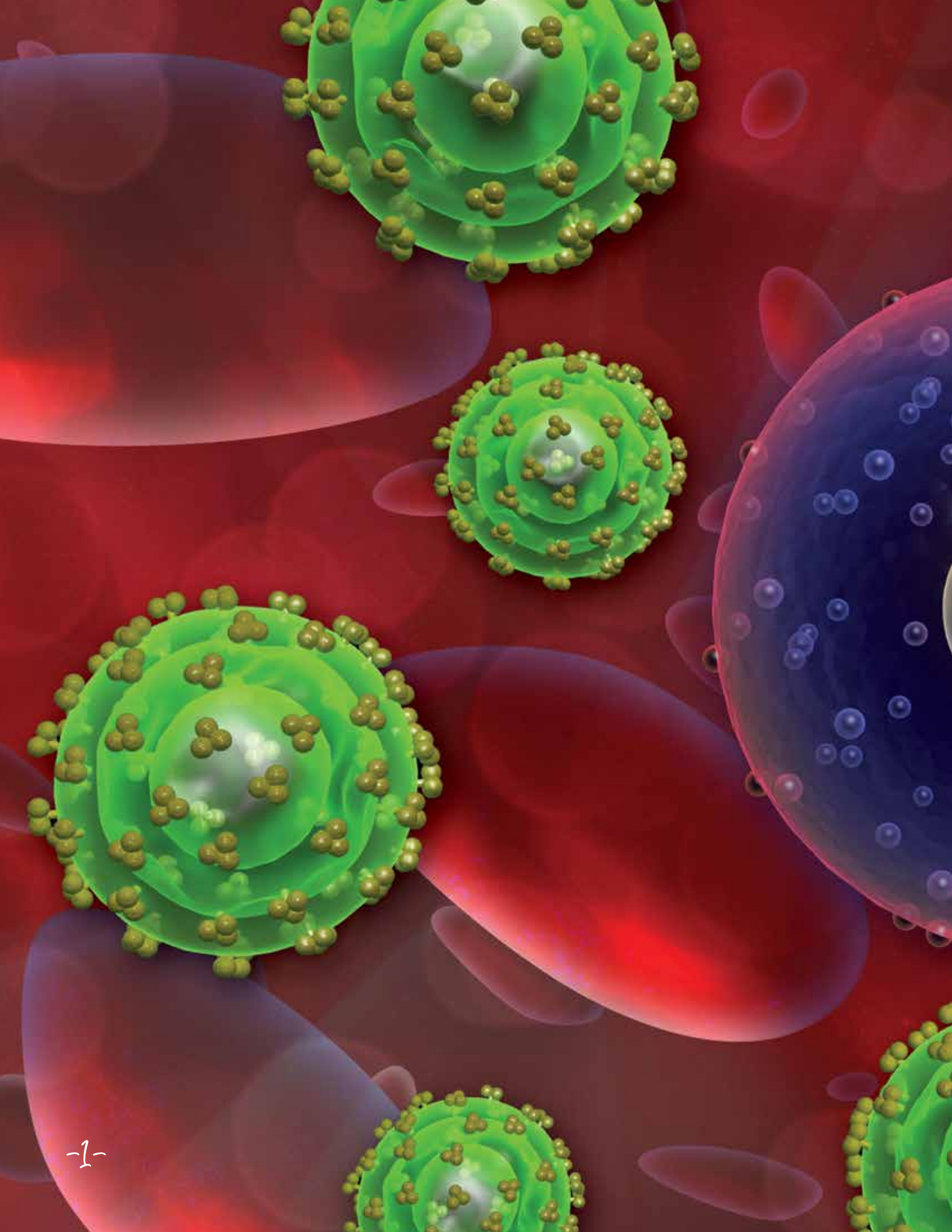
Emotions 37

Restraint 43

Common Sense 49

Generosity 55

Anti-Virus



The Virus

Our country is built on a society where we have the freedom to live, work, and make a prosperous life. This freedom depends on people obeying laws and respecting the rights of others. People that do not respect the laws or the individual value of each person challenges our society, our freedoms, and can hinder our personal growth. This challenge grows and spreads like a virus that gains strength as more and more people come into contact with it. In order to fight the corrupting virus, some communities pass more laws. Their goal is to punish lawbreakers and hopefully prevent others from breaking the law. But many times we hear people, even good people, say, “Laws were meant to be broken,” or “If they don’t catch me, what’s the problem?”. Their actions, the choices they make and the laws they ignore, speak louder than their words.

The virus of corruption spreads several ways. We may go to school or work with people who have the virus and may come into direct contact with it. We may also see people in the community or on the nightly news breaking laws by lying, cheating, stealing, and taking advantage of innocent people. This indirect contact is still contagious and impacts many lives. We may be infected and not even realize it. Perhaps we have not recognized the early symptoms, or perhaps the virus has not shown itself yet. Some viruses, like HIV/AIDS, can live in our body for many years before we become sick.

This workbook will help you to find out if you have been infected by the virus of corruption. It will also help you to discover the treatment, or Anti-Virus, to protect yourself against further infection.

Violent Viruses

The Webster online dictionary states that a virus is a corrupting influence on morals, health, or the intellect. It is a type of poison that is contagious. For this workbook, "The Virus" is anything that corrupts people in our society.

Viruses are all around us and hold us back from being a better person. Our current behaviors, problems, and challenges in life matter. They affect our ability to dream, believe life can change, set goals, have good relationships and make good decisions.

What viruses are infecting you?

Place a check mark beside behaviors you participate in that could be viruses that affect your future.

- ☐ **Lying**
- ☐ **Cheating**
- ☐ **Drinking/Smoking**
- ☐ **Bullying**
- ☐ **Bad attitude**
- ☐ **Gang life**
- ☐ **Following bad examples**
- ☐ **Stealing**
- ☐ **Violence**
- ☐ **Pornography**
- ☐ **Drugs/Pills**
- ☐ **Addiction to video games**
- ☐ **Vandalizing**
- ☐ **Sexual Activity**
- ☐ **Wasting time/No motivation**
- ☐ **Unkind to others**
- ☐ **Selfishness/Pride**
- ☐ **Negative thoughts**
- ☐ **Self harm**
- ☐ **Gossiping**
- ☐ **Bragging**
- ☐ **Bad attitude**

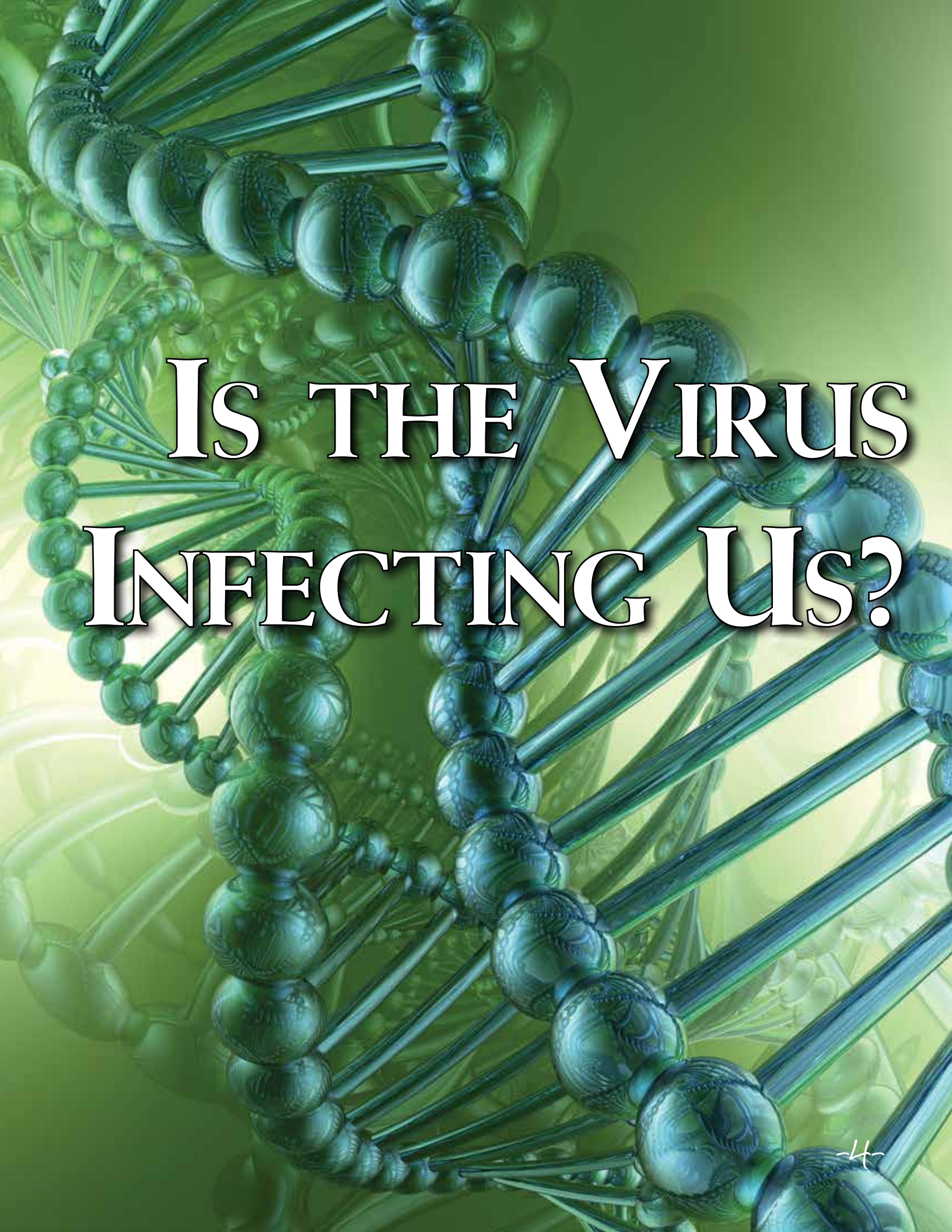
Failure

Failure

These viruses have consequences in life: addictions, job loss, a bad reputation, jail, rejection, suicide, broken relationships, pregnancy/disease, abuse, and loneliness.

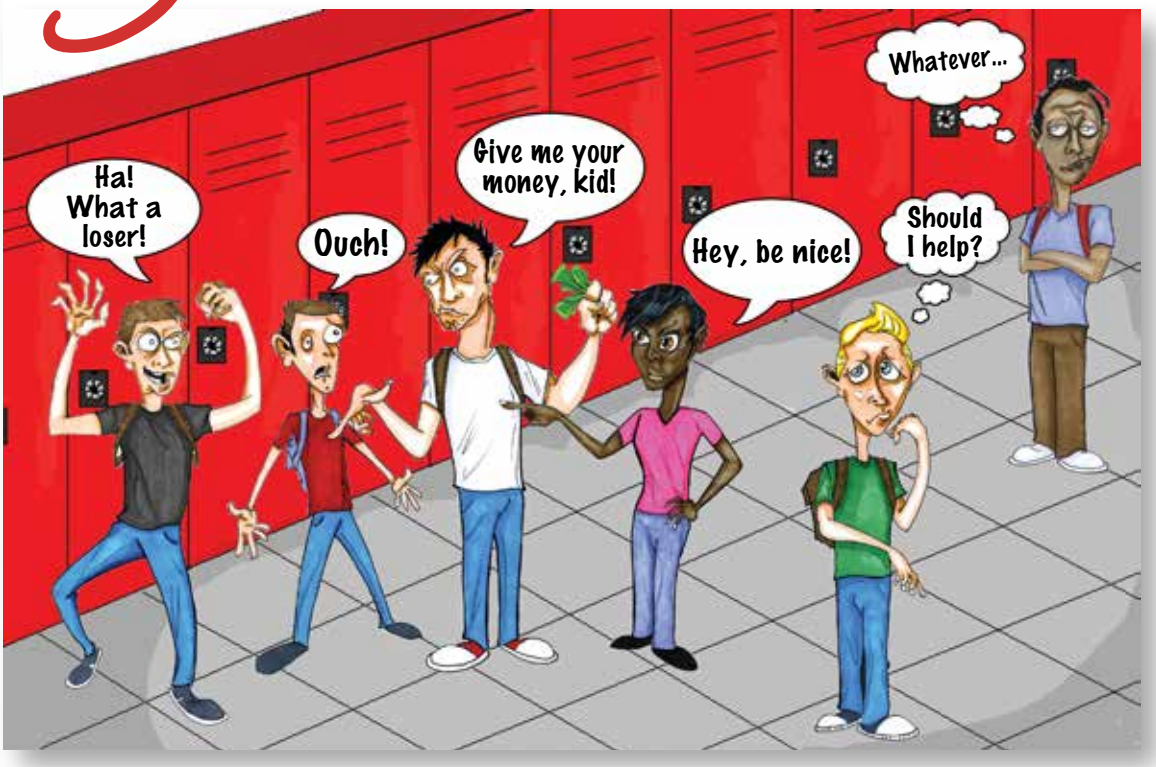
Think about what choices in your life need changed.

Is the Virus Infecting Us?



NOTES:

5 Types of Behaviors



This scene shows the five different types of behaviors we have in society. Identify who represents which behavior description listed below.

Corrupt: ***Few*** - They create and spread the virus. *Examples: Selling drugs, bullying, cheating, leading gangs, often enjoy hurting others and lying to get out of trouble.*

Accomplice: ***Some*** - They support corruption and share the responsibility in spreading the virus. *Examples: Participates in drug deals, is associated with bullying, cheating, and lying to keep themselves and others out of trouble etc.*

Confused: ***Majority*** - They try to resist the virus, but in seeing the popularity that comes with corruption, they question if doing the right thing actually matters. They are afraid to stand out and are motivated by the need for acceptance. *Examples: Making fun of others, gossiping, laughing at others to look popular while falling to peer pressure.*

Indifferent: ***Many*** - They are neither in agreement nor against corrupt behavior; they simply ignore corruption. *Examples: Being selfish, not willing to make a difference by doing what is right, and often do not care about the virus or its influence on others.*

Principled: ***Several*** - They are the ones doing right and they enjoy the benefits that go with this behavior. Being principled protects them from the virus and they do not spread it to others. *Examples: Stopping corruption, not cheating, lying, hurting others, and stealing to get ahead, influencing others to do what is right.*

In the section above, place a **Y** by the behavior you follow. Place an **S** by the behavior your school follows. Place a **C** by the behavior your community follows. Place an **N** by the behavior your nation follows.

Reasons for the Virus

1. We are seeing a lack of respect for the law. The success of a democracy depends on people obeying laws whether the police are present or not. We should govern ourselves.

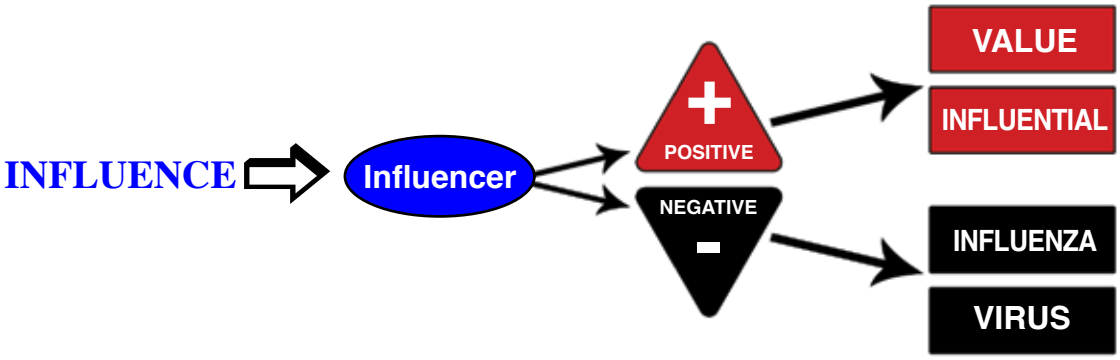
2. We have lost our basic values, and we do not have a good understanding of what is right and wrong. Moral behavior is no longer believed to be an absolute, meaning that it does not change. Instead, we think that morality depends on the situation. When situations are difficult or emotional, our actions are based on how we feel rather than what we know to be right.

3. We do not have a lot of strong leaders with good character to create positive change. We need to influence others to make a difference. Corrupt leaders often create and spread the virus quickly.

4. We are strongly influenced by our friends and social groups. Whether we have one friend or two hundred, acceptance by other people often motivates us to disobey parents, disrespect teachers, hurt others, and violate morals.

The Power of Influence

Influence is the power to affect people. An influencer can lead people in a positive way, creating a successful life, or lead people in a negative way, creating a life of frustration and failure. This is how it works:



You want a life of positive influence.

Positive influence begins by having good character, treating others well, working hard, and having the right attitude. These values will make you influential wherever you are and wherever you go!

NOTES:

Influencer or Influenced?

Rate yourself on each of the following questions and total your score at the end.

Do you take care of other people's needs?

1	2	3	4	5
Never	Rarely	Sometimes	Often	Always

Do you accept responsibility to protect others and your community?

1	2	3	4	5
Never	Rarely	Sometimes	Often	Always

Do you have goals for your life and future career?

1	2	3	4	5
Never	Rarely	Sometimes	Often	Always

Do you stand up for what is right when you know something is wrong?

1	2	3	4	5
Never	Rarely	Sometimes	Often	Always

Do you believe you can achieve success in life regardless of your circumstances?

1	2	3	4	5
Never	Rarely	Sometimes	Often	Always

Do you know what your passions are, and are you committed to developing them?

1	2	3	4	5
Never	Rarely	Sometimes	Often	Always

Do you speak up when someone is getting bullied?

1	2	3	4	5
Never	Rarely	Sometimes	Often	Always

Once you have rated your answers, add them to get a total score.

SCORING:

18-35 *Way to Go!* You are on your way to being an influencer!

7-17 *Be Aware!* You may be easily influenced by the power of the virus!

Impact on Leadership

NOTES:

Good leaders are principled in their behavior. This means they have already decided to do what is right before they hear the details of a situation. They have pure motives and are not concerned with fame, fortune, or power. Good leaders want what is right, and they always think about the effect their actions have on others. Good leaders stop the virus from spreading; they become an "Anti-Virus!"

Even if you are not a leader right now, it is good to follow principled leaders because virus-infected leaders hurt others. Instead of being concerned with the needs of the people or the community, leaders infected with the virus are only concerned about themselves. They seek fame, popularity, and awards that make them look good. Often the needs of the school or community go unmet, and the infected leader becomes a model that many follow. Eventually everyone suffers from corrupt leaders.

Have you had the opportunity to be a leader?

What do you expect from others? From yourself?

At school, there are many opportunities for you to be a positive, influential leader. Here are some good ways to lead:

- Show respect toward others and encourage your friends to do the same.
- Focus your attention on helping the community.
- Help create a sense of community within the student body by being generous, kind, and ambitious.

"Use power to help people because we have been given power, not to achieve our own goals or to show ourselves to the world and obtain a famous name. The only purpose for power is to serve the people."

George H. W. Bush

What is the answer?

The Anti-Virus

Young people fighting corruption in society by living with character.

Notes:

The Anti-Virus

Young people fighting corruption in society by living with character.

What is Anti-Virus?

The Anti-Virus is a solid opposition to corruption that combats its influence in society by daily practice of principles and values.

Be Part of the Anti-Virus!

By choosing character in every area of your life, you will greatly reduce the virus' influence in your school, community, and life. It is you who must choose to be a part of the Anti-Virus. Whether you are in public or alone, with influential people or those less fortunate than yourself, always stand up for what is right. That simple action, is when you move from the virus and become a part of the Anti-Virus.

Here are the three essential keys that will bring success to your life:

- You must choose to live by principles and values. That is what gives you character.
- You must choose to be a positive influence.
- You must choose to change the areas of your life that are corrupted.

Circle which one you want to practice this week and specifically write out in the margin how you plan to implement that change.

Do not expect change from the people around you.

You must change first!

If we are leaders of character, we will be

successful!

7 Protection Shields

Anti-Virus empowers young people to stand against the virus of dishonesty and corruption. These seven values provide protective shields around our life and will help us fight the virus:

- Ambition
- Responsibility
- Hard Work
- Emotions
- Restraint
- Common Sense
- Generosity

Protect Yourself

The virus of corruption is not only highly contagious, but it is also deadly to society. Many of us live in the midst of an outbreak. If we do not intentionally choose to live with character, the virus will not only infect us, but our family and friends as well. If it spreads throughout the community and nation, it will inevitably reach the epidemic stage. The consequences of corruption impact everyone! One bad decision in life can ruin everything.

Share a quick story with the group of when one bad decision had serious consequences.

The Choice Is Yours!

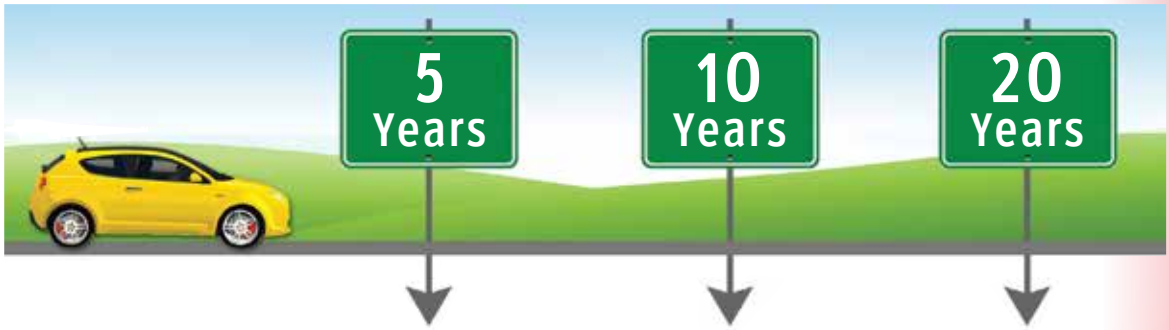
Challenge to Change

Thoughts become actions.
Actions become habits.
Habits become your destiny.

Challenge to Change

Notes:

Draw a picture of what you would like your life to look like in the areas designated below:



Review the scenarios below, which scenario do you best relate to?

Scenario 1: Alice has a clear vision on what she wants in life. She has dreams and plans to make sure she reaches her goals. She accepts responsibilities in her daily actions by studying, not wasting time, being organized, and keeping out of trouble. The path Alice is on leads to a life full of dreams and accomplishments.

Scenario 2: Roger has no idea what he wants in life. He has no goals and has no plans for his future. Roger struggles with accepting responsibilities; he is always losing things because he is disorganized, and he wastes time. The path Roger is on leads to frustration and a lot of challenges he will need to overcome in order to be successful.

Like obstacles in the road, it can be hard to drive unless you take another route.

What is blocking your road from seeing your future?

What action could you take to set some goals?

NOTES:

Thoughts for Success

Successful people think and act according to character values.

Your thoughts reflect your attitudes and beliefs. You adopt beliefs when facing life's situations. When these situations come up, whether good or bad, you act on your beliefs. You have the power to choose what you believe. Beliefs control your thoughts about yourself and others and they will affect your future. If you are looking for different results in your life, perhaps you need to change the way you are thinking.

How it works:

Success will always depend on your thoughts!

Your Choice

Notes:

If you want to change the life you are living, then you need to change the way you are thinking.

If you are not achieving the results you want, now is the time to change your thinking. Identify one behavior/thought you can change to change your result.

Will you accept the challenge to change?

"Insanity is to continue to do the same things and hoping to obtain different results."
- Albert Einstein

Circle the following statements that you agree with most, then explain to a partner in class.

Change begins with me.

When you make changes to better your world,
the world will change.

The life you live impacts everyone.

What makes a difference in your life is not what happens
to you, but how you respond to it.

Appreciate what you have instead of complaining
about what you do not have.

If you can believe it, you can achieve it.

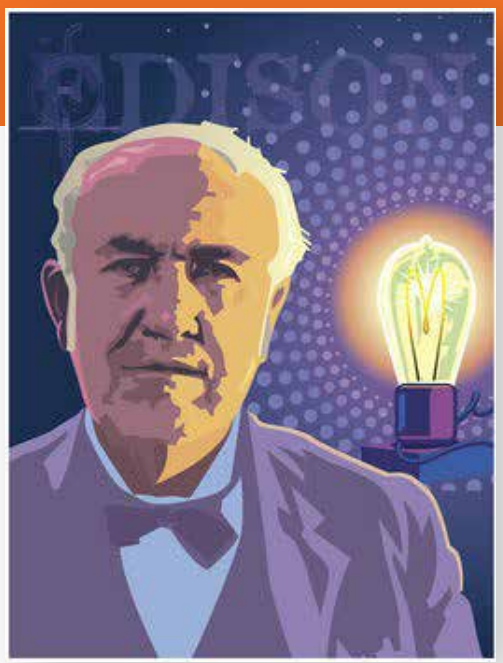
Discipline is the main ingredient for champions.
You will never become a champion without it.

Protect
AntiVirus
AntiVirus
Responsibility
dWork
Generosity
Change
Generosity
Ambition
AntiVirus
Restraint
Generosity
CommonSense
Restraint
Lead
Success
Emotions
Restraint
Emotions
Restraint
Success
Restraint
Lead

Character

Emotions
Success
Generosity
Generosity
Change
AntiVirus
Success
Protect
Generosity
Change
Success
HardWork
Responsibility
AntiVirus
AntiVirus
Ambition
sponsibility
CommonSense
Protect
esponsibility
Ambition
Success
Generosity
AntiVirus
Change
HardWork
Success
Responsibility
Protect
Change
Emotions
Lead
HardWork
CommonSense
CommonSense

Values



Mentor of Ambition
Thomas Alva Edison

Thomas Alva Edison (February 11, 1847–October 18, 1931) was an American inventor and businessman who greatly influenced the world with devices like the phonograph and the long-lasting light bulb. Edison is often credited with the creation of the industrial research laboratory, as he was one of the first inventors to combine mass production with the process of invention.

Later nicknamed “The Wizard of Menlo Park”, Edison only went to school for three months because his teacher thought his mind was “addled”. However, he is considered to be one of the greatest inventors in history, holding 1,093 U.S. patents and many others in parts of Europe.

While Edison had many successes, he also had many failures. His inventions and ideas did not always work. Building with cement, putting sound into motion pictures, and mining iron ore were some of these failures. Even the light bulb took Edison more than thirteen months of failure before he achieved success.

“Everything comes to him who hustles while he waits.”

“I have not failed. I’ve just found 10,000 ways that won’t work.”

“Our greatest weakness lies in giving up.
The most certain way to succeed is always to try just one more time.”

—Thomas A. Edison

Thomas Edison was an incredible inventor who literally gave us light. He failed, and failed, and failed again. Only his ambition to succeed carried him through his failures. He was a man that never gave up and for that he is our mentor of ambition.

Ambition

1

A wise youth seizes the day, but what a shame to see a young person who sleeps away his hour of opportunity.

Ambition

A WISE YOUTH SEIZES THE DAY, BUT WHAT A SHAME TO SEE A YOUNG PERSON WHO SLEEPS AWAY HIS HOUR OF OPPORTUNITY.

One obvious character trait of a successful person is endless ambition. People with ambition are usually known as hard workers and are always concerned about getting things done. Ambition helps them to see many opportunities that less ambitious people miss. They know that life may not always go their way, but they take advantage of opportunities that come up.

Something to consider is that ambition and greed are not the same thing. Ambition is a desire to be productive, creating a sense of accomplishment and satisfaction when the work is done. Greed is a desire for personal gain with no concern for the impact of one's actions on others.

Ambitious people start their day with a good attitude and think, "It is a good day and I will make it a productive one." They do not procrastinate and are often happy about where their life is at and where it is heading.

There are three ways to develop ambition:

1. Look for opportunities to bring solutions to situations or to meet a need for your family and friends. Once you find an opportunity, act upon it.
2. Develop your skills and interests. By using your strengths, you can make a positive impact on others and your community.
3. Make a plan for what you want to accomplish. As you work at your plan, keep your goals in mind and visualize how you will feel when you have met these goals. This will increase your motivation to keep going.

Facts about Ambition

- Ambitious people do not believe in luck. They believe in preparation and opportunity.
- Opportunities follow hardworking, ambitious, and responsible people who have positive attitudes.

- Ambition does not just come from wanting great things; it is produced when we have a vision and a purpose.
- In sports, it is sometimes heard, “The ball didn’t bounce my way.” Ambitious people go after the ball. They create opportunities by pursuing the ball.

Your Benefits

Ambitious people will benefit by:

- Diligence and a productive way of thinking. Diligence and productivity will allow for the discovery of new opportunities and place people on a path to find what they are good at in life. In order to take advantage of new opportunities, ambitious people have made the decision:
    - To plan their work
    - To use their time wisely
    - To re-evaluate their performance and goals on a regular basis
    - To get a lot done
- Increasing their skills with each successful project.
- Knowing the truth of the old saying, “If it’s important, we will find the time!” Ambitious people set goals because they see opportunities. They plan because they know that without a guideline, nothing will get done.
- Being rewarded for their achievements.

Your Steps to Follow

1. Keep yourself motivated by setting goals that measure your achievements and pursuing your dreams. If you do this, you will find more opportunities along the way and develop a sense of what you like to do.

2. Go after that ball in the game of life and make opportunities come your way by discovering new interests. Do not be afraid to try or fail. You will never know what can come of something until you try!

3. Be the person that people want to ask to get things done because you are successful and productive.

NOTES:

Reflect and Respond

1. Why do you want to be ambitious?

2. What creates ambition in you?

3. What opportunities do you have right now that you should take advantage of?

Remember

Thoughts become actions.
Actions become habits.
Habits become your destiny.

Activity

Notes:

1. How ambitious are you? 1 is not ambitious; 10 is very ambitious.

1	2	3	4	5	6	7	8	9	10

2. Why is it important for other people to think you are ambitious?

Your Parents	Employer/ Coach	Your Teacher	A Friend

3. How can you raise your rating this week?

_____

_____

_____

Mentor of Responsibility
Abraham Lincoln

Abraham Lincoln (February 12, 1809–April 15, 1865) was the sixteenth president of the United States, serving from March 4, 1861, until his assassination on April 15, 1865. Lincoln was nominated in 1860 to run for president for the Republican Party, and he boldly stood against the expansion of slavery in the United States.

During his term, he helped to preserve the United States by leading the defeat of the eleven Confederate States during the Civil War. Lincoln campaigned for the legal freedom of slaves, which led to the signing of the Emancipation Proclamation in 1863.

Opponents of the war, known as “Copperheads”, criticized Lincoln for refusing to compromise on the slavery issue. Conversely, a group called the Radical Republicans criticized him for moving too slowly in abolishing slavery. Even with these roadblocks, Lincoln successfully rallied the public opinion through his speeches, and he will always be remembered for handling the division of the political parties responsibly. He brought leaders of each party into his Cabinet and forced them to cooperate.

Abraham Lincoln had his successes, but he had many more failures. He failed as a businessman. He failed as a farmer. He failed in his first attempt to obtain political office. It was his responsible attitude during these failures that led him to become one of the most important historical figures the world has ever seen.

“Leave nothing for tomorrow which can be done today.”

– Abraham Lincoln

Lincoln had the right attitude and he made sure his day was productive, no matter what was happening around him.

If Abraham Lincoln had irresponsibly given up or quit, the United States would be much different today. He led America through one of the darkest times she has ever seen, and he has consistently been ranked by scholars as one of the greatest U.S. Presidents in history. Lincoln’s valiant fight to stand for liberty and equal rights for all makes him our mentor of responsibility.

Responsibility 2

It is easy to dodge our responsibilities, but we cannot avoid the consequences for dodging our responsibilities.

Josiah Charles Stamp

Responsibility

It is easy to dodge our responsibilities, but we cannot avoid the consequences for dodging our responsibilities.

Josiah Charles Stamp

The ability to think and the freedom to choose our behavior is what makes us independent and capable of being responsible for our actions. To be responsible individually means that we accept the consequences, good or bad, for our thoughts and actions.

When we are responsible, others will trust in us. We are willing to prove ourselves dependable and we stand firm in what we know is right. We know that if we do not follow through on what we have promised, others will be disappointed and we could lose our credibility. Standing behind our word is more important than personal gain, popularity, and sometimes friendships.

Responsibility will motivate us to use our talents and skills to achieve a better life. For example, Payton is a student athlete. She shows up for practices and plays in the games consistently. However, if Payton does not get good grades during the school year it could effect her eligibility. If Payton cares about her talents, she must be responsible for her grade point average. When we are responsible with our talents and skills, many doors will open for us as time goes on. It is easy to make a habit of dodging our responsibilities in everyday life, but it could be damaging to our future success and character if we do.

Ways to show Responsibility

1. Give your best effort.
2. Do what is right because it is right, not for personal gain.
3. Do not make excuses when you fail, and never blame someone else for your mistakes.
4. Study, learn, and grow as a person to be the best you can be.
5. Plan ahead and be prepared for things that might go wrong or come up unexpectedly.

6. Once you commit to a project, see it through to the end.
7. Control your emotions and think before you speak.

Responsible people enjoy the rewards and achievements that come with practicing responsibility. They avoid getting involved in what is wrong and destructive. Responsible people do not struggle with making bad choices because they are disciplined in choosing what is right. Responsible people are careful about choosing their friends. Keep in mind that people with bad character will corrupt good character. Be smart!

Your Benefits:

Here are some benefits of responsibility:

- Others will identify you as a person of value and respect you.
- You enjoy doing what is right even when you do not have to do it.
- You will gain the trust of others because you are dependable. Solid relationships can only be built with people who are trustworthy.
- People will recognize your ability to control your behavior. You know the power of actions and words.

Your Steps to Follow

1. Take control over your own life. Be responsible for your character and future success.
2. Become a person whom people can trust.
3. Be a solution to problems.
4. Be disciplined. Take care of your grades, health, and money.
5. Be rational. Do not react out of anger or fear.
6. Be a good example for your friends and community.
7. Always base your thinking and actions on good character.

Responsibility is one of the most important characteristics of a person. It is not about how educated you are or how much money you have in the bank. If you want to succeed in life, you must be responsible.

NOTES:

Reflect and Respond

1. What motivates you to be responsible?

2. What actions are necessary to be responsible?

3. Write down a time when you demonstrated responsibility. Describe the situation and how you felt afterward.

Remember

Thoughts become actions.
Actions become habits.
Habits become our destiny.

Activity

NOTES:

With a partner, write down two situations that fit into one of two categories: **Accepting Responsibility / Not Accepting Responsibility.** Have your classmates decide which category most accurately fits each situation.

Here are two examples:

- You stay home with your young siblings instead of going to a party with friends.
- Your mother told you to empty the trash but a friend drops by and wants you to go to the mall. You do not want to miss out on a fun afternoon, so you leave without emptying the trash, figuring it will be there when you return.

1.

2.

Accepting Responsibility **Not Accepting Responsibility**

For each situation that you put in the **Not Accepting Responsibility** category, find a way to change the behavior or make it responsible.

Mentor of Hard Work
Harriet Ross Tubman

Harriet Ross Tubman (1820 est. – March 10,1913) was born as an African American slave in Dorchester County, Maryland. Along with many other slaves, she never actually knew her birthday or year. Tubman was known for freeing slaves through the Underground Railroad, working as a human rights activist, a Union spy and nurse during the American Civil War.

As a child, she worked as a house servant and was brutally beaten many times by mean slave masters. Tubman once recounted being beaten five times before breakfast. As she grew older, she was placed to work in the fields and forests. One day, she was hit on the head with a two-pound weight while helping another slave. Left without medical care, her serious brain injury caused dangerous seizures and sleep spells for the rest of her life.

In 1849, she and her family were going to be sold to different owners, so Tubman decided to run for her freedom. She was going to use a network called the Underground Railroad, which safely helped slaves escape to freedom. Tubman traveled at night, by foot, while receiving help from the Underground Railroad conductors. She crossed into Pennsylvania and soon headed to Philadelphia to find work. She worked several jobs to save money to set her family free. After one year of working, she discovered her hardest job yet, traveling back to the dangerous South to free her family. This resulted in 19 difficult trips to free over 300 slaves including her elderly parents. Tubman's efforts were so effective there was a $40,000 reward for her capture.

"I was the conductor of the Underground Railroad for eight years, and I can say what most conductors can't say; I never ran my train off the track and I never lost a passenger."

"Every great dream begins with a dreamer. Always remember, you have within you the strength, the patience, and the passion to reach for the stars to change the world."

– Harriet Ross Tubman

Tubman is still widely known as one of the most famous women in American history. Her hard work, dedication and determination to free slaves and help liberate American women still amazes all who study her life and for that she is our mentor of hard work.

Hard Work

3

You will be rewarded for your good works.

Hard Work

YOU WILL BE REWARDED FOR YOUR GOOD WORKS.

Being a hard worker is one of the finest qualities we will find in a person. It is what brings success to our lives, our communities and our nation. The mind of a hard worker is "Get things done!" They concentrate on the goal and constantly strive to reach it with excellence. They become valuable to any organization or company because they are contributors. Like Jim Rohn said, "You don't get paid for the hour, you get paid for the value you bring to the hour".

Hard workers are always concerned about quantity and quality production. They have a reputation for finishing what they begin and receive good rewards. They are recognized by others and valued because they get results. Hard workers have a good attitude about making progress and are proud of their achievements.

Elements of Hard Work

To become a hard worker, you must develop some of these traits:

1. Use ambition. Take advantage of opportunities to do things and do not be afraid to fail. Launch yourself into various efforts and focus on completion. Do not let procrastination or negative thoughts get in the way. Concentrate on doing what has to be done, do it with a smile, and a good attitude.

2. Be the best. Do not be satisfied if it is not high-quality work. Go beyond what you have done before and what is required from you. Use the best of your strengths and take pride in a job well done.

3. Have a plan. Be smart and responsible. Let your goals be your guide, use common sense, and make responsible decisions. Recognize that by being responsible, you are adding to your own best interests.

4. Be creative. Always ask yourself how you can do things better, faster, and wiser. When you seek to be creative, you will begin to do more things.

5. Develop your strengths. If you generate ideas and are willing to help others, you will be successful.

6. Have good character. When you practice good behavior and are known for being a quality person, you will be valued and successful.

7. Find your talents and interests and act on them. Careers can be made by knowing what you are good at in life.

Your Benefits

You will experience many benefits from being a hard worker:

- Security. You can achieve a secure position when you have earned it through hard work. Everyone wants a hard worker on their team because they can rely on them to get things done.
- Influence. You will be seen as influential by teachers, coaches and employers. Your opinion will carry weight because you deliver results.
- Wealth. You will increase your value as well as your income when you consistently work hard.
- Satisfaction. You will experience personal fulfillment through the rewards of your work and earn a reputation of being a hard worker.

Your Steps to Follow

1. Motivate yourself by seeing challenges as new opportunities.

2. Increase your abilities by learning new ways of doing things and avoid these attitudes:

   - Laziness. Laziness has the same nature as a buzzard. It does not kill or earn its own food, and it lives on what is left over from the work of others. If we accept laziness in our lives, it will close doors to growth and opportunities.
   - Desire for easy money. This includes anything that is a scheme to get rich quick. The love of money can become obsessive. It leads people down the wrong path and has the potential to hurt others.

3. Work hard because the rewards are worth it.

Keep in mind that anything that cannot be used is either fixed or thrown away. Likewise, if you are not responsible in working hard, you will be set aside. You will not be valued, promoted, or needed on teams, projects, or jobs. However, if you choose to be a hard worker, you will be considered valuable, appreciated, and needed.

NOTES:

Reflect and Respond

1. How do you rate yourself as a hard worker?

1	2	3	4	5	6	7	8	9	10

2. After reading this principle, what motivates you to be a hard worker?

3. How can you raise your rating this week?

Remember

Thoughts become actions.
Actions become habits.
Habits become your destiny.

Activity

NOTES:

1. Write down one thing that you have put off, but want to accomplish.

_____

_____

_____

You have one week to start or complete your goal.

2. Find a partner (in class) to keep you accountable to the project.

Personal Commitment

I, _____, will begin working this week on the project I have been procrastinating on.

_____

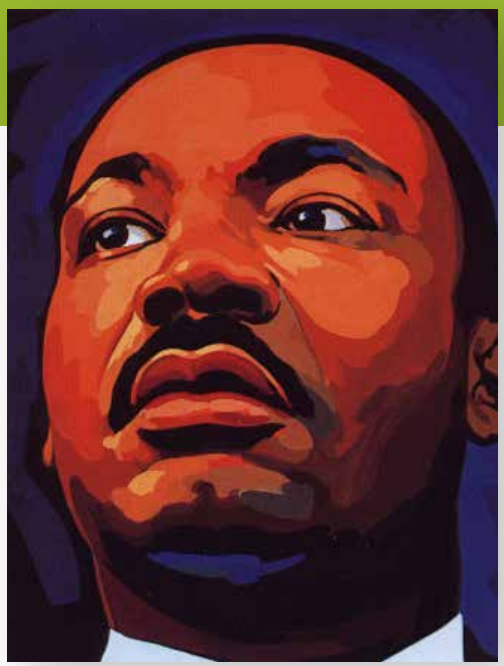
Signature

Accountability Partner Commitment

I, _____, will commit to holding _____ accountable this week.

_____

Accountability Partner Signature



Mentor of Emotions
Dr. Martin Luther King Jr.

Dr. Martin Luther King Jr. (January 15, 1929–April 4, 1968) was one of the pivotal leaders of the American civil rights movement. While working as a Baptist minister, King became a civil rights activist, and at the age of twenty-six, he led the Montgomery Bus Boycott. Two years later, he served as the first president of the Southern Christian Leadership Conference.

King's activism led to the 1963 March on Washington, where he delivered his famous "I Have a Dream" speech. During that speech, King raised public awareness of the black civil rights movement as well as the movements of other disadvantaged Americans. In 1964, King was awarded the Nobel Peace Prize for his efforts in ending racial segregation and discrimination through nonviolent resistance.

Even though King protested peacefully, he was strongly opposed by racial mobs and demonstrators. Him and his family were constantly under death threats, and they lived through many brutal attacks because of his involvement with the civil rights movement. King was assassinated on April 4, 1968, in Memphis, Tennessee. Since then, he has been awarded the Presidential Medal of Freedom by President Carter in 1977 and the Congressional Gold Medal in 2004. Martin Luther King Jr. Day was established as a national holiday in the United States in 1986.

"A man who won't die for something is not fit to live."

"Our lives begin to end the day we become silent about things that matter."

— Martin Luther King Jr.

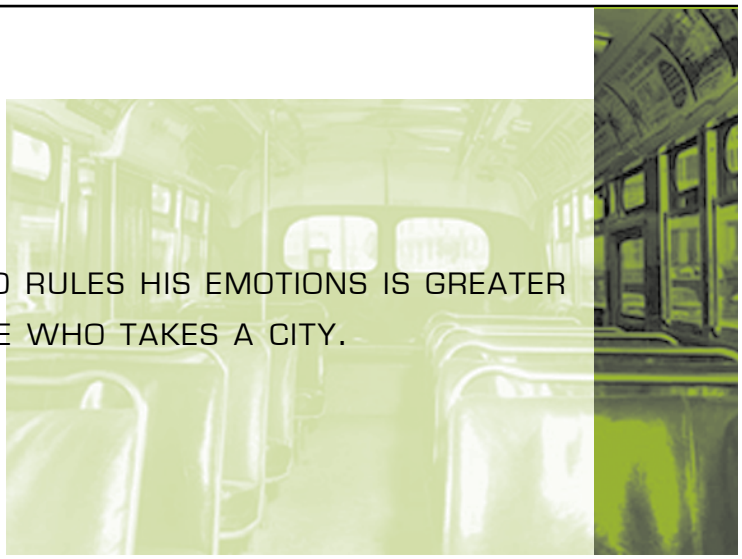
King was a man on a mission. His personal beliefs and dedication to a loving world were his driving force, but he did not lose his cool or get out of control. King lived under a massive amount of pressure, but he controlled his emotions peacefully during one of the biggest social movements the world has ever seen. He ruled over his emotions and taught many to bring peace rather than violence to our world, and for that he is our mentor of emotions.

Emotions

4

He who rules his emotions is greater than he who takes a city.

Emotions



He who rules his emotions is greater than he who takes a city.

Emotions are like gasoline. They can be dangerous and destructive, but also extremely powerful when used properly. Everyone experiences emotions such as frustration, anger, and sadness from time to time. However, it is important we learn to manage our emotions. When we do, we can become more productive and we can work better with others.

It has been shown that when we are angry or in an emergency situation, our bodies can produce enough adrenaline to make us twice as strong and have long stretches of endurance. This indicates that our behavior is directly affected by our emotions. In order to control our behavior, we must control our reactions. We view reality through our senses of sound, sight, smell, touch, and taste, but we define it through our brain. Once our brain analyzes the situation, it communicates reaction to the body.

In order to pursue our dreams and move forward, we must be responsible in managing our emotions and reactions. A person who can control their emotions demonstrates true character. Emotions can add a lot of value to our lives. They can fuel determination, give us passion and help us have compassion for others, but uncontrolled emotions can be very destructive and can damage relationships.

Relationships will always be affected by our emotions. When we are under stress and our emotions get in the way of clear decision-making, we will ruin good relationships and waste opportunities. When uncontrolled emotions are frequent, we may become branded as unreasonable and end up rejected and alone. If we learn to calm our emotions, we will be in control of situations rather than situations controlling us. We should always remember to think before we act or react to emotional situations.

Characteristics

People who handle their emotions can be recognized by these traits:

- They are consistent with their moods and attitudes. They realize that actions such as slamming a door or giving dirty looks can be just as powerful as words. Words and actions can hurt!

- They have good judgment about people because they are willing to listen and understand others.
- They think before they speak or act, especially when under stress, pressure, or angry.
- They forgive easily and recognize that nobody, including themselves, is perfect, and everybody makes mistakes.

Your Benefits

If you govern your emotions, you will:

- Have clear thinking and not be controlled by emotional impulses.
- Be viewed as a mature person and create a good reputation.
- Be friendly, and people will want to be around you.
- Have the passion and determination necessary to be successful.
- Be able to identify problems and find solutions because you think before you speak or act.

Your Steps to Follow

1. Program your mind to master your emotions. The only way you can control your brain is to think with good values and sound principles.
2. Remind yourself of the danger and cost of extreme emotional stress and reactions. The better you control your emotions, the healthier you will be and will help you maintain good relationships.
3. Learn to recognize your emotions and manage their energy. Give yourself some time before reacting. Sometimes reacting is not worth a fight or damaged relationships! Choose your battles wisely.
4. Eliminate moodiness. Moody and unstable behavior can bring harm to you and to others. This instability may be the result of internal issues that need to be resolved. Forgiving and forgetting is the only way to let emotional hurts go!
5. Learn to be more sensitive and forgiving, and do not judge others. Just remember—no one likes to be judged and everyone has a story! Keep in mind that you never know what may be going on with someone personally or at home.

Emotions are good, and they are necessary to our daily lives. It is okay to be frustrated and hurt at times. However, it is not okay to turn that hurt into anger and uncontrollable outbursts. Once you know what is right, you need to give it all of your energy. Do what you know you should do. Be kind to others; respect your teachers, family, and friends; and be honest with yourself.

NOTES:

Reflect and Respond

1. What circumstances have made it difficult for you to control your emotions in the past?

2. How has it affected you when others have failed to control their emotions?

3. How do you usually communicate about how you feel? Do others understand you, or are there usually barriers between you and others because of your emotions?

Remember

Thoughts become actions.
Actions become habits.
Habits become your destiny.

Activity

Notes:

1. Make a list of people who have hurt you or that you have hurt.

   _____

   _____

   _____

   _____

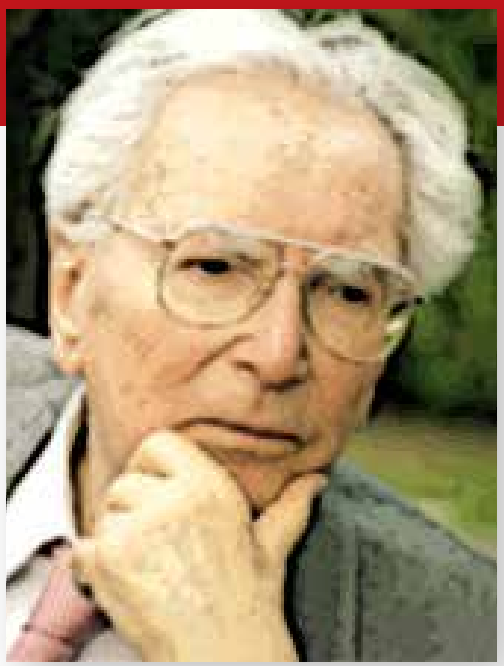
2. Circle the name of the person that you have the hardest time forgiving or that you need to say I'm sorry to.

3. Write a letter to this person telling them what they did to hurt you and that you forgive them for their actions. If you need to say I'm sorry, explain why you are sorry and ask for forgiveness. It does not need to be a long letter, but it needs to be enough to get your emotions out.

4. Seal your letter in an envelope or fold it up tight.

5. You may give the letter to the person or you may choose to destroy the letter as a sign that you are letting go of your hurt.

Note: Do not keep the letter. This activity is designed to let go of past hurts so you can move forward and be a success.



Mentor of Restraint
Viktor Frankl, MD, PhD

Viktor Frankl (March 26, 1905–September 2, 1997) was a Jewish neurologist, psychiatrist, and Holocaust survivor from Austria. He studied medicine at the University of Vienna and concentrated on depression and suicide. Frankl's book, *Man's Search for Meaning*, was first published in 1946. His book explains his horrible experiences as a concentration camp inmate and describes his search to find a reason to continue living. Frankl concluded that you can overcome bad situations by developing your own values of self-meaning.

During the Nazi rule in Austria, Frankl was prohibited from treating patients because he was Jewish. In 1940, he started practicing as a brain surgeon at the only hospital left that still admitted Jews. Several times, his medical opinions saved patients from being killed by the Nazis.

In autumn 1942, he, his wife, and his parents were deported to a concentration camp. Although he was assigned to be a doctor, Frankl tried to help mentally distraught prisoners and prevent suicides. This treatment was forbidden by the Nazis, so in October 1944, he was transported to a Nazi death camp. Meanwhile, the other members of his family had been transferred to other camps, where they died or were killed by the Nazis. In April 1945, Frankl was freed by the Americans when his concentration camp was liberated at the end of the war. Among his immediate relatives, the only other survivor was his sister, who had escaped imprisonment by immigrating to Australia.

"There are only two kinds of races: corrupt and non-corrupt."
— Viktor Frankl

In 1955, Frankl was awarded a professorship at the University of Vienna and became a visiting professor at Harvard University in Boston, Massachusetts. It was due to the suffering of Frankl and other Jews that caused him to conclude that even in the most awful, painful, and mistreated situations, life has meaning. Frankl not only restrained himself when communicating to the Nazis, he restrained from believing that he was nothing. He developed his own will to live, watched what he said, and refused to die for the sake of anger. For these reasons, Viktor Frankl is our mentor of restraint.

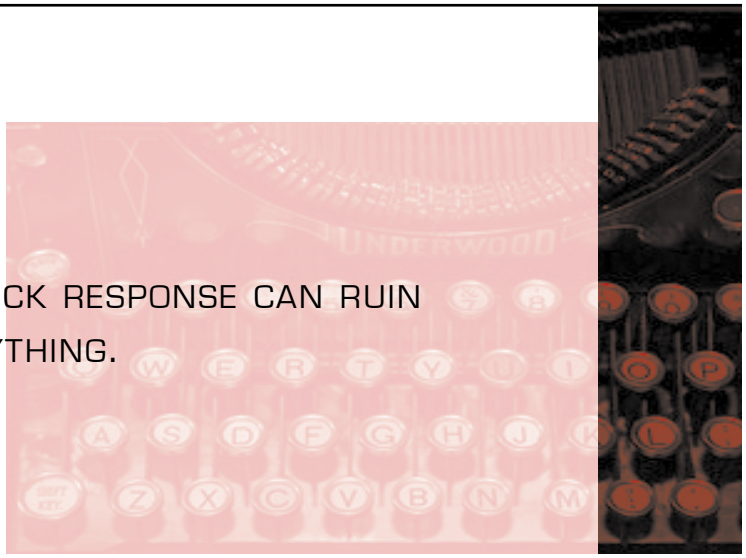
Restraint

5

A QUICK RESPONSE CAN RUIN EVERYTHING.

Restraint

A QUICK RESPONSE CAN RUIN EVERYTHING.



Wounds in the body can often take years of healing, but wounds to the soul can last a lifetime. The point is, we must recognize the power of words. Words can bury dreams, demolish self-esteem, and destroy potential. This happens daily in many homes and schools. It is easy to see the faults and bad habits of people, but sometimes we fail to recognize their talents and potential. This discourages people and brings them down. Words can either bring solutions or problems. It is ironic that many would think twice before punching someone but not think twice before speaking out in anger with cruel and insulting words.

Words have a direct relationship to the saying, “what goes around comes around.” Sometimes we may gossip or say mean things about others, and this opens the door for others to say mean things about us. Sometimes, we may even try to repair the damage by blaming others or justifying our actions for saying mean words. This creates a vicious cycle that is never-ending. We need to remember that it is never okay to treat someone badly. If we would take a moment to think about what we would say and not use hurtful words or treat others wrong, then maybe others would not say bad things about us. It can take years to recover from hurtful words that were so quickly and recklessly spoken.

Remember, we do not have to say everything we think. Words are quick and permanent. That is why it is important to filter the words we choose and the attitude we have when delivering them. The principle of restraint means to hold back our words so that we will not become embarrassed or hurt others. Once you say something, you cannot take it back, but you can control what you say.

Characteristics

People with restraint have three major traits:

- **Wisdom.** Restraint helps us to grow in our ability to analyze. Those with restraint know it is wise to think before they speak. By doing this, we will be good listeners and we will gain good insight into people and situations.
- **Integrity.** They know that by restraining thoughts and words, they will be consistent and have integrity. They know that by being inconsistent, their character falls short because there is no responsibility in their thoughts and words. They recognize that what they believe is in their words.
- **Humility.** A very common answer of a humble person is simply, "I don't know." That may be a good answer. Many people are reluctant to admit that they "don't know" because they always want to be right. There is nothing wrong with saying "I don't know."

Your Benefits

By using restraint, you will be known for:

- Avoid the consequences of saying something negative because you think before you speak.
- Expressing your mind in an encouraging way.
- Being kind to others.
- Not falling to pressure. You will not hurt others by saying or agreeing with mean statements.

Your Steps to Follow

1. Understand the power of your words. If you feel the urge to speak in anger to others, ask them questions to clarify what they are trying to say before you jump into an argument.
2. Practice being kind. Congratulate others and encourage them; this will build them up. Recognize the lasting impact of inspiration. On many occasions, this can transform lives, circumstances, and destiny.
3. Recognize the long-term effects of your words. Words are very important because they remain in the minds of people for a long time. When in conflict, it is good to write down what you want to say because you can look over it and find a better way to say it. Words can be forever remembered and affect relationships.
4. If you want others to treat you better then change how you are treating those around you.

NOTES:

Reflect and Respond

1. How do you react when someone hurts you?

2. Have you ever hurt someone because you did not practice restraint?

3. Why is it hard to restrain yourself and filter your words and actions?

4. What happens when you think before you speak?

Remember

Thoughts become actions.
Actions become habits.
Habits become your destiny.

Activity

NOTES:

I. Count off by twos and with your partner, write a two-minute skit where one character demonstrates restraint and one character does not.

A. Present your skit to another team.

B. Which character in your skit demonstrates the value of restraint? Explain.

_____

_____

_____

II. Restraint Role Play Scene

A. Directions:

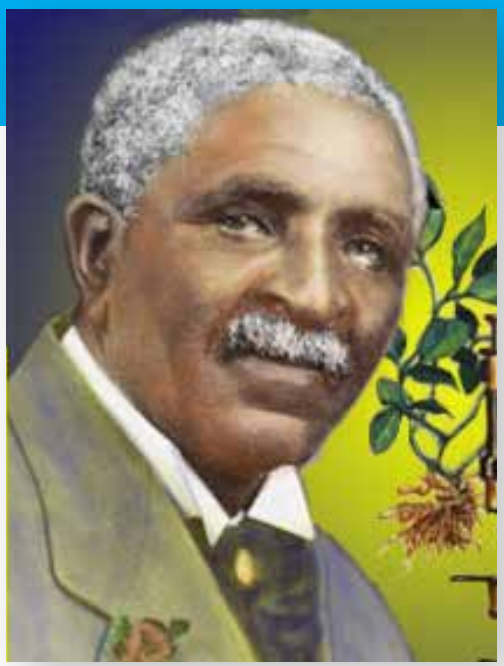
1. In your group, read the scene and options below.
2. Decide which option you think is the best choice.
3. Discuss the consequences of that option for each character in the scene. Be ready to explain why your group thinks your choice is the best one.
4. Pick who will play the roles of the characters named in the scene.
5. Now, act out the scene to the class.

Scene 1. You're at lunch with your two friends, Dylan and Madi. Madi leaves to get a drink of water and Dylan tells you a secret about Madi. The secret sounds like gossip and you know it would hurt Madi if she knew Dylan would say this. You …

Option 1: Listen to every word Dylan spills about Madi.
Option 2: Tell Madi what Dylan was going to say when she returns.
Option 3: Tell Dylan the conversation makes your uncomfortable and he should be careful when sharing his thoughts and options.
Option 4: Ask Dylan to wait until Madi comes back so she can hear what he is about to say.
Option 5: Your ideas? _____

Scene 2. The teacher announces everyone is to read out loud in class. You know some students have a difficult time reading in front of the class, even some of the popular students. The classmate reading, who is well liked, is having a hard time saying a few words. You …

Option 1: Join in with the others laughing and try to make him feel stupid.
Option 2: Look around the room to see who else notices all the mistakes.
Option 3: Do nothing and let the teacher handle it.
Option 4: Offer some help by saying the right word.
Option 5: Your ideas?_____



Mentor of Common Sense
George Washington Carver

George Washington Carver (January 1864–January 5, 1943) was an African American botany researcher, scientist, inventor, and educator who worked in agricultural expansion at the Tuskegee Normal and Industrial Institute (now Tuskegee University) in Tuskegee, Alabama. He taught former slaves farming techniques for self-sufficiency.

Carver designed a mobile school for farmers called a Jesup Wagon, named after founder Morris Ketchum Jesup of New York. Due to his farming knowledge of peanuts, Carver spoke in favor of a peanut tariff before the Ways and Means Committee of the United States House of Representatives. Carver was known as an expert—and because of the racial discrimination of the time, that was a big deal. Carver's well-received testimony earned him national attention, and he became an unofficial spokesman for the peanut industry. Remarkably, Carver wrote forty-four practical agricultural bulletins for farmers.

Much of Carver's fame was based on his research and promotion of rotating alternative crops with cotton farming. His research shows that planting peanuts and sweet potatoes helps promote better soil for farming. Carver taught poor farmers to grow other crops as both a source of their own food and a way to make money.

Carver's most popular bulletin contained 105 food recipes that used peanuts. He is most famous for inventing close to one hundred products from peanuts including cosmetics, dyes, paints, plastics, and gasoline. His inventions from the common peanut excited the public.

"When you do the common things in life in an uncommon way, you will command the attention of the world."

— George Washington Carver

George Washington Carver had an amazing ability to see common solutions to common problems. That gift enabled him to effectively change the standard of living around him, and that is why he is our mentor of common sense.

Common Sense

6

THINK BEFORE YOU ACT.

Common Sense

THINK BEFORE YOU ACT.

Common sense is sound logic with practical and good reasoning. It is searching for simple but very useful ways of making decisions to solve problems. We are all born with the ability to think, create, and be problem-solvers. Common sense lives by the rule of thinking before you act. It helps us to see what can become of something like George Washington Carver did, who could see practical resources that could benefit many people in the world.

Common sense is not solely about using our mind to think of cool or witty inventions to make lots of money. It is about how to make wise decisions that affect our lives. When we lack common sense, we make decisions based on emotions rather than logic. For instance, you may be at a party where there is alcohol. Your friends arrive and decide to drink, but you know they will need to drive home soon. Emotions may say, “This party is fun and we are having a good time, so there is no need to make a big deal out of a little drinking!” Common sense should say, “Drinking and driving (whether underage or not) is dangerous, illegal, and can cause a lot of harm to myself and others. I must not ignore this and instead do something about my friends driving home”. Common sense is thinking beyond the moment to understand what the consequences may be.

Characteristics

Common Sense teaches us:

- That our choices have a cause and effect.
- That good decisions impact everything in our life: relationships, money, and future.
- To embrace change when we see that things can be done a simpler way.

Your Benefits

Common Sense will benefit you in many ways:

- You will make wise decisions that affect your future.
- You will understand that actions have consequences.
- You will know the difference between good and bad ideas.
- You will be trusted and valued for being a good decision maker.
- You will experience positive outcomes by making good decisions.

Your Steps to Follow

1. Always think about the consequences before making a decision. Do not get caught up in feelings or emotions, because they can often lead you into trouble.
2. Keep contact with reality. Common sense helps us to understand what is realistic and what is not possible (for example, bad grades will not produce college scholarships).
3. Think twice before you act. This gives your common sense an opportunity to speak and will often keep you out of trouble.
4. Do what you know is right. The opposite of common sense is foolishness. There is a saying that states, “The person without common sense may wind up dead.”
5. Avoid remaining in a situation that may cause you to be neutral or corrupt. Be an agent of positive change in your school, family, and community.

Life is not supposed to be complicated. Our brain is designed to think and make good decisions. If we separate ourselves from common sense, simple decisions disappear and we get confused. In those moments, stop and ask yourself, “What is the right thing to do?” Common sense will make some recommendations. It is that simple, just think before you act!

NOTES:

Reflect and Respond

1. What is the difference between common sense and knowledge?

2. Share a situation in which you have used common sense. What were the results?

3. How can you develop more common sense?

Remember

Thoughts become actions.
Actions become habits.
Habits become your destiny.

Activity

Notes:

1. Think of a time when you did not use common sense in a situation or circumstance. Write down what happened and what you learned from your actions. Share your story with the class or a partner.

   - Briefly write down what happened:

   - What did you learn from your actions?

Mentor of Generosity
Mother Teresa

Mother Teresa (August 26, 1910–September 5, 1997) founded the Missionaries of Charity in India in 1950 and worked as a missionary for over forty-five years ministering to the poor, sick, and orphaned. Mother Teresa's charity expanded from India into many other countries.

Mother Teresa became internationally famed as a humanitarian and advocate for the poor and helpless due to the documentary and book *Something Beautiful for God* by Malcolm Muggeridge. In 1979, she won the Nobel Peace Prize for her humanitarian work with her ministry. Amazingly, Mother Teresa's charity continued to expand, and at the time of her death it was operating 610 missions in 123 countries including hospice homes for people with HIV/AIDS, leprosy, and tuberculosis, soup kitchens, children's and family counseling programs, orphanages, and schools.

Following her death, she was beatified by Pope John Paul II and given the title Blessed Teresa of Calcutta.

"Good works are links that form a chain of love."

"If you can't feed a hundred people, then feed just one."

"One of the greatest diseases is to be nobody to anybody."

—Mother Teresa

Mother Teresa did not have a lot of money or material resources, yet she was one of the most generous people of our time. She realized that she could make a difference just by being generous with her time and her heart. She accomplished great feats and was generous to everyone she came in contact with, and for that reason she is our mentor of generosity.

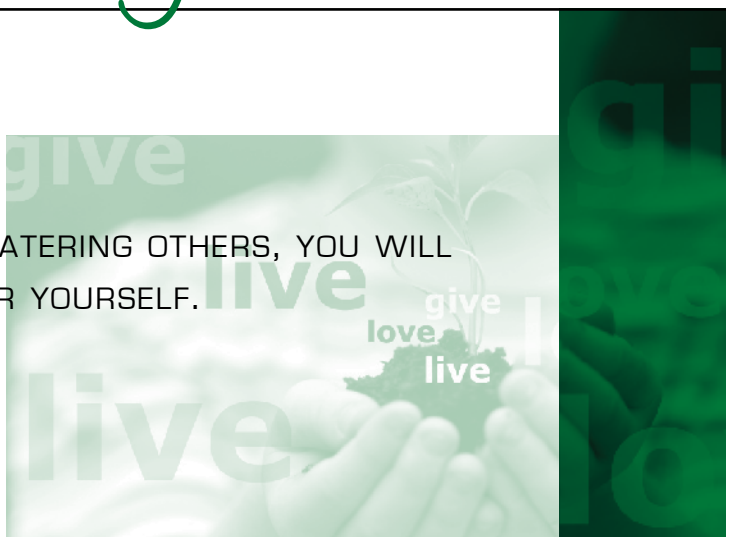
Generosity

7

By watering others, you will water yourself.

Generosity

By watering others, you will water yourself.



Generosity means to be willing to help others unselfishly. It is giving of our time, talents, and resources to help others. Many people think generosity is just giving money or things we do not use anymore, but true generosity is much more. It means you give because of who you are.

If we are only interested in our own needs, we will neglect the needs of others. Giving of ourselves is the highest form of generosity. We should not only serve ourselves, but serve those around us.

Generous people look for opportunities to give, and they even derive a sense of satisfaction from the act of giving. In giving to others, we "invest" in them and affirm their value as human beings. Generous people always see the potential in others and organizations they support. They focus more on helping others than helping themselves.

When society closes its eyes to the needy or has an indifferent attitude toward the poor, it leads to increased poverty and moral decay. Communities that practice true generosity can greatly reduce poverty in their city by encouraging people to change their life in ways that they think are not possible (e.g.– getting a job, going to school, getting help for addictions). If more people would find ways to help others, we would have better cities.

Characteristics

Generous people always look for:

- Potential in others. When looking at the poor they should see them as people with potential. It is important that they should not look at poverty as a permanent condition, but as an opportunity to change people's lives.

- Ways to help people grow. If they understand generosity, they understand that it is not just giving people what they need; it is teaching them how to get it for themselves. A generous person looks ahead for long-term solutions to help people develop and grow.
- Ways to invest in others. They share their success and advice with people. They understand the value of teamwork.
- Expect nothing in return. They give because they believe in the people they are helping and they care for their needs. They know that if they help others, then others will help them.

Your Benefits

By being generous:

- You create your own rewards.
- You are recognized as someone who encourages and uplifts others in need.
- You are a change agent in your community and make an impact on people around you.
- You are happy in life because it is fun to give to and help others.

Your Steps to Follow

Practice these qualities to become a generous person:

1. Encourage the potential in others. Recognize what they can become and focus on their best attributes. Encouraging words go a long way.
2. Be sensitive to other people's needs. Try understanding their needs and giving them hope. If you can give, then give! Do not hold back when you know you can help!
3. Share your knowledge, ideas, and experiences with those around you. Talk to your family, friends, and peers about helping others. By making yourself available, you can learn a lot if you just listen and brainstorm together.
4. Volunteer your work, money, and time. Everyone has problems. Do not expect others to fix the problems; get involved!

Just like gardening, if you plant seeds of generosity, kindness will grow and you will see a harvest of many rewards. You will receive thanks from those who were impacted by your kindness and perhaps change their lives. It feels good to be kind! So, never wait to plant generosity in someone's life, because it is worth it to watch it grow.

NOTES:

Reflect and Respond

1. What recent opportunities have you had to give to others (including time, money, or possessions)?

2. Who represents generosity in your life today?

3. What time, talent, or treasure do you have right now that you can give to someone, even if it is a very small amount?

Activity

Plan a community project together.

Remember

Thoughts become actions.
Actions become habits.
Habits become your destiny.

For young students who can change their world

ANTI-VIRUS

Character Values

USD $11.00