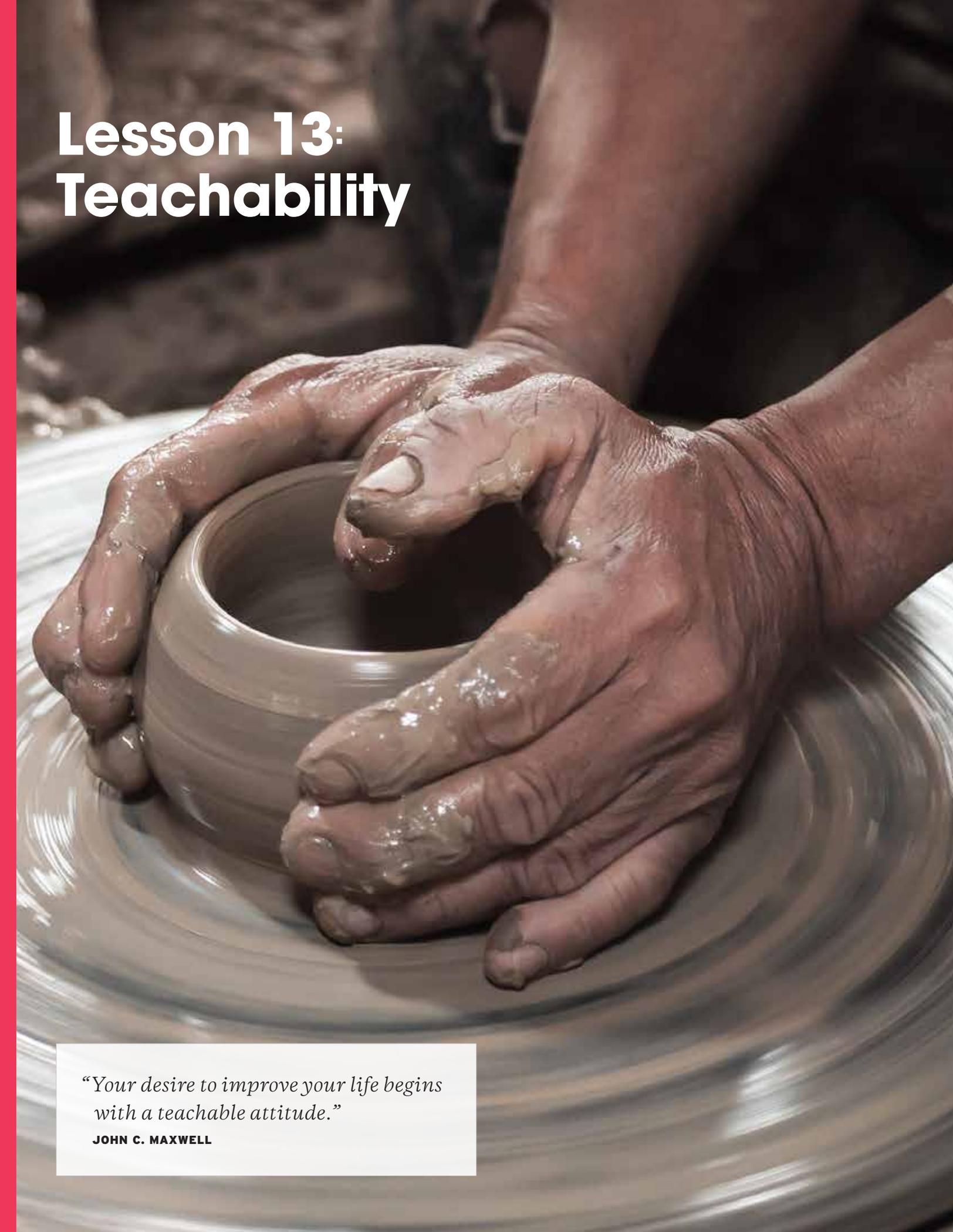


UNIT 4

iChoose



Lesson 13: Teachability



*“Your desire to improve your life begins
with a teachable attitude.”*

JOHN C. MAXWELL

LEGEND:

Use the prompts throughout the lesson to guide you.



First person
read aloud.



Next person
read aloud.



Underline what's
important to you.



Share with
others.



Take
action.

HOW YOU CAN MAKE THIS LESSON EFFECTIVE FOR YOU AND OTHERS:

1. Form groups of 6 to 8 people within the classroom.
2. Respect and value each person in the group.
Encourage yourself and others as you share.
3. Take turns reading each section of the material out loud.
4. Discuss openly. As you read, underline what is important to you.
5. Evaluate yourself. Review. Reflect. Apply. Have fun!



THE GOAL OF THIS LESSON:

**Choose to be teachable so you can
improve your life.**



Part 1

Teachability is a Choice



Clay is a product that is easy to mold when wet and can be transformed into a beautiful piece of art. Your life, like clay, can be a work in progress. No matter what your clay looks like, it can be molded by your willingness to be teachable and receptive to the lessons that life has for you. This lesson will help you learn how your life can be shaped into the beautiful person you want to become.

TEACHABLE → MOLDABLE → BEAUTIFUL



..... What area in your life would you like to improve?



TEACHABLE PEOPLE ARE...

1. Humble — “I need to learn and improve more.”

If you are humble you know that life is difficult, and you cannot do everything on your own. You need a teachable spirit and the help of others. Pride is the opposite of humility.

Let’s compare the two.

Pride is independent.

Pride closes our minds to feedback.

Pride prevents us from admitting mistakes.

Pride is unteachable.

Pride limits our potential.

Pride says, “I know enough.”

Humility is dependent.

Humility opens our minds to feedback.

Humility allows us to face our mistakes.

Humility is teachable.

Humility expands our potential.

Humility says, “I need to learn more.”

REFLECTION:

Which represents you more? Pride or humility?



TEACHABLE PEOPLE ARE...

2. Hungry — “I want to learn and improve more.”

If you really want to do something, you will find a way. If you don't, you will find an excuse. How do you know you are hungry to learn and willing to improve? By asking for feedback from those that can help you and care for you.



FEEDBACK QUESTIONS

Check those that apply to you.

POSITIVE RESPONSE TO FEEDBACK

- Am I vulnerable enough to know I need help from others?
- Am I grateful that someone cares enough about me to help?
- Am I open to listen, learn, and change, even if it hurts?
- Am I willing to make changes for improvement in my life?

NEGATIVE RESPONSE TO FEEDBACK

- Do I think I know more than others and don't need their help?
- Do I roll my eyes during constructive criticism?
- Do I feel ungrateful to those who care for me and want to help me?
- Do I walk away without taking time to reflect on what I have heard?



..... Review what you checked. How many were in the positive response section? How many were in the negative response section? Share.



REFLECTION:

HOW TEACHABILITY AFFECTS ME

..... What one change will I make to be more teachable?

Today I will be teachable
and ask others for feedback.



Part 2

REVIEW OF LESSON 13, PART 1:

- Teachability is a Choice

In Part 1 of this lesson, you asked others for feedback to help you change and improve yourself.

How well did you do this?

ANSWER BELOW:

EVALUATE YOURSELF ON A SCALE OF 1 TO 5:

Circle your answer. (1 is weak, 5 is strong)

1 2 3 4 5



..... Why did you give yourself this rating?

TEACHABLE PEOPLE ARE...

3. Hopeful — “I will learn and improve more.”

If you are not willing to learn and improve, no one can help you. If you are willing to learn and improve, no one can stop you. Teachable people are unstoppable! They have a beginner’s mindset; therefore, many possibilities lie before them. If you have a teachable spirit, you will approach each day as an opportunity to learn and improve. Your heart will be open. Your attitude will be expectant. You will learn from your mistakes.

Everyone makes mistakes. The questions are, “Did you learn from them? Did you change? Have you improved?” If the answers are “yes,” you can be hopeful of your future.



AUTOBIOGRAPHY IN FIVE SHORT CHAPTERS BY PORTIA NELSON

CHAPTER I

I walk down the street.
There is a deep hole in the sidewalk.
I fall in.
I am lost... I am hopeless.
It isn't my fault.
It takes forever to find a way out.

CHAPTER II

I walk down the same street.
There is a deep hole in the sidewalk.
I *pretend* I don't see it.
I fall in again.
I can't believe I am in this same place.
But it isn't my fault.
It still takes a long time to get out.





CHAPTER III

I walk down the same street.
There is a deep hole in the sidewalk.
I *see* it there.
I still fall in.... it's a habit... but,
my eyes are open.
I know where I am.
It is my fault.
I get out immediately.

CHAPTER IV

I walk down the same street.
There is a deep hole in the sidewalk.
I walk around it.

CHAPTER V

I walk down another street.



..... What was the most important thing you learned from the autobiography in 5 Short Chapters? Share.

TEACHABLE PEOPLE ARE...

4. Helpful — “I will pass onto others what I learned and how I improved.”

There are two kinds of sculptures. One is where you subtract and the other is where you add. Sculptures made of stone are created by chipping away and subtracting until a masterpiece is formed.

Sculptures made of clay are created by molding and layering of more clay until a masterpiece is shaped. You are like clay, being molded by a teachable spirit. As you learn and improve, you are helping by passing it on to others.



..... **HOW MY TEACHABILITY AFFECTS OTHERS**

Who will you share your teachable improvements with?



**Today I will help someone learn
and improve through my sharing.**



Lesson 14: Self-Discipline



*“Your level of success will be determined
by your level of self-discipline.”*

JOHN C. MAXWELL

LEGEND:

Use the prompts throughout the lesson to guide you.



First person
read aloud.



Next person
read aloud.



Underline what's
important to you.



Share with
others.



Take
action.

HOW YOU CAN MAKE THIS LESSON EFFECTIVE FOR YOU AND OTHERS:

1. Form groups of 6 to 8 people within the classroom.
2. Respect and value each person in the group.
Encourage yourself and others as you share.
3. Take turns reading each section of the material out loud.
4. Discuss openly. As you read, underline what is important to you.
5. Evaluate yourself. Review. Reflect. Apply. Have fun!



THE GOAL OF THIS LESSON:

**Choose to be self-disciplined so you can climb the
mountain of your dreams.**



Part 1

Self-Discipline is a Choice



Everything worthwhile is uphill. EVERYTHING! Your dreams are uphill. Great relationships are uphill. Success is uphill. To go uphill, you need to be intentional. You don't accidentally go uphill. Self-discipline is how you get there. You climb uphill by pushing upward. Self-discipline is that push. Self-discipline is doing what you are supposed to do, when you are supposed to do it.

Here's the problem. Most people have uphill hopes but downhill habits. Why? Downhill is easy. People like easy. Look at the difference between uphill climbing and downhill sliding.

FEEDBACK QUESTIONS

Check which most represents you.

UPHILL CLIMBING

- Everything worthwhile
- Wins
- Preparing
- High morale
- High self-respect
- Self-improvement
- Purposeful
- Fulfilling
- Making a difference
- Intentional actions (doing)
- Uphill habits

DOWNHILL SLIDING

- Nothing worthwhile
- Losses
- Repairing
- Low morale
- Low self-respect
- No improvement
- Aimless
- Empty
- Not making a difference
- Good intentions (knowing)
- Downhill habits



..... Which side has the most checks? Uphill climbing or downhill sliding?

It is easy to tell people about your dreams. It's easy to create vision boards and write down your goals. It's easy to stand in front of your mirror and declare self-affirmations; unfortunately, that's where many people stop! To dream is not enough. The achievement of a dream only comes through activating the dream. For dreams to come true, they require constant work. The dream is free, but the journey isn't.



The dream is filled with inspiration. The dream journey requires self-discipline. Everyone wants to live on top of the mountain (the dream); however, few get there because they have to climb (self-discipline).

What is one thing you can do to activate your dream?



Everything worthwhile is uphill!

The word “everything” implies inclusive, all encompassing. It is filled with promise. The word “worthwhile” implies desirable, appropriate and good for you. It is attractive. The word “uphill” implies challenging, grueling, exhausting, and strenuous. It is difficult.

John C. Maxwell said,

“The right thing to do and the hard thing to do are often the same thing.”



Your life today is essentially the sum of your habits. How happy or unhappy you are? A result of your habits. How in shape or out of shape you are? A result of your habits. How successful or unsuccessful you are? A result of your habits.



What you repeatedly choose to do (what you spend time thinking about and doing each day) ultimately forms the person you are, the things you believe, the success you will have, and the personality that you portray. But what if you want to improve? What if you want to change poor habits? How would you go about it?

The Big Question!

How do you start uphill climbing and stop downhill sliding?

The Big Answer!

The first step toward going uphill is for you to decide you don't want to stay where you are. The second step is to change your habits. Since you are what you do every day, what you choose to do every day is essential. Ask yourself — are your habits helpful or hurtful to you? Bad habits cause downhill sliding. Good habits help you climb upward. The choice is yours.

Self-discipline reinforces uphill climbing.

The Big Idea!

Your thinking determines your habits. Changing how you think will begin to change your habits.

Self-discipline reinforces uphill thinking.

Marianne Williamson said,

*“You must learn a new way
to think before you can
master a new way to be.”*



Benefits of Self-Discipline

Think about the benefits of self-discipline. Check the benefits that appeal to you.



SELF-DISCIPLINE...

- Gives you control over your life.
- Makes you an active contributor instead of a passive observer.
- Fuels you to continue climbing when others quit.
- Releases you from the negative effects of an undisciplined life.
- Enables you to do your best in every situation.
- Allows you to enjoy the satisfaction of getting things done.
- Helps your actions to control your emotions.
- Causes others to admire your disciplined lifestyle.

REFLECTION:

How many of the benefits did you check?

Which benefit appeals to you the most? Why?

Which downhill sliding habit will you stop? How?



~~~~~

**Today I have decided to be an uphill climber!** .....

~~~~~



Part 2

REVIEW OF LESSON 14, PART 1:

- Self-Discipline is a Choice
- Benefits of Self-Discipline

In Part 1 of this lesson, you chose to be an uphill climber.

How well did you do this?

ANSWER BELOW:

EVALUATE YOURSELF ON A SCALE OF 1 TO 5:

Circle your answer. (1 is weak, 5 is strong)

1 2 3 4 5



..... Why did you give yourself this rating?

Discipline Your Thinking



What we think determines who we are.

Who we are determines what we do.

You are today where your thoughts have brought you.

You go tomorrow where your thoughts will take you.

Why? Because how we think affects who we are and what we do (habits).

Examples:

If you think NEGATIVE you will PROCRASTINATE.

Why? Because you don't think your action will bring something good. Do you know what happens when you give a procrastinator an opportunity? Nothing!

If you think POSITIVE you will take ACTION.

Why? Because you do think your action will bring something good. "If you make your bed every morning, you will have accomplished the first task of the day. It will give you a small sense of pride, and it will encourage you to do another task and another and another. By the end of the day, that one task completed will have turned into many tasks completed. Making your bed will also reinforce the fact that the little things in life matter." — Admiral William H. McRaven

If you think life should be EASY you will slide DOWNHILL.

Why? Thinking life will be easy is expecting everything to come your way. This is wrong thinking. Apathetic people do the downhill slide daily. Most people think if they do nothing, nothing is lost and nothing is gained. If you choose to do nothing then you are, in fact, downhill sliding.





If you think life is DIFFICULT you will climb UPHILL.

Why? Because you know that you must fight for what you get. If you are an uphill climber, you know that if you do the things you need to do when you need to do them, then someday, you can do the things you want to do when you want to do them. Every mountaintop is within reach if you just keep climbing.



If you think you are NOT in CONTROL of your life, you will make EXCUSES.

Why? Because you don't feel responsible. It is easier to point the finger at other people instead of looking in the mirror and taking personal responsibility for your own actions. If you really want to do something, you will find a way. If you don't, you will find an excuse.

If you think you ARE in CONTROL of your life, you will JUST DO IT!

Why? Because you can! In choosing to determine your future, you will do what has to be done, when it has to be done, as well as it can be done, and do it that way all the time!

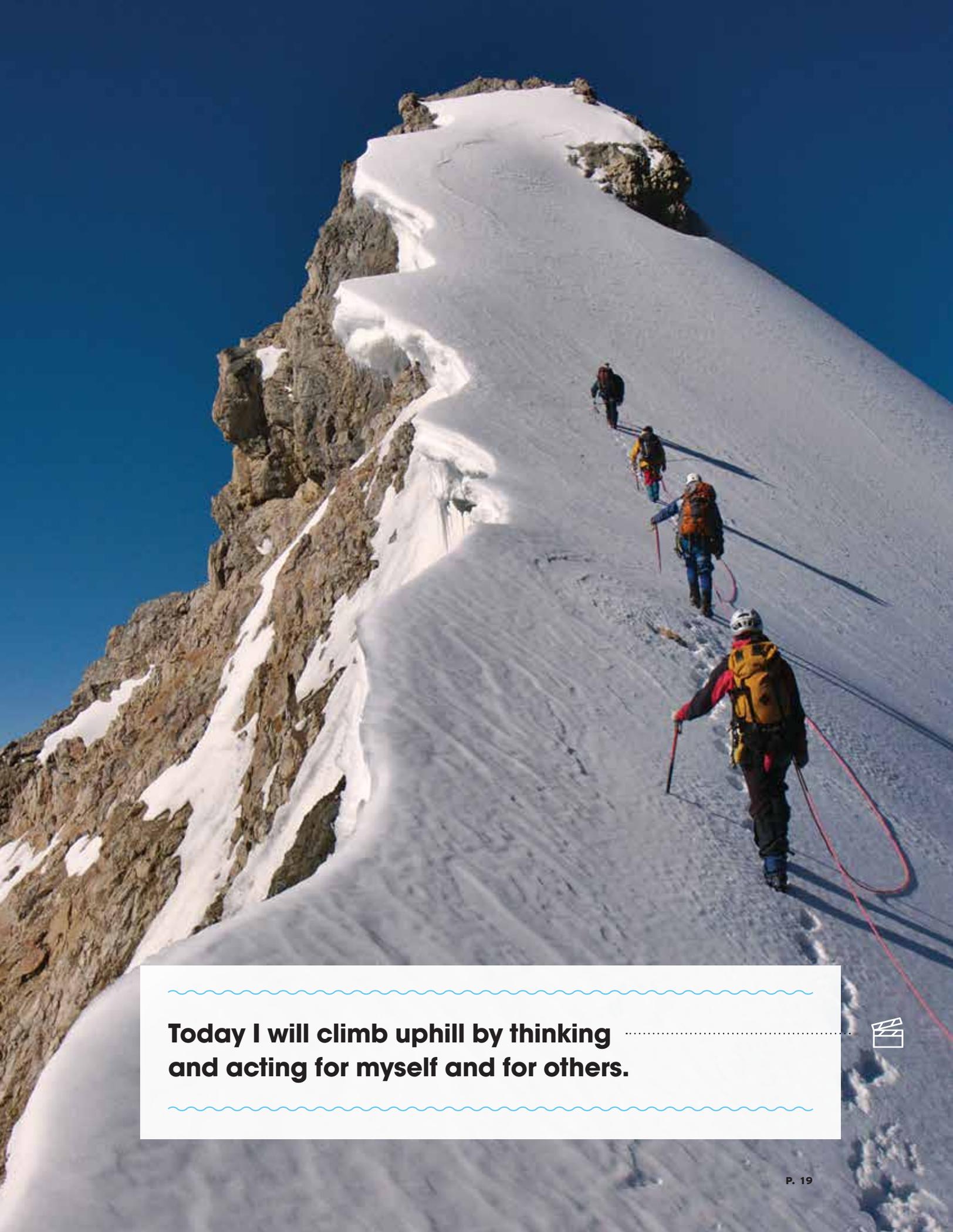


REFLECTION:

..... Think of how your thoughts determine your habits. Which thought do you have that creates a positive habit for you?



..... Which thought do you have that creates a negative habit for you?



~~~~~  
**Today I will climb uphill by thinking .....  
and acting for myself and for others.**  
~~~~~



Lesson 15: Resilience



“Be a diamond. Shine through the grind.”

JOHN C. MAXWELL

LEGEND:

Use the prompts throughout the lesson to guide you.



First person
read aloud.



Next person
read aloud.



Underline what's
important to you.



Share with
others.



Take
action.

HOW YOU CAN MAKE THIS LESSON EFFECTIVE FOR YOU AND OTHERS:

1. Form groups of 6 to 8 people within the classroom.
2. Respect and value each person in the group.
Encourage yourself and others as you share.
3. Take turns reading each section of the material out loud.
4. Discuss openly. As you read, underline what is important to you.
5. Evaluate yourself. Review. Reflect. Apply. Have fun!



THE GOAL OF THIS LESSON:

Choose to be resilient and overcome the difficult things in your life.



Part 1

Resilience is a Choice



Resilience is the capacity to cope with stress and adversity. It is a result of both pressure and choice. Everyone has difficulties in life, but it is your choice to be defeated by hardship or refined by it. It is your choice to be broken by pain or made wiser because of it. It is your choice to be crippled by fear or allow it to build courage within you. It is your choice to be resilient that makes the difference!

The benefits of life's challenges are so precious that if they could be bought, people would pay dearly for them, and they do!

Diamonds are tough — almost unbreakable — and one of the most resilient gemstones on earth. What is fascinating about diamonds is the symbolic beauty they represent. They are the embodiment of beauty molded under extreme pressure.

A diamond doesn't start out polished and shiny. It once was nothing special, but with enough time, pressure, and hardship, it eventually becomes a jewel to be treasured! You can be like a diamond.

You weren't born with resilience, but you can become resilient by practicing it in the choices you make and the actions you take. You become what you do if you do it often enough. After much practice, resilience becomes who you are.



01 Resilient Practices



1. *Make failure your friend.*



Failure is inevitable. Everyone fails, but not everyone responds the same toward failure. Your response toward failure will be determined by whether you make failure an enemy or a friend.

Note the differences and check all that apply:

FAILURE AS AN ENEMY

- I deny it.
- I put myself down.
- I make it a stop sign.
- I quit.
- I lose my way.
- I get bitter.

FAILURE AS A FRIEND

- I learn from it.
- I pick myself up.
- I make it a guideline.
- I keep trying.
- I find my way.
- I get better.

Which side has the most checks? "Failure as an enemy" or "Failure as a friend"?
The more you check "Failure as a friend" the more resilient you become.



2. *Master your emotions or they will master you.*

Resilience is an overcoming word. Life is not easy. A resilient person continually swims upstream, runs against a stiff wind, and climbs mountains. Life is uphill all the way! Resilient people don't count their losses; instead, they count their lessons. They keep faith in the future even when things are not working out in the present. They believe mistakes are not failures but are proof to having made the effort. When they fall, they get up, get over it, and get going again!

How do they overcome? What is their secret? They overcome many things because they first conquered their emotions. How?



Emotions are sometimes unreliable. Have you ever reacted emotionally and later regretted it? Of course. That happens to everyone. To make your emotions an asset instead of a liability, include them with...



- 1. An inquisitive nature:** Emotions are your reactions to the world around you. By reflecting and asking why you have a reaction to something, you can make your feelings become more productive.
- 2. A mature perspective:** Emotions can be a result of just your own perspective. Allow someone you trust to speak into your life. Their perspective may make your emotions more whole.
- 3. More time:** Reflection removes the edge from reaction. Wait until the emotional surge has passed before you respond.
- 4. More resolve:** Once you are confident in your decision, act. Let your emotion — with added resolve — strengthen your resilience.



REFLECTION:

HOW RESILIENCE AFFECTS ME

What one thing will I do to become more resilient?



~~~~~

**Today I will not allow my failures or my emotions to control my actions.**

~~~~~



Part 2

REVIEW OF LESSON 15, PART 1:

- Resilience is a Choice
- Resilience Practices

In Part 1 of this lesson, you made a choice to do something that you needed to do but didn't want to do to become more resilient.

Did you accomplish it?

ANSWER BELOW:

EVALUATE YOURSELF ON A SCALE OF 1 TO 5:

Circle your answer. (1 is weak, 5 is strong)

1 2 3 4 5



..... Why did you give yourself this rating?

Resilient Practices (Continued)



3. Get small wins under your belt.

Resiliency is built through accumulating small wins in your life. Small wins begin with effort. Don't try to be perfect. Try to be better. Better is enough to get you going. Once you start, you will feel better about yourself, and that is a small win. The dividing line between words and wins is action. Do you want to sound good or do good?



Resiliency builds self-respect. One sure way for you to build self-respect is through effort and accomplishment. Self-respect isn't something a teacher or a coach or a government can hand you. Self-respect grows through self-created success — not because we've been told we're good, but when we know we're good.

Words of praise without accomplishment = Self-doubt

Words of praise with accomplishment = Self-respect

When you take action, you will encounter fear. You will struggle and face difficulties. At times, you will have to fight for what you want. But you will make a wonderful discovery. Often it is in those difficult struggles that you come most alive. That is where you earn self-respect, forge friendships, learn wisdom, become creative, and do purposeful work. If you want to build resilience, you will have to fight for it, and the greatest win will be self-respect.



REFLECTION:

WORDS OF PRAISE WITH ACCOMPLISHMENT = SELF-RESPECT

What can you attempt and accomplish right now that will increase your self-respect?



HOW MY RESILIENCE AFFECTS OTHERS

4. See the big picture.

Life is all about perception. What one person sees as reality may be completely different from what another person in the same situation may see. It all depends on how our individual thoughts, feelings, choices, and behaviors shape our worlds. If we could only take a step back and look, I mean really look, at how we react to situations and interact with other people, we would learn so much about ourselves and others.

Resilience is endurance with direction. It is endurance with a purpose. The result? You view all your setbacks from a broader perspective. You see more so you are able to endure more! When you see more and can endure more, you can be more for others.

Advantages of seeing the big picture...

1. Hopeful living: Resilient people never lose hope. They face their fears and have an adaptive attitude that lets them focus on possibilities, even in the worst of times. Hopeful living is both inspirational for the individual and for others. They are refined by tough situations.

When they are faced with a very difficult situation, this happens:

Their pride says — “It’s impossible.”

Their experience says — “It’s risky.”

Their reason says — “It’s pointless.”

But their heart says — “Give it a try.”

Defeat is in the mind but resilience is in the hopeful heart.

2. Generosity to others: Giving enlarges insight. Even in the toughest of times, resilient people find a way to care for others because sometimes being selfless is the best way to discover your own strength.

3. A better you:

John C. Maxwell said,

“Resilience is not about how hard a hit you can give... it’s about how many hits you can take and still keep moving forward, becoming better with each blow.”

Resilience is the virtue that allows you to move through difficulties and get better. You shed the label of “victim.” You won’t say, “What happened to me is terrible and there’s nothing I can do.” You will say, “What happened to me was pretty bad, but others are worse off, and I will get through this.” You won’t wallow in self-pity and ask “Why me?” Instead, even though it can be painful, you will persevere with a positive attitude and become a beautiful diamond! The rewards of resilience are worth it.





REFLECTION:

..... What is the most important thing you have learned about resilience?

Empty rectangular box for reflection on the most important thing learned about resilience.



..... What resilience choice will you make now that will help you and others?

Empty rectangular box for reflection on a resilience choice to help oneself and others.

~~~~~  
**Today I will become better for myself and for .....  
others because I am more resilient.**  
~~~~~



Lesson 16: Influence

“Your life is significant when you influence others in a positive way.”

JOHN C. MAXWELL

LEGEND:

Use the prompts throughout the lesson to guide you.



First person
read aloud.



Next person
read aloud.



Underline what's
important to you.



Share with
others.



Take
action.

HOW YOU CAN MAKE THIS LESSON EFFECTIVE FOR YOU AND OTHERS:

1. Form groups of 6 to 8 people within the classroom.
2. Respect and value each person in the group.
Encourage yourself and others as you share.
3. Take turns reading each section of the material out loud.
4. Discuss openly. As you read, underline what is important to you.
5. Evaluate yourself. Review. Reflect. Apply. Have fun!



THE GOAL OF THIS LESSON:

**Choose to light your candle of
influence for yourself and others.**



Part 1

Influence is a Choice



Influence is like a candle. When lit, it makes everything brighter and better. Unlit, nothing positive happens. It is the choice to light the candle that adds value to others. You hold the candle of influence in your hand. What will you do with it? Will you light it and walk around helping others to see?

When Benjamin Franklin wanted to interest the people of Philadelphia in street lighting, he didn't try to persuade them by just talking about it. He hung a beautiful lantern on a long bracket in front of his home. He kept the glass highly polished. Every evening at the approach of dusk, he carefully lit the wick. People saw the light from a distance, and when they walked in its light, they found that it helped them to avoid sharp stones on the pavement. Others placed lights at their homes, and soon, Philadelphia recognized the need for street lighting.

WHO LIT THEIR CANDLE FOR YOU?

Name a teacher who helped you in school.

Name a person who makes you feel special.

Name someone who helped you at a difficult time.

Name a person you enjoy spending time with.

The people whose names you wrote down have all had a positive influence on your life. They lit their candles for you!



..... Share with your group one person who has turned on a light for you.

The question is not, “Can our influence make a difference?” The question is, “What kind of a difference will our influence make?” The answer is, “Light your candle and make things better for others.”

YOU LIGHT YOUR CANDLE WHEN...

1. You care for others.

Mother Teresa was known for caring for people. She used her influence to speak up for people who had very little influence. She said, “Let no one come to you without leaving better and happier.” She nurtured others. When you hear the word *nurture*, what do you first think of? If you’re like most people, you probably envision a mother cradling a baby. She takes care of her child, protecting him, feeding him, encouraging him, and making sure that his needs are met. She doesn’t give him attention only when she has spare time or when it’s convenient. She loves him and wants him to thrive. Similarly, as you try to help and influence the people around you, you must have positive feelings and concern for them. If you want to make a positive impact on them, you cannot dislike, despise, or discredit them. You must give them love and respect. Or as human relations expert Les Giblin put it, “You can’t make the other fellow feel important in your presence if you secretly feel that he is a nobody.”



REFLECTION:

When people are with you, do they leave better and happier?

How do you help them leave better and happier?





YOU LIGHT YOUR CANDLE WHEN...

2. *You help others.*

Your influence will be either a plus or a minus in the lives of others. One way to make sure you add value to people is to intentionally help them. Here are some ways to do that.

- **Practice the 30-Second Rule:** Say something positive to a person the first thirty seconds you are with them.
- **Compliment people in front of other people:** Everyone likes a compliment. Especially in front of others.
- **Be the first to help:** The first person to offer a helping hand is always remembered. Don't wait for others. Help first.
- **Be an encourager:** Encouragement is oxygen for the soul. Everyone does better when encouraged.
- **Listen with your heart:** People don't care how much you know until they know how much you care.



REFLECTION:

Look at what you underlined. What was most important to you? Why?



Each day, light your candle of influence for someone. Who will it be today? Write their name. How will you light their candle?

Today I will make sure my candle is lit.



Part 2

REVIEW OF LESSON 16, PART 1:

- Influence is a Choice

In Part 1 of this lesson, you made a choice to light your candle for someone every day.

How well did you do this?

ANSWER BELOW:

EVALUATE YOURSELF ON A SCALE OF 1 TO 5:

Circle your answer. (1 is weak, 5 is strong)

1 2 3 4 5



..... Why did you give yourself this rating?

Influence is a Choice (Continued)



YOU LIGHT YOUR CANDLE WHEN...

3. *You learn and live good values.*

Your values reflect the kind of influence you have on others. In this “iChoose” series of lessons, you have learned sixteen values. As you live these values, your candle will shine brightly to light the paths of those you influence. Your family and friends will see you demonstrate these values and will be drawn closer to you.



- **Choice:** One of the greatest gifts you will ever receive is the gift to make choices.
- **Growth:** The only guarantee that tomorrow will get better is if you grow today.
- **Attitude:** Your attitude colors every aspect of your life. It is like the mind's paintbrush.
- **Commitment:** Victory is given to the one who finishes, not the one who starts.
- **Relationships:** Relationships get better when we tear down the walls that divide us and build bridges that bring us together.
- **Character:** Making right character choices makes us bigger on the inside.
- **Forgiveness:** Forgiveness is a choice to not hold something against another person in spite of what they have done to you.
- **Self-worth:** The price we put on ourselves is the same price tag others put on us.
- **Responsibility:** Step up to the mirror and take responsibility for yourself.
- **Courage:** Courage is moving forward in spite of fear.
- **Initiative:** You cannot win if you do not begin.
- **Priorities:** Decide what your priorities are. If you don't, someone else will.
- **Teachability:** Your desire to improve your life begins with a teachable attitude.
- **Self-Discipline:** Your level of success will be determined by your level of self-discipline.
- **Resilience:** Be a diamond. Shine through the grind.
- **Influence:** Your life is significant when you influence others in a positive way.

Embracing these values makes your influence more valuable.

Ralph Waldo Emerson said,

“Our chief want in life is someone to inspire us to be what we know we could be.”

Hopefully these values have inspired you to reach your potential. Now, go inspire others. Keep the candle lit!

REFLECTION:

Look at all of the values you have learned. What is the most important one to you? Why?

Which value do you need to work on the most? Why?

What value will you practice that will add the most value to others?



Today I will influence others with the values I have learned and now live.





John C. Maxwell, a #1 New York Times bestselling author, coach, and speaker, was identified as the #1 leader in business by the AMA and the world's most influential leadership expert by Inc. in 2014. His organizations — The John Maxwell Company, The John Maxwell Team, EQUIP, and the John Maxwell Leadership Foundation — have trained millions of leaders touching every nation.

FOR MORE INFORMATION, VISIT JMLF.ORG