

Discovering You!

Learning Targets: (To be posted where students, teachers, and administrators can easily reference.)

- 1) I can **take Charge** of my mind.
- 2) I can **Choose** positive, helpful, true thoughts.
- 3) I am **Responsible** for me.

Key Questions for students to answer as they hear the discussion.
(To be posted with Learning Targets)

- 1) How does negative thinking overwhelm us?
- 2) How can I control my thoughts?
- 3) What are the process steps for changing my mindset?

Heart of the Lesson* (The heart-change purpose as it relates to the overall Mission and Vision.)

We can cause our own problems by embracing negativity and letting our minds be overrun by thoughts that just aren't true. We CAN choose our mindsets and be positive, purposeful people determined to Add Value to the world.

We can 'positively influence' others around us by monitoring our own thoughts, words and actions.

Leaders are intent on holding their minds captive to true, helpful and positive thoughts. They choose to constantly strive toward maintaining a Mindset of Hope and moving forward. The goal we share is: **Be the Best You, You Can Be!**