



Week 5 - Living With Purpose

BEFORE YOU PLAY THE VIDEO

THINK ABOUT

We recommend watching the video prior to playing it with your students. Please use discretion for any student that may be sensitive to certain topics, and have a one-on-one conversation when needed. This can help prepare the student and set expectations. This particular video discusses what it means to be resilient, and to live with purpose.

THE GOAL OF THIS SESSION

Help students:

- Overcome hardship.
- Recognize their own purpose.
- Find common ground and connection with others.

GUIDE

5 minutes

ICE BREAKER

What is the meaning of life? What does it mean to live with purpose?

Teacher reads aloud:

Today we will be discussing what it takes to overcome hardships and to live with purpose. As well as the role that beliefs play in resilience.

Have you ever heard of the power of positive thought? It basically means that your thoughts hold a lot of power in terms of influencing your life. Typically whatever you expect to happen (bad things vs. good things) that's what will happen. Say you get into a car accident and lose the use of your legs. If you believe this horrible accident has ruined your life, it probably will. If you believe you can still live a meaningful and fulfilling life without the use of your legs, you probably will.

The psychological model shows up that beliefs lead to thoughts, which lead to emotions, which lead to actions. Which means it matters what you believe! Especially when it comes to whether or not you believe that your life has meaning and purpose.

Research also shows that you are much more likely to overcome any kind of negative situation if you have a good support system. If you have friends, family members, or other significant people in your life you can talk to and rely on. Connection with other people is key to good mental health, and key to living with purpose.

PLAY THE VIDEO

10 Minutes

DISCUSS

30 Minutes

1. How do our beliefs shape our actions?
2. What makes a person's life significant?
3. Think of someone that you believe is living with purpose and share why you think so?
4. How does practicing kindness influence our feelings of significance?

DO THIS *(Journal Activity)*

20 minutes

- Do I feel like my life has a purpose?
- Why or why not?
- What are my goals in life? Short-term and long-term.
- Who is my social support?