



No materials required.

Prep Time: 0 mins.



As this is the first Monday of the month, please consider sharing the Monthly Kick-Off activity and if appropriate, video at www.everymondaymatters.org.

WEEKLY KICK-OFF

- 1) **SHARE THIS WEEK’S THEME WITH STUDENTS: “DEFINE YOUR PURPOSE”**
- 2) **ASK 1-3 OF THE FOLLOWING QUESTIONS TO HELP STUDENTS EXPLORE THE WEEK’S FOCUS:**

***NOTE:** *Choose questions appropriate to your students' ages, grades, ability levels, and classroom goals. Students may share their answers in pairs, small groups, or as a large group.*

- **What is a “PURPOSE”?**
 - Answer: The reason why something or someone exists
- **What do you think it means to “DEFINE YOUR PURPOSE”?**
 - Possible answer: To determine what it is that you care about and why you’re here on this earth
- **What do you think “YOUR PURPOSE” is?**
 - Why do you think so?
 - How do you know it is “YOUR PURPOSE”?
- **How does it feel when you follow “YOUR PURPOSE”?**
- **Do you think that everyone has the same “PURPOSE” in their life?**
 - Why or why not?
- **What are some ways that you can discover what “YOUR PURPOSE” is?**
- **How have you already discovered or “DEFINED YOUR PURPOSE” in your life?**
- **Do you think you can have more than one “PURPOSE”?**
- **Why is “DEFINING YOUR PURPOSE” so important?**
- **Do you think everyone “DEFINES THEIR PURPOSE” in their lives?**
 - What can happen when you don’t “DEFINE” and go after “YOUR PURPOSE”?
- **Is it always easy to “DEFINE YOUR PURPOSE”?**
 - Why might it take time—sometimes a lot of time—to “DEFINE YOUR PURPOSE”?

- Do you think “YOUR PURPOSE” can change over time?
- How can “DEFINING YOUR PURPOSE” help you “GET EMPOWERED”?
- How can “DEFINING YOUR PURPOSE” help you to know that YOU MATTER?
- How can you help others “GET EMPOWERED” to “DEFINE THEIR PURPOSE”?
- How does this show others that they MATTER?
- How do you think we can all remember that WE MATTER and “DEFINE OUR PURPOSE”?
- What would the world be like if we all “DEFINED OUR PURPOSE”?
- How might our lives and the whole world be different?

3) READ THE WEEKLY INTRODUCTION ALOUD OR ASK A STUDENT TO DO SO:

Finding our purpose can seem really hard to do. How are we supposed to know what our purpose even is? The good news is, we’re not the only ones who feel this way. Defining our purpose isn’t done overnight; it takes time and effort on our parts to discover what makes us happy and alive, and that helps us know that we matter. This week, we’re going to spend time reflecting and discovering just that as we begin to DEFINE OUR PURPOSE. We’ll remember that we deserve more than just going through the motions, and discover how we can take little steps to learn more about what we want in life—and how to go after those things, no matter where we’re at in life. This week, take the time to get to know yourself, your passions, and why you’re here on this earth. Defining your purpose matters.

4) REVIEW HOW THIS WEEK SUPPORTS THE MONTH’S THEME OF “MONDAY GETS EMPOWERED”:

• Explain

- To be “EMPOWERED” means that you have the confidence and strength to set realistic goals and fulfill your potential
- A person who is “EMPOWERED” is able to take control of their life, make positive choices, and set goals
- This week, we are going to learn how to “GET EMPOWERED” through “DEFINING OUR PURPOSE”
- When you know what “YOUR PURPOSE” is, it’s easier to set goals and be confident in yourself, your life, and what you want out of being here on this earth
- It is important we all know our “PURPOSE” so that we can live our lives the way we want to and go after what we want
- This week, let’s “DEFINE OUR PURPOSE” and in the process remember that WE MATTER

• Ask:

- Do you believe that you have a “PURPOSE” for your life?
- Are you ready to take one more step toward discovering and “DEFINING” what “YOUR PURPOSE” is in life?

5) PRESENT THE WEEKLY GOALS:

- Discover our values and what means the most to us so we can build them into our lives
- Find ways to support others as they discover their own “PURPOSE”
- Explore how to create a community where everyone is able to pursue what they want in life
- Understand how “DEFINE YOUR PURPOSE” is an important part of this month’s theme, “MONDAY GETS EMPOWERED”

**“WHEN I LET GO OF WHAT I AM,
I BECOME WHAT I MIGHT BE.”**
- LAO TZU