



WEEK 1



Blank paper or student-made YOU MATTER Journals; Pens or pencils.

Prep time: 5 mins.



Use this WEEKLY REFLECTION as a way to allow students to really connect the week's theme and to reflect on the activities they did and the things they learned throughout the week.

WEEKLY REFLECTION

1) SHARE:

- Now that “DEFINE YOUR PURPOSE” week is over, let's see how we did on our weekly goals

2) RE-SHARE 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”

3) USE 1-3 OF THE FOLLOWING QUESTIONS TO LEAD A DISCUSSION IN PAIRS, SMALL GROUPS, AND/OR AS A LARGE GROUP, OR AS JOURNAL OR WRITING PROMPTS:

***NOTE:** *Choose questions appropriate to your students' ages, grades, ability levels, and classroom goals.*

- What did you like best about “DEFINE YOUR PURPOSE” week and why?
- What have you learned about “DEFINING YOUR PURPOSE” and why it's important to do so?
- What did you think about “DEFINING YOUR PURPOSE” before this week?
 - How do you feel about it now?
- Which activities did you enjoy the most this week and why?
- Were there any activities that helped you reflect and discover “YOUR PURPOSE”?
- What did it feel like to discover “YOUR PURPOSE” this week?
- What was it like to create a self-mission statement (the I MATTER activity)?
 - How did this activity help you discover what is really important to you?
 - How will you use your mission statement going forward?

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- **Did you enjoy interviewing other people to help them reflect and “DEFINE THEIR PURPOSE” in life (the YOU MATTER activity)?**
 - How do you think you can use this activity in your everyday life?
 - Did you get to know “YOUR PURPOSE” even more through this activity?
 - **What activity did you organize as a part of your do-good meet-up (the WE MATTER activity)?**
 - If you did your meet-up already, what was it like to fulfill your “PURPOSE” of helping others in this way?
 - If you haven’t done your meet-up yet, are you excited to explore what it’s like to make a real impact on your community?
 - **What surprised you most about yourself this week?**
 - **What were some of your best moments while “DEFINING YOUR PURPOSE” this week?**
 - **How will you share what you learned with other people?**
 - **Are you inspired to “DEFINE YOUR PURPOSE” going forward?**
 - **Do you believe that “DEFINING YOUR PURPOSE” is a life-long act?**
 - Why or why not?
 - **What will you do to keep discovering and “DEFINING YOUR PURPOSE” going forward?**
 - **Will it always be easy to “DEFINE YOUR PURPOSE”?**
 - How can you take actions to keep going after “YOUR PURPOSE” even when things get challenging?
 - **What are the benefits of “DEFINING YOUR PURPOSE”?**
 - **How does “DEFINING YOUR PURPOSE” in life help you to “GET EMPOWERED”?**
 - **How does “DEFINING” and following through on “YOUR PURPOSE” help you connect with how much YOU MATTER?**
 - **Do you think you can “DEFINE YOUR PURPOSE” and help other people in the process?**
 - How does this show them that they MATTER?
 - **What would the world be like if everyone took the time to “DEFINE THEIR PURPOSE” and “GET EMPOWERED” to do positive and meaningful things?**
 - Do you think that we would remember that WE MATTER more often?

4) THANK STUDENTS FOR “GETTING EMPOWERED” THROUGH “DEFINING THEIR PURPOSE” THIS WEEK. REMIND THEM THAT FINDING AND “DEFINING THEIR PURPOSE” ISN’T A ONE-TIME THING, BUT IS A PROCESS THROUGHOUT THEIR LIVES. CONGRATULATE THEM FOR TAKING ONE MORE STEP IN THAT PROCESS THIS WEEK.

5) ENCOURAGE STUDENTS TO KEEP PURSUING THEIR “PURPOSE” BY DOING THE THINGS THAT THEY LOVE AND HELPING OTHERS.

“ ALL LIFE IS AN EXPERIMENT. THE MORE EXPERIMENTS YOU MAKE, THE BETTER. ”
- RALPH WALDO EMERSON