



WEEK 5



MONDAY
GETS
EMPOWERED

THIS WEEK: BE THE INSPIRATION



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 “BE THE INSPIRATION” week is over, let’s see how we did on our weekly goals.

2) RE-SHARE THE WEEKLY GOALS:

- Decide to pursue what you want to achieve and raise the bar to how you live every day.
- Practice empowering others and being a positive inspiration.
- Take ownership and action to start living your life in a fulfilled and positively impactful way.
- Understand how “BEING THE INSPIRATION” 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 “BE THE INSPIRATION” week? Why?
- What strategies have you learned to make “BEING THE INSPIRATION” a part of your daily routine?
- How have you become more aware of the fact that everyone has the power to “BE THE INSPIRATION” if they simply choose to do so - by living a meaningful and “EMPOWERED” life?
- How have you changed any daily habits or made any small choices to “BE THE INSPIRATION” already?
- Have you stopped yourself in the act of doing something that “DISEMPOWERS” yourself or others and made the choice to “BE THE INSPIRATION”, instead?
- What other opportunities have you had to “BE THE INSPIRATION” or “GET EMPOWERED” ?
- How have you helped someone else “BE THE INSPIRATION” or “GET EMPOWERED”?
- What are some of the challenges you or others might face when trying to “BE THE INSPIRATION”?

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- How can you commit to “BEING THE INSPIRATION” even when you feel unmotivated or afraid?
 - How can you commit to “BE THE INSPIRATION” and “GET EMPOWERED” in your daily choices and actions?
 - How can you commit to helping others people “BE THE INSPIRATION” and “GET EMPOWERED”?
 - How will this change your self-perception, your choices, and how others perceive you?
 - How can “GETTING EMPOWERED” and “BE THE INSPIRATION” help you connect to how much “YOU MATTER”?

4) THANK STUDENTS FOR RECONNECTING TO THEIR ABILITY TO CHOOSE TO LIVE A MEANINGFUL AND JOY-FILLED LIFE THAT INSPIRES OTHERS TO DO THE SAME. THANK STUDENTS FOR VIEWING EVERY CHOICE AS AN OPPORTUNITY TO “BE THE INSPIRATION” AND TO “GET EMPOWERED”.

5) CHALLENGE STUDENTS TO CHANGE HOW THEY VIEW THEIR CHOICES AND OPPORTUNITIES. CHALLENGE STUDENTS TO EMBRACE THE TRUTH THAT EVERY CHOICE MATTERS WHEN IT COMES TO LIVING THE LIFE OF THEIR DREAMS AND HAVING A POSITIVE IMPACT ON THE WORLD. ENCOURAGE STUDENTS TO LET GO OF HABITS THAT LEAD THEM AWAY FROM THEIR GOALS AND TO EMBRACE A NEW LIFESTYLE THAT CONSISTENTLY LEADS THEM TO THE BEST POSSIBLE VERSION OF THEMSELVES.

“ YOU CANNOT GET THROUGH A SINGLE DAY WITHOUT HAVING AN IMPACT ON THE WORLD AROUND YOU. WHAT YOU DO MAKES A DIFFERENCE AND YOU HAVE TO DECIDE WHAT KIND OF DIFFERENCE YOU WANT TO MAKE. ”

- JANE GOODALL, ENGLISH PRIMATOLOGIST AND ANTHROPOLOGIST