

Something I'd Do If I Knew I Couldn't Fail

Objectives:

The students will
—identify goals.
—describe how fear can get in the way of reaching a goal.

Introduce the Topic:

Say to the students: *Our topic for this session is, "Something I'd Do If I Knew I Couldn't Fail." Think of something you would do if you knew you absolutely couldn't fail. Perhaps you'd try out for a team, become a circus clown, put an end to world hunger, make a special friend, or become an honor student. You could do this thing strictly for yourself, or you could choose something that would benefit others too. Take some quiet moments and let your imagination play with the idea of guaranteed success. The topic is, "Something I'd Do If I Knew I Couldn't Fail."*

Discussion Questions:

1. *What kinds of things did most of us want to do?*
2. *What's stopping you from doing the thing you described?*
3. *How can you turn your dreams into goals that you will work toward?*
4. *What steps can we take to overcome our fears of failure?*