

INSPIRE STUDENTS!

Four Actions to Jump Start Your Students!

Sometimes little changes can make a huge difference in improving our lives.

But what little changes?

Teach your students to answer these 4 simple questions to identify the powerful little changes they need to make now, and jump start themselves into success.

Because adolescents can feel overwhelmed by expectations and big picture thinking, they can easily become “paralyzed in under performance” or resist making necessary changes in their behavior or attitude. When they are stuck, teaching your students to focus on four simple questions will help them move forward immediately and build momentum for making bigger changes. You can also use this strategy to jump start your own forward momentum!

Take 15 minutes and ask your students to answer these four questions.

Introduce the lesson by asking students to raise their hand if they have ever gotten into a bad habit of not doing what they are supposed to do? Have they ever gotten into a rut of laziness? Have they ever experienced doing great on a resolution or commitment (e.g., eating healthy, exercising, doing assignments on time, getting to school early) and then gone off track or goofed up and then just fallen back into the old pattern? Have they ever wanted to begin to be more successful but didn't know how to change, so they just stayed stuck in their old habits?

Tell students that you are going to teach them how to JUMP START themselves out of old habits and into success by answering and taking action on 4 simple questions.

Pass out a worksheet with these 4 questions and space to write a short answer below each question.

Remind students that they should trust their inner guidance system and write what action first comes to mind as they read each question. Remind your students that their inborn inner guidance system will know the actions they can take now to improve their life immediately. All they have to do is listen within and follow their own advice.

Students must be specific in their answers (e.g. “do English homework” is better than saying “be a better student.” Students should list only ONE action to take for each question (“stop drinking soda” is better than saying “eat more healthy”).

Question One: What should I be doing more of now?

Question Two: What should I be doing less of now?

Question Three: What should I start doing right now?

Question Four: What should I stop doing right now?

Finish up by telling students that you want them to begin TODAY to take action on each question. What they will be doing less of, more of, start doing, stop doing. Tell them you will be asking each of them three days from today, to share their progress. Then you will check back in one week.

Check progress in 3 days. Check progress in one week.