

14. Commitment Leads To Change

Target Audience					
Young Children (3-6)	Children (7-10)	Youth (11-13)	Teen (14-18)	Young Adult (19-23)	Adult (24+)
		✓	✓	✓	✓

Goal / Key Message

- It Takes Firm Focus, And Commitment To Your Objectives & Goals To Achieve Real And Lasting Change In Your Life's Direction
- A Decided Focus And Perseverance Of Both Mind & Heart, Not Distracted By The Whims and Vagaries Of Life, Ensures A Greater Potential For Change, Which Is Meaningful And Consistent With A Positive Purpose

Learning Concepts

1. If Change In Our Lives Is Desired, We Need First To Define The Goals and Objectives We Seek
2. Once Defined, A Firm Commitment And Focus Of Will Is Necessary For Leading Us To Our Destination
3. Focus Occurs First In Our Soul, And Then In Tandem With Our Minds; Wherein Synchrony Is Sought
4. Railing Against Our Focus, Will Be Dark Worlds Unseen
5. Triumph and Victory In Change; Is A Product Of Our Perseverance And Self Control, Not Impaired By Form Centered Pursuits of This World

Progression

- ❖ **Course 15.** *LifePlan25: Developing a Personal Strategy*

Course Structure

	Activity	Min.	Video
A.	Greeting & General Introduction	05	
B.	Key Message Overview	15	
C.	Video: "A Profile In Commitment"	10	YouTube
D.	Interaction Groups – Discussion: "Define Elements of Commitment"	20	[tablet]
→	Each Group Names Top 2 Elements Which Define Commitment		
→	Reassemble And Post To Entire Group With Comments	15	
E.	Key Learnings	20	
F.	Wrap Up / Send Off	05	
G.			
H.			
I.			
J.			
K.			
L.			
M.			
	TOTAL	90	

	Room/Media/Equipment	Rspnsbl
▲	Class Room Style # of Group	Host
▲	Sound System	Awaken25 LLC
▲	Computer Projector	Awaken25 LLC
▲	Lap Top, Tablets	Awaken25 LLC
▲	Screen minimum 8 ft. / 12 ft.	Host
▲	Handouts/Pens/Notes	Awaken25 LLC
▲	WIFI, Refreshments, Facilities	Host

Resource Websites



- ✓ Awaken25.com
- ✓ lenableLife.com
- ✓ ValuesLost.com