

Activity plan: Developing qualities of aspiration, hard work, discipline, and focus

Topic: Mentoring

Subtopic: An activity plan. 20-minute plan to help your students find inspiration and build the qualities of aspiration, hard work, discipline, and focus, even without a close role model: 300 words.

Step 1: Setting the stage (2 minutes)

- Get every student together in a cozy, peaceful area to start.
- Motivate them to come down and clear their thoughts.

Step 2: Exercise for meditation (5 minutes)

- Give each student a pen and a piece of paper.
- Ask learners to consider any ambition or any personal objectives they may have, no matter its scope or size.
- Tell them to express their dream or aim in writing on the paper.

Step 3: Storytelling (5 minutes)

- Need to provide a brief motivational story or experience about someone who overcome obstacles or had a close role model and moved on to succeed.
- Point out the characteristics of ambition, hard work, discipline, and focus portrayed by yourself.

Step 4: Visualization Exercise (3 minutes)

- Request that they close their eyes and visualize themselves realizing their aspirations.
- It should be mentioned that, while visualizing step-by-step, obstacles they may encounter along the way.

Step 5: Goal setting and commitment: (5 minutes)

- The students need to share one humble and achievable step they can take to achieve their goal.
- Request students promise to follow up on the specific action they choose.
- Thank them for their involvement and encourage them to keep pursuing their goals.

Conclusion:

Through self-reflection, experience sharing and goal visualization students can start to develop the mentality and resolve necessary to follow their ambitions with determination and confidence .

