

## **A 20-Minute Activity Plan for Cultivating Hard Work, Discipline, and Focus.**

### **Step 1 : ( 3 minutes)**

1. Begin with the introduction about aspiration, hard work, discipline and focus. Explain why these qualities are important for achieving goals and success in life?
2. Secondly, we can have some meditation sessions of mindful breathing where we can ask the student to close their eyes and focus on deep breathing. This will help them to clear their minds.

### **Step 2: ( 5 minutes)**

1. Then we can start with the session and show them some examples of successful students who have achieved their goals through hard work, discipline and focus.
2. Encourage them to visualize their goals and aspirations, where they want to reach and help them to find the purpose.

### **Step 3 : ( 5 minutes)**

Ask the students to write their goals and dreams on the piece of paper by dividing the goals in three terms - short term , mid term and long term goals. Show them how they can do it.

### **Step 4 : ( 3 minutes)**

Now we can proceed with the self-analysis activity , where they can evaluate their present strengths and weaknesses. In order to accomplish their goals, help them to consider how they might build on their deficiencies and utilize their strengths.

### **Step 5: ( 2 minutes)**

We can conduct an activity where students can exchange their encouraging words to end the class. Encourage them to speak positively towards each other in order to back up one another's desire for success.

**Step 6 : ( 2 minutes )**

We can now end the session by teaching them about positive talk and how they are capable of great things , even in the absence of a close role model. These positive talks will help them to think optimistic and also feel motivated all the time. Emphasize the fact that in order to achieve their goals, they must have confidence in themselves, be determined and put in continuous effort.