

## **Title : Unleash Your Inner Power : Pursuing Aspiration, Hard Work, Discipline, and Focus**

Objective: To empower students to discover their ambition, aspirations, and unleash their inner motivation to reach towards their goals

Materials Required: Pen, Pencil, Paper, Stopwatch.

Activity Plan (20 minutes)

1. Deep Breathing (3 minutes): First, you need to find a comfortable position and close your eyes. If you have any earplugs, put them on. Inhale deeply and hold it in for a few seconds, then exhale slowly. Let go of your distractions and keep your mind empty. This meditation exercise will help you to move forward with your day.
2. Visualize Your Goals (5 minutes) : Keep your eyes closed and imagine yourself moving towards your goals. Imagine each step towards your goal and the obstacles you overcome, and how it feels to succeed. This visualization will inspire you to achieve your goals and not get discouraged.
3. Set Your Goal (5 minutes) : Take a pen and paper and note down on paper your long-term and short-term goals. Your short-term goal may be improving a specific skill, and your long-term goal might be pursuing a career aspiration. Jot down the obstacles one by one that you are facing. Work on the obstacles one by one, starting from the easier ones to the tougher ones.
4. Optimistic Thinking (5 minutes): Always think positively! Whenever you feel down, take a deep breath and repeat positive statements like “I can achieve anything in my life” or “There is always a solution to every obstacle”. These positive affirmations will boost your confidence and give you the needed energy to achieve your goals.
5. Share your Thought (2 minutes) : If you are comfortable, you can share your goals and thoughts with small groups or communities. You can also listen to motivational speakers who have achieved their goals and learn how they turned their dreams into reality.

Conclusion : In this 20-minute activity plan, we have shared important steps that will help you develop your personal growth and achieve your dream goals. You need to be disciplined, focused, and an optimistic thinker.