



# Mi Generation

Youth Program

peoplecare.GLOBAL



# Mi Generation

In pursuit of potential, purpose and passion

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# Mi Generation

## INSTRUCTIONAL GUIDE

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### BACKGROUND

The Mi Generation program is a fun and engaging educational program designed to help teenagers discover their potential, fulfil their purpose and tap into passion. The program has been developed by an international team of experts in Clinical Psychology. Information presented in this program is based on empirical research, international health guidelines, and presented from a Biblical worldview - combining the best of science and scripture.

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### GETTING STARTED

The Mi Generation program is designed to be completed by individuals. However, research suggests that learning is best consolidated through 'talking'. As such, you may wish to complete this program with a trusted friend or family member, or in a more formal small group setting (as part of a home/connect-group, school class or youth group). Start each session by watching the relevant online video. Feel free to pause the video at any time, to reflect on or discuss key points. Activity worksheets provide a summary of key points and serve to reinforce lessons on cultivating resiliency.

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### DISCLAIMER

Assessments, activities and information presented in the Mi Generation program is intended for educational purposes only. Content is provided in good faith as to its accuracy and reflects the research, observations, opinions, views and understanding of the authors at one point in time. At no point should this information be taken diagnostically or as clinical therapy. For clinical advice, please consult your medical or mental health professional.

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# Introduction

## ACTIVITY SHEET



YOU  
ARE  
HERE

If you were born between 1996 – 2010 then you belong to a cohort or people known as Generation Z. You are part of the innovative generation that has grown up with the internet at your fingertips – touching screens before you learned to walk. And while there are so many strengths that come with belonging to Gen Z, like every generation that's gone before you, you'll face your share of challenges too. The good news is, you get to determine your future, and the choices you make now in your teenage years can help you become the person God designed you to be.



### **PROGRAM DESIGN AND OBJECTIVES SUMMARY**

#### **This session is designed to help you:**

- (a)** learn how to take ownership over your life
- (b)** make wise choices and develop healthy habits
- (c)** develop mental, emotional, social and spiritual health

# Get Ready

Welcome to Mi Generation, a program designed to help you discover your God given potential and significance. You can think of each lesson in the program like a coaching session that will help you find a way to win in life and become the best version of yourself.

Throughout this program you will specifically learn about:

## MIND

Taking charge of your mind's software; getting rid of glitches

## MOUTH

Developing intentional eating habits; Mastering your words

## MOVE

Booting up to get moving; Powering down to rest well

## MATES

Developing healthy friendships; Dealing with bullies

## MEANING

Discovering who you are; Learning why you're here and what you're worth

## MORALS

Identifying your values and live your living according to them

## MANNERS

Managing attitude, developing gratitude, advancing social skills

# Strong Foundations

NOW is the time that your brain is going through its final stage of development. NOW is the time that your identity is being formed. And NOW is the time that God wants to reveal His plans and purpose for your life to you. In fact, in one sense, **NOW IS THE MOST IMPORTANT TIME OF YOUR LIFE.**

If you fail to establish strong foundations in your teenage years, you may enter your late teens and early adult life feeling a little lost and left behind. But, if you establish strong foundations in 7 key areas of your life now, you can set yourself on a trajectory of success and never look back! How do you think having strong foundations may impact other areas of your life?



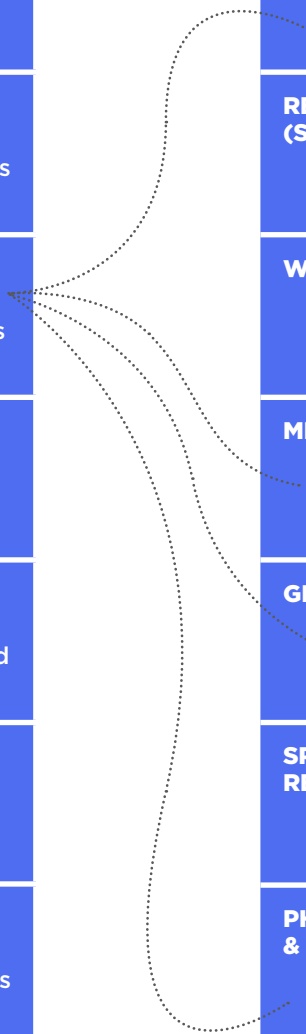
Connect the following 'Strong Foundations' with the best matching 'Life Impact':

## 'Strong Foundations'

<b>MIND</b> If you were to improve your mind's effectiveness, what other areas would improve?
<b>MOUTH</b> If you were to improve what goes into and comes out of your mouth, what other areas would improve?
<b>MOVE</b> If you were to improve your level of physical activity and rest, what other areas would improve?
<b>MATES</b> If you were to improve the quality of your friendships, what other areas would improve?
<b>MEANING</b> If you were to discover your identity, purpose and value, what other areas would improve?
<b>MORALS</b> If you were to identify and live your life by core values, what other areas would improve?
<b>MANNERS</b> If you were to improve your attitude, gratitude and social skills, what other areas would improve?

## 'Life Impact'

<b>SCHOOL LIFE &amp; ACADEMIC PERFORMANCE</b>
<b>RELATIONSHIPS (SOCIAL LIFE / FAMILY LIFE)</b>
<b>WISE CHOICES</b>
<b>MENTAL &amp; EMOTIONAL HEALTH</b>
<b>GREATER SUCCESS</b>
<b>SPIRITUAL LIFE &amp; RELATIONSHIP WITH GOD</b>
<b>PHYSICAL HEALTH &amp; WELL-BEING</b>



A full-page photograph of three young adults (two men and one woman) jumping joyfully in a snowy field. They are all smiling broadly with their arms raised. The man on the left is wearing a black t-shirt and glasses. The man in the center is wearing a blue denim jacket, a black cap, and glasses. The woman on the right is wearing a grey t-shirt with a giraffe graphic, a brown jacket, and glasses. The background shows a snowy landscape with bare trees and a cloudy sky.

**BECOME THE  
BEST VERSION  
OF YOURSELF**

# live your best life

# Get Set

How well are you currently functioning in the important areas of your life? How well would you like to be functioning in the important areas of your life?



From 1 to 5, rate how well you think you are currently doing in each of the follow domains: 1 (“I really need help, it’s not good”) to 5 (“I’m dominating, totally lit”). Write down any areas you would specifically like to improve.

Life Domain	Rating	Goals
SCHOOL LIFE & ACADEMIC PERFORMANCE		
RELATIONSHIPS (SOCIAL LIFE / FAMILY LIFE)		
WISE CHOICES		
MENTAL & EMOTIONAL HEALTH		
GREATER SUCCESS		
SPIRITUAL LIFE & RELATIONSHIP WITH GOD		
PHYSICAL HEALTH & WELL-BEING		

# Let's Go!

If you're not yet dominating in each of these foundational areas, then don't stress! No one is perfect, we are all a work in progress. The exciting thing is that you have taken the first step in embarking on a journey that will teach you the skills and strategies for mastering some of the most important aspects of your life.