

# Mi Generation

In pursuit of potential, purpose and passion

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# Mouth

## ACTIVITY SHEET



Did you know, what you put into your mouth affects what comes out of your mouth? Both the words you speak and the foods you eat influence your thoughts, feelings, body and actions. To set yourself up for success, you need to engage both mindful eating and mindful speaking. Guarding your mouth involves being the gatekeeper for what you let in and what you let out.



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

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

- (a)** understand the effect of food on your mood
- (b)** develop more intentional and mindful eating habits
- (c)** recognise the power of your words and take ownership over them

# Mood Food

Just like your friends can influence your music preference, fashion style and social interests, so too are your thoughts, body, feelings and behaviour like your mates. They are constantly influencing your preferences, choices and accomplishments. In fact, they don't just influence you, they also influence each other. That's right, your mind, mouth, mood, and manners are so interconnected, that if one area is out of alignment, it affects all others. This is especially true of the food we eat. What goes into your mouth will help determine your concentration, memory, decision making, emotions and actions.

Want to  
operate  
at your  
BEST?

**For peak performance,  
nutritionists recommend:**

- 1 Whole grains and Legumes for energy  
(improves digestion, keeps you alert & active)
- 2 Fruit for vitamins and antioxidants  
(fights infection, helps keep you healthy)
- 3 Vegetables for minerals and fibre  
(builds immunity, makes your skin radiant)
- 4 Dairy for Calcium and Vitamin D  
(strengthens teeth/bones, helps mental health)
- 5 Protein for enzymes and hormone balance  
(helps you grow, burn fat, build muscle)
- 6 Healthy fats for brain function  
(boosts concentration, helps make you smarter)



Which healthy food choices below do you need to be more intentional about eating:

**1. Grains & Legumes**



Wholegrain bread	<input type="checkbox"/>
Wholegrain noodle/pasta	<input type="checkbox"/>
Whole oats or oatmeal	<input type="checkbox"/>
Beans, peas or lentils	<input type="checkbox"/>
Brown or black rice	<input type="checkbox"/>
Quinoa or couscous	<input type="checkbox"/>
Chickpeas (humus)	<input type="checkbox"/>

**2. Fruit**



Mango, peach, apricot	<input type="checkbox"/>
Blueberry, strawberry	<input type="checkbox"/>
Apple, pear, nashi, quince	<input type="checkbox"/>
Orange, mandarin, lemon	<input type="checkbox"/>
Melons, papaya, jackfruit	<input type="checkbox"/>
Kiwifruit, starfruit, fig	<input type="checkbox"/>
Banana, grapes, durian	<input type="checkbox"/>

**3. Vegetables**



Broccoli (gai lan)	<input type="checkbox"/>
Bok choy (choy sum)	<input type="checkbox"/>
Sweet potato (yamaimo)	<input type="checkbox"/>
Carrot, beets (beetroot)	<input type="checkbox"/>
Leafy green spinach, kale	<input type="checkbox"/>
Asparagus, zucchini	<input type="checkbox"/>
Cabbage, cauliflower	<input type="checkbox"/>

**4. Dairy**



Whole milk	<input type="checkbox"/>
Fermented/cultured milk	<input type="checkbox"/>
Greek yogurt	<input type="checkbox"/>
Quark, curd, kefir	<input type="checkbox"/>
Cottage/ricotta cheese	<input type="checkbox"/>
Semi-soft cheese	<input type="checkbox"/>
Aged hard cheese	<input type="checkbox"/>

**5. Protein**



Egg	<input type="checkbox"/>
Fish	<input type="checkbox"/>
Lean meat (beef/lamb)	<input type="checkbox"/>
Poultry (chicken/turkey)	<input type="checkbox"/>
Tofu	<input type="checkbox"/>
Nuts (almond, cashew)	<input type="checkbox"/>
Seeds (sesame, pumpkin)	<input type="checkbox"/>

**6. Healthy Fats**



Avocado	<input type="checkbox"/>
Chia & flaxseed	<input type="checkbox"/>
Dark cold sea fish	<input type="checkbox"/>
Olive oil	<input type="checkbox"/>
Coconut oil	<input type="checkbox"/>
Grapeseed oil	<input type="checkbox"/>
Coconut milk/cream	<input type="checkbox"/>

# Guard your mouth

Let's be honest. The convenience and taste of certain junk foods and energy drinks make them so appealing. Even though **YOU KNOW** they're terrible for your body and toxic for your brain, slick advertising campaigns communicate they are cool and popular, enticing you to think; "Surely, it's not that bad" Right? If you consume junk food on a regular basis, you'll crave it even more (and start to believe healthy food tastes terrible).

Consuming refined carbohydrates, unhealthy fats, added sugars, excessive caffeine and foods with artificial additives (like sweeteners, flavour enhancers and preservatives) makes you feel tired and irritable, causes foggy thinking and makes it hard to concentrate, study or learn.



Which unhealthy food choices below do you need cut back on:

Deep fried foods	✓	White bread	✓	High sugar drinks	✓
Energy drinks		Sugary breakfast cereals		Sugar/syrup in tea/coffee	
Chocolate, lollies, gum		Cookies & cakes		Ice creams	
Chips, crisps		Packaged snack foods		Candy bars	
Fast food meals		French fries		Pop/soda drinks	

# Be mindful

Sometimes you can be lured into eating the wrong thing, at the wrong time or in the wrong amount, and you are not even aware of it. You might be 'comfort eating' because you're feeling bored, lonely or upset, or mindlessly eating while multitasking, watching a movie or playing computer games.

Mindful eating involves being aware of what, how and when you're eating. Being mindful involves listening to your body and eating when hungry, appreciating each mouthful and savouring the food you put into your mouth.



**Q:** When are you most likely to engage in 'comfort' or 'mindless' eating?

Time of day?

---

Type of activity?

---

With whom?

---

**Q:** What top 3 foods or drinks do you consume when 'comfort' or 'mindless' eating?

1.

2.

3.

---

How do you feel after eating these foods?

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What will you do to be more intentional from now on?

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# Taming the Tongue

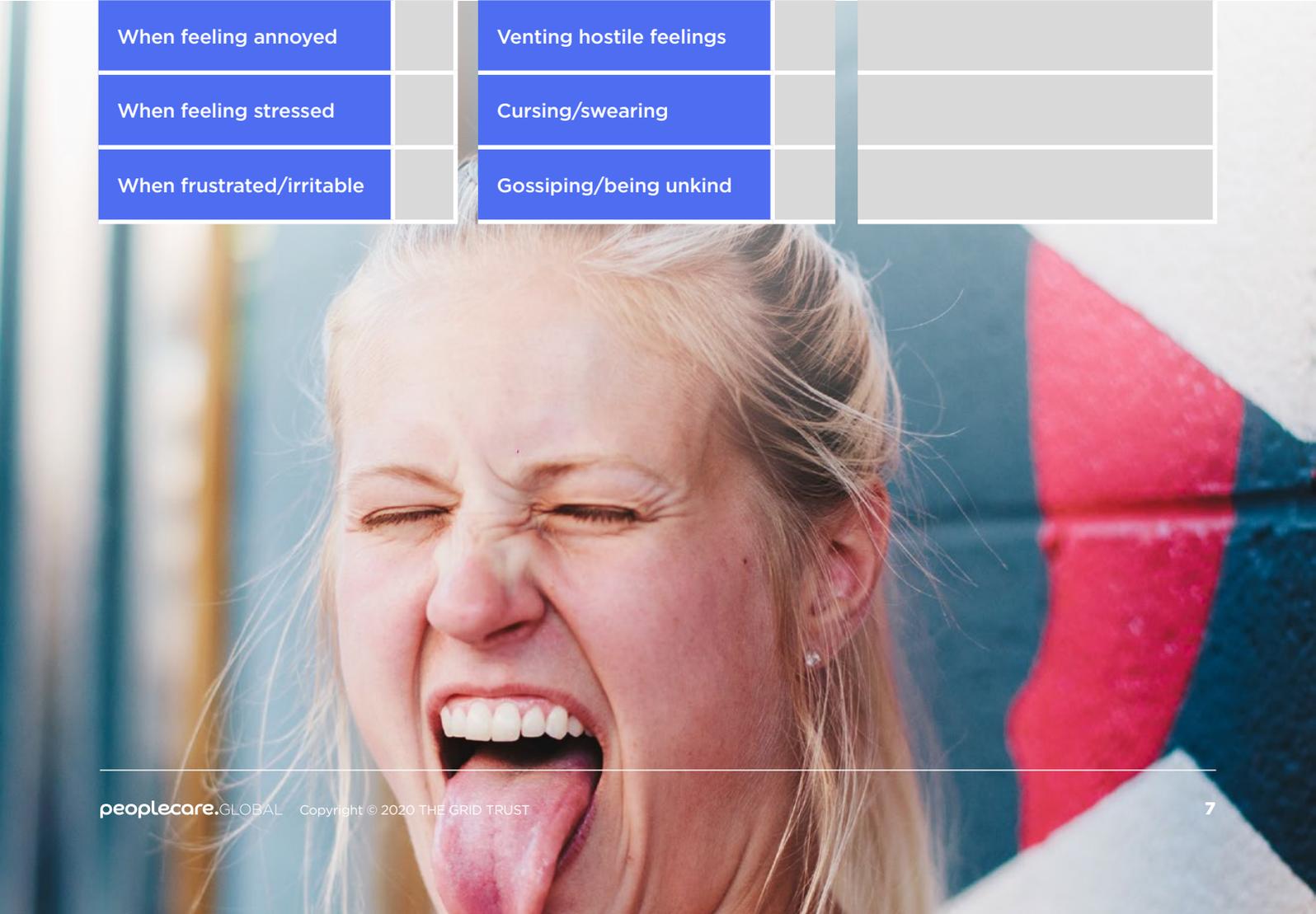
The words that we say have the power to cut someone down or build them up, to bring life or death. Just as mindful eating is important for our physical and mental health, mindful speaking is important for our identity, confidence and friendship with others!

“Death and life are in the power of the tongue...”  
Proverbs 18:21 (NKJV)



Identify any areas where you recognise you need to be more mindful in your speech:

When?	✓	What?	✓	Towards whom?
When feeling tired	<input type="checkbox"/>	Cutting or cruel words	<input type="checkbox"/>	<input type="checkbox"/>
When feeling angry	<input type="checkbox"/>	Being sarcastic	<input type="checkbox"/>	<input type="checkbox"/>
When feeling annoyed	<input type="checkbox"/>	Venting hostile feelings	<input type="checkbox"/>	<input type="checkbox"/>
When feeling stressed	<input type="checkbox"/>	Cursing/swearing	<input type="checkbox"/>	<input type="checkbox"/>
When frustrated/irritable	<input type="checkbox"/>	Gossiping/being unkind	<input type="checkbox"/>	<input type="checkbox"/>



# Self-Talk

'Self-talk' is what we say to ourselves (either in our mind or out loud). You've probably heard it said that 'talking to yourself is a sure sign of going crazy'. But the truth is, everyone talks to themselves! The only 'crazy' part would be if we talked to ourselves in a negative or hostile way.



See if you can find some common Mi Generation self-statements:



## POSITIVE SELF-STATEMENTS:

- |                    |               |
|--------------------|---------------|
| Way to go          | You matter    |
| At least you tried | Lookin lit    |
| Go at              | God loves you |
| You can do it      | Keep going    |
| Feeling dank       | Yaaas kween   |
| My glo up          | You got this  |
| Nice job           | Try again     |



## NEGATIVE SELF-STATEMENTS:

- |              |                   |
|--------------|-------------------|
| How stupid   | And i oop         |
| Loser        | Basic             |
| Hello boring | Seriously, ugly   |
| You idiot    | You cannot win    |
| Big yikes    | What is the point |
| Self-drag    | No one cares      |
| So done!     | Doing the most?   |



For many, the meanest person is not the schoolyard bully, but rather, their own self! More than anyone, people tend to criticise and condemn themselves. However, clever, wise and successful people learn how to champion themselves; encouraging, motivating and celebrating the best version of themselves daily.

Negative self-talk is typically automatic. More often than not, you'll not even be aware of when or how often you're putting yourselves down. So, whenever you catch yourself making an unhelpful self-statement, consider also what God says.



**Connect the following 'self-statements' with the best supporting statement from God:**

#### Self-Statement

"I don't fit in. I don't belong. I feel all alone. I'm worried about what will happen next week/month/year."

I feel like I've got no one to show me the way. I don't know what to do or who to turn to. Knowing my luck, I'll make the wrong decision.

"I hate school and I have no idea what I should do when I finish. Everyone else seems to have God given plans. Maybe God forgot about me."

"All my friends have the best fashion brands and latest phone. Why aren't my parents wealthier? I feel like I've been handicapped and left behind."

#### God-Statement

"I know the plans I have for you... plans to prosper you and not to harm you, plans to give you hope and a future."  
(Jeremiah 29:11 NIV)

"I will instruct you and teach you in the way you should go; I will counsel you with my loving eye on you."  
(Psalm 32:8 NIV)

"Don't love money; be satisfied with what you have... "I will never fail you. I will never abandon you."  
(Hebrews 13:5 NTL)

"Do not be afraid, for I have ransomed you. I have called you by name; you are mine."  
(Isaiah 43:1 NTL)



In response to unhelpful self-talk, what helpful alternative statement could you make?

## Unhelpful Self-Statement

"I can't believe the friend I invited to watch my band, took a selfie with the lead guitarist who has lots of IG followers. She's a clout chaser and I'm invisible."

"Everyone seems to have strong friendships. I'm so boring! Why would anyone want to hang out with someone like me?"

"My brother is an athlete and my sister is musically gifted. They both do really well in school. Me? I'm an average student with no major talents. My life is so basic."

"My mum and dad are so strict. They restrict my gaming and social network time; they make me study every day. They need to get cancelled already!"

## Helpful Self-Statement

Example: "I'm glad my friend came along to watch me play. Even if her selfie was a bit of a thirst trap, music is a better vibe than IG. I'm pumped the band played well."

# Positive Self-Statements



Moving forward, what are the top 3 statements you choose to speak over yourself.

	✓		✓
Each day, I'm becoming more courageous	<input type="checkbox"/>	I am hard working and persistent	<input type="checkbox"/>
I am a faithful and loyal friend	<input type="checkbox"/>	I choose to be grateful in all things	<input type="checkbox"/>
I champion kindness, care and considerate	<input type="checkbox"/>	I am loved, cherished and valued	<input type="checkbox"/>
I'm blessed so that I can bless others	<input type="checkbox"/>	I celebrate the best version of myself daily	<input type="checkbox"/>
I might not be perfect, but I'm perfectly forgiven	<input type="checkbox"/>	I am eager and hungry to learn new things	<input type="checkbox"/>
I position myself to be understanding	<input type="checkbox"/>	I learn from my mistakes - I call it gaining wisdom	<input type="checkbox"/>

Other:

**“SET A GUARD  
OVER MY MOUTH,  
LORD; KEEP WATCH  
OVER THE DOOR  
OF MY LIPS.”**

**PSALM 141:3**

