

Mi Generation

In pursuit of potential, purpose and passion

TABLE OF CONTENTS

SESSION 1

Introduction

SESSION 2

Mind

SESSION 3

Mouth

SESSION 4

Move

SESSION 5

Mates

SESSION 6

Meaning

SESSION 7

Morals

SESSION 8

Manners

Manners

ACTIVITY SHEET



The way you behave is a reflection of your character and core values. Value-driven behaviours are called 'manners'. Manners not only reveal the level of respect you have for yourself and others, they also help you succeed. The golden trio of 'manners' are (i) attitude, (ii) gratitude and (iii) relationship aptitude. These secret weapons help you to succeed in school, relationships and emotional health. Master these, and not only will you set yourself apart from your peers, you'll also become one of the most attractive people around!



PROGRAM DESIGN AND OBJECTIVES SUMMARY

This session is designed to help you:

- (a)** understand the importance of managing your attitude
- (b)** tap into the power of gratitude
- (c)** learn how to master your relational aptitude

Attitude Wardrobe

Attitudes are like clothes in your wardrobe. In the same way you'll choose an outfit that best reflects your mood, you'll also 'wear' attitudes on your face, in the words you say and the 'manners' you display. Your attitude can look good or... not so good. Just like your outfit, the attitude you wear will be clear for everyone to see. How you wear, express and display your attitude can set you up to win or predispose you to lose. Whether you experience breakthrough or breakdown in life can largely be influenced by the attitude you dress yourself in.

A close-up photograph of a young woman with long, wavy blonde hair, smiling warmly. She is wearing a dark red top under a grey denim jacket with frayed edges. The background is softly blurred, showing what appears to be a wooden structure.

**Give
yourself a
check-up
from the
neck up**

Find a way to win

Attitudes can either set you up for success or failure. Even though you may not always be able to control what happens to you, you can always control what happens in you. Rather than blaming others, making excuses, or complaining about how things may not be fair, successful people always find a way to win. The easiest place to start is choosing to wear a winning attitude.



Identify which are winning versus losing attitudes:

Winning ✓ Losing ✓

When I fail, I learn where I went wrong and use the experience to grow.		
If someone treats me bad, I have the right to take revenge.		
It's not fair. Other people are more privileged than me.		
Even when things don't go my way, there's so much to be thankful for.		
It's not up to other people to make me feel better, it's up to me.		
I can't control how others treat me, but I can control how I treat them.		
Even when I try hard, I never reach my goals. Why bother even trying?		
I need to be careful about what I think because it will impact my mood.		
I've had it. If they say that again, there will be hell to pay!		
This is really hard right now, but I am slowly learning. I'm not giving up!		
What they said reveals their flaws, not mine. I refuse to be offended.		
You have betrayed me and robbed me of happiness - I hate you!		
God is for me, not against me. Even when I stumble, He cheers me on!		
"No one ever listens. They just don't care, so neither will I."		
How dare you? You have stolen my dreams and my future!		
I'm not going to blame anyone else. I'm taking personal responsibility.		
I won't let others push me around. I will be polite, but firm.		
I haven't had the same opportunities as others, but that won't stop me.		
I was so hurt by it, but I refuse to be controlled by my hurt feelings.		
I don't like them anymore and I'm going to let all my followers know.		

You can be successful, or you can make excuses, but you cannot do both.

The 'Magnitude' Of Attitude

The kind of attitude you choose to wear each day can not only influence your prospects of success; it can also have a major impact on those around you. Like a magnet, your attitude can either push people away from you or pull them towards you. The better the attitude, the greater the magnitude of effect. That's right, your attitude has the power to help determine whether people will be attracted to you or repelled by you.



Identify whether the following attitudes are repelling or attracting for others:

① REPELLING		② ATTRACTING
←	“It’s such a drag to have to go to school! The only good thing about a school day is when it’s over.”	
	I know, it’s really hard. I’ve spent ages trying to figure it out too. Hey, why don’t we work on it together?	→
	She’s doing the most... it’s that Kween thing again. Weird flex! Really? That thirsty girl needs to get a life.	
	“OK, so spill the tea. What have you heard? Sooo shady! Seriously, you need to get him from your life.	
	What are you talking about? You slayed the last test. You’ve totally got this next one in grip. Go girl.	
	You have such clout. I love the way you confidently speak up for yourself and others. You’re so extra!	
	Sorry, what? Oh no you don’t. Did you see what she said about me. Watch this clapback... this one will burn.	
	Just because they say nasty things, doesn’t mean I have to respond. I’m not lowering myself to their standard.	
	He is so basic. Hello? Unfollow!	
	No thanks. That’s not for me. If you do, I won’t judge you... I’ll pray for you. I think you’re better than that.	

The 'Magnitude' Of Attitude

Successful people are humble enough to recognise the areas in which they fall short, but they also try to improve. Take a moment to review the above attitude statements. If you recognise that you have fallen into the trap of 'Losing' or 'Repelling' attitudes from time to time (even if in part), consider how they may influence your mood, actions and relationships. Are they moving you closer to the person you ultimately want to become (set up for success), or taking you away from becoming that person (set up for failure)?

"Your attitude is like the hinge that opens the door to your future, or closes the door on your destiny." Keith Craft



What areas of your life do you think you could have a healthier attitude towards? ✓

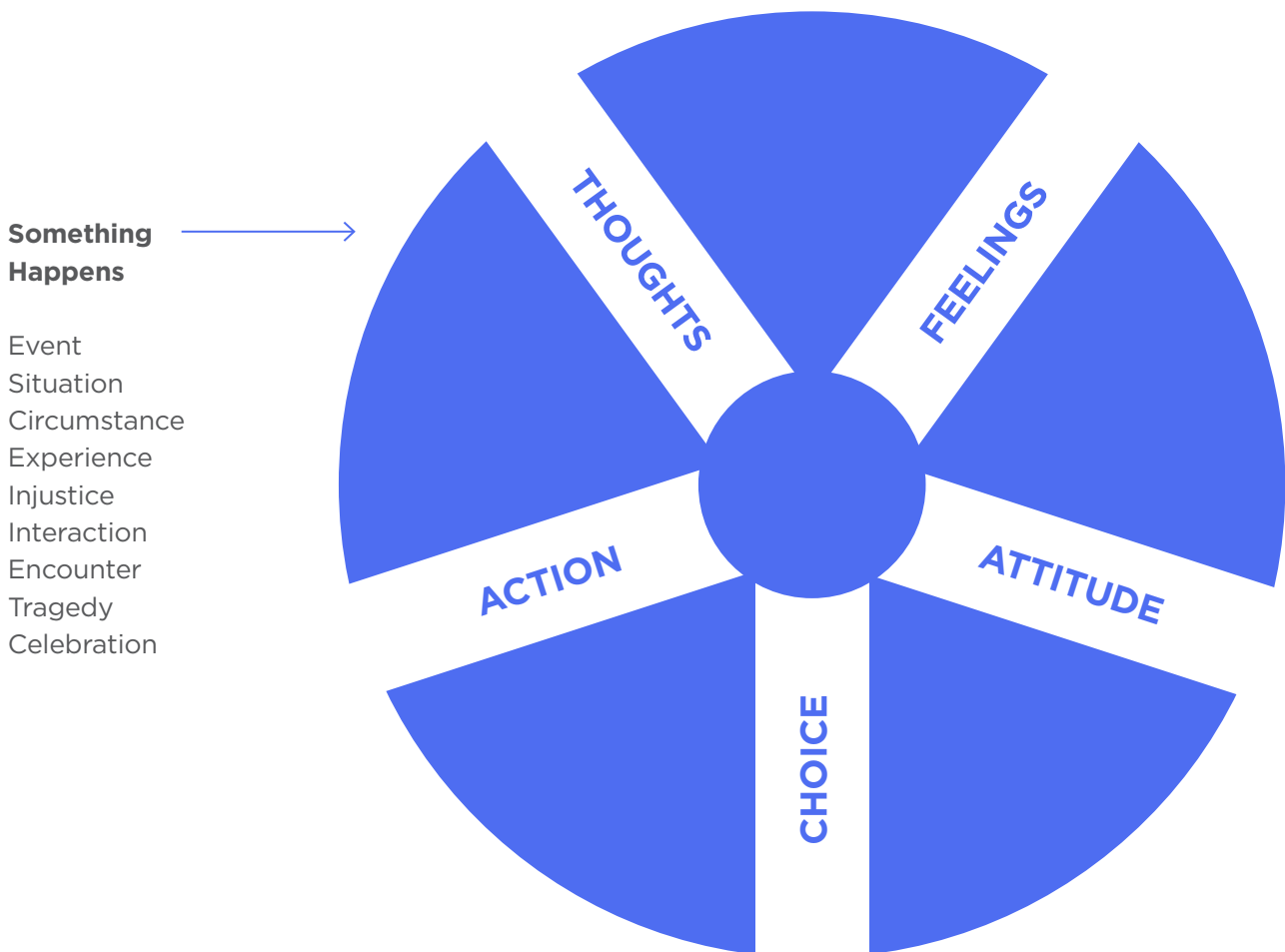
School		Family		Emotions	
Church		Health		Appearance	
Parents		God		Future	
Work		Friends		Money	

**CHECK IT OUT!
IT'S EASIER TO
POSITIVELY
ATTITUDE
YOUR WAY
INTO A FEELING,
THAN IT IS TO
FEEL YOUR WAY
INTO A POSITIVE
ATTITUDE!**



How the Wheel Spins

Wouldn't it be wonderful, if everyone had a positive and helpful attitude all the time? Unfortunately, that fantasyland doesn't yet exist anywhere in the known galaxy. The reason why, is that attitudes are easily influenced by a number of other key factors.



Thoughts

How you think about what happened will trigger an emotional response (positive or negative).

Feelings

How you feel, in turn, will impact your attitude (positive or negative).

Attitude

The attitude you wear will influence both the choices you make and the actions you take (positive or negative)

High Emotion = Low Intelligence

If left unchecked, strong negative emotions can hijack your attitude and lead to choices that are not so smart. Actions that lack intelligence are called 'foolish'. Want to know a simple way to control your emotions and raise your IQ? Next time things don't go your way, instead of sitting around and dwelling on all that's gone wrong, pick yourself up by turning the wheel in the opposite direction! Start by making a **CHOICE** to do something different. Your **ACTION** has the potential to lift your **ATTITUDE** and improve your mood. Now that you're **FEELING** good, your **THOUGHTS** can be more helpful to you.

After being knocked down, picking yourself back up and putting a smile on your face is NOT a feeling, it's an action governed by a choice.



When you've experienced a setback or things haven't gone your way, what action can you take that will help enable you to feel better? ✓

Call, message or go hang out with a friend		Go do your assignment	
Pray or just hang out with God		Do something kind for someone else	
Get some Vitamin D (sunshine!)		Do something you've been putting off	
Read a good book		Listen to your favourite worship music	
Bake or cook something yummy		Make a video blog to encourage others	
Go for a walk, run, swim or bike ride		Tell someone why you appreciate them	
Gym workout or play in the sports hall		Ask someone if you can help them	

High Gratitude = High Intelligence

One of the most powerful **Attitude-Action-Steps** you can engage to regain emotional control following a setback, is to consider what you're thankful for. It's a total genius move to learn the discipline of being grateful, both in good times and in bad. The benefits of being thankful for your physical, mental, emotional and relational health, are totally impressive! Check it out. Research has shown that being grateful helps you think better, feel better, love better, do better, be better and overall, enjoy life better. It's pretty clear that if you want to thrive throughout your teenage years and set yourself up for success, you might want to adopt an attitude of gratitude

"Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable – if anything is excellent or praiseworthy – think about such things."
Philippians 4:8 (NIV)



List 5 things you are thankful for and why:

What?	Why?
1.	
2.	
3.	
4.	
5.	

A close-up photograph of two young women with long brown hair, smiling warmly at the camera. The woman on the left is wearing black-rimmed glasses and a white top under a dark jacket. The woman on the right is also smiling and wearing a dark top. The background is a soft-focus outdoor setting with green grass and a wooden fence.

Take up the 30-day gratitude challenge!

EVERY NIGHT BEFORE BED FOR THE NEXT MONTH, LIST FIVE SPECIFIC THINGS THAT HAPPENED DURING THE DAY THAT YOU ARE THANKFUL FOR AND WATCH HOW IT TRANSFORMS YOUR LIFE.

Advanced Social Skills

Want to know how to become the most attractive person in the room and make a good impression on someone? Want to know how to meet someone new and leave them feeling better about themselves after having been in your presence? Step away from communication **DISASTER** and step into the realm of **MASTER!**



Identify any communication disaster you want to change so as to become a master:

DISASTER	→	MASTER
Have a blank expression on your face when meeting someone new		Have a smile on your face when meeting someone new
Look down or look away when talking to someone		Look at the person when talking to someone
Talk about yourself all the time		Find things to talk about that people are interested in or passionate about
Continually boast about your accomplishments		Regularly encourage your friends' efforts and celebrate their accomplishments
If you disagree, interrupt or talk over the top - making sure your point is heard		Be quick to listen, slow to speak and slow to become angry (James 1:19 NIV)
Offer one-word answers when asked questions		Give thoughtful answers to questions that are in line with God's Word
Never initiate a conversation, always wait first to be engaged		Don't wait to be engaged, take the initiative to strike up a conversation
Ask stupid, shallow or crude questions		Ask the right kind of question at the right time to the right people
Spill the tea and complain about others		Refuse to participate in gossip about others behind their back
Nit-pick, criticise and point out the blind spots and failings of others		First work on your own blind spots before helping friends with theirs (Matthew 7:5)

Identify 3 people who you can practice your advanced social skills with:

1.	2.	3.
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Secure The Bag

The secret sauce to maintaining a good attitude, prioritising gratitude and advancing social skills is called discipline. That's the real gwop! Even though discipline takes sacrifice and hard work, the payback is totally worth it. And the good news is, if you can master discipline in just one area of your life, you're more likely to become disciplined in other areas too! Want to take home the money bag? Here are 3 simple golden nuggets to fast-tracking self-discipline:

CONSISTENCY

Repetition and dedication. Do something regularly, and eventually it becomes a habit

ACCOUNTABILITY

Find an accountability buddy to encourage and motivate you (especially when you slack off).

FUN

You not only learn best when you're having fun, but you're more likely to go the distance.