

# WELCOME TO



## iCHOOSE

Education in leadership values

# PROGRAM



# PROGRAM GOALS

THIS PROGRAM HAS BEEN DESIGNED TO HELP STUDENTS **ACCOMPLISH FIVE GOALS:**

1. Identify with the 16 values of leadership
2. Take ownership of their choices
3. Practice leadership values and develop those skills
4. Evaluate themselves with their applied knowledge
5. Take turns guiding small group discussions



# THE SMALL GROUP METHOD OF GROWTH



- The teaching method of small groups is very simple but highly effective.
- Small groups employ two-way communication in an empowering environment.
- Values are not taught; they are explored.
- During a small group, each person participates and some are given the chance to lead, but all students share from their own experience.
- As a result, everyone grows together.

# SMALL GROUPS ARE EFFECTIVE BECAUSE...

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- ✓ They are conducted in groups of four to eight people.
- ✓ They usually take between 30 minutes for four people and 60 minutes for eight people.
- ✓ They give every participant a “voice” and an opportunity to win.
- ✓ They are designed to emphasize and promote personal growth through leadership values.

The background of the slide features a faded, grayscale image of a group of people, likely students, gathered around a table. In the upper left, a hand holds a sign that reads "YO DECIDO" multiple times. Another sign in the foreground also displays "YO DECIDO" and the website "www.transformacion.org". The overall scene suggests a community or educational event.

# The Structure of the Values Roundtable

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Each lesson on values follows a pattern designed to help everyone participate and accept the choice of developing each value in their own lives.

Which of the three ways do you need to improve? Check one.

- 1. Value people.
- 2. Make myself more valuable.
- 3. Do things that other people value.

**HOW MY CHOICES AFFECT OTHERS**

What daily choice can I make that will have a positive impact on my friends and family? .....



**ACTION**

Each lesson will challenge a value to be applied to the students' lives. Sometimes the lessons will provide opportunities for students to share the action step they committed to during the previous session and what resulted.

~~~~~  
**Today I will make good choices  
that will positively affect others.**  
~~~~~





## Part 1

# Choice is a Gift



### THE BENEFITS OF CHOICE

You have freedom.

You are in control of your life.

You have the ability to make your life better.

You have the possibility to reach your potential.

You can change the direction of your life.

*Value choice as a gift!*

## BENEFITS

This section shows the participant what benefits they will experience when they apply the value to their life.



..... Circle the benefit that is most desirable to you.  
What benefit did you circle? Why?



## O1

# Life Begins with No Choices



In some areas of our lives, we have no choice. You don't choose where or when

Choices give everyone the possibility to “catch up” with others. So, as you get older, you get to make more choices. In the beginning, that can be scary! We are tempted to not open the gift of choice. If that happens to you, then it is important to know that “No choice is a choice!” Choosing not to choose is to let someone else make that choice for you. The result? You lose control of your life. You give your gift of choice to someone else! When you fail to choose your own life plan, the odds are high that you will fall into someone else’s life plan. And guess what they have planned for you? Not much!

To encourage you to get started in making choices, it is important for you to know that very few choices are final. In other words, the choice you make today can be reversed. Everybody has made wrong choices at some point in their life. That’s the bad news. Want the good news? Those choices can be changed.

**REFLECTION:**

Is there a choice you can make today that you haven't made before?

Review what you have underlined. Choose the most important thing, and take a minute ..... to share with the group why it was important to you.



**DISCUSSION**

Each participant will be asked to share something they underlined in the lesson and why it was important to them. They will also share answers to questions in the lessons.





## Part 2

### REVIEW OF LESSON 1, PART 1:

- Choice is a Gift
- As Age Increases, the Gift of Choice Increases
- The Value of Making Good Choices

In Part 1 of this lesson, you decided to make a choice that would have a positive effect on your life.

How well did you reinforce the choice you made?

### ANSWER BELOW:

### EVALUATE YOURSELF ON A SCALE OF 1 TO 5:

Circle your answer. (1 is weak, 5 is strong)

1

2

3

4

5



..... Why did you give yourself this rating?

## EVALUATION

Each participant will rate himself on how well he demonstrates the lesson's value in his life and identify ways to improve in that area. Participants will be asked to share their answers with the group.

Which of the three ways do you need to improve? Check one.

- 1. Value people.
- 2. Make myself more valuable.
- 3. Do things that other people value.

**HOW MY CHOICES AFFECT OTHERS**

What daily choice can I make that will have a positive impact on my friends and family? .....



**ACTION**

Each lesson will challenge a value to be applied to the students' lives.

Sometimes the lessons will provide opportunities for students to share the action step they committed to during the previous session and what resulted.

**Today I will make good choices  
that will positively affect others.**



# SYMBOLS

## LEGEND:

Use the prompts throughout the lesson to guide you.



First person  
read aloud.



Next person  
read aloud.



Underline what's  
important to you.



Share with  
others.



Take  
action.

# SECOND PART

## Lesson 1: Choices



*"One of the greatest gifts you will ever receive is the gift to make choices."*

JOHN C. MAXWELL

### LEGEND:

Use the prompts throughout the lesson to guide you.



First person  
read aloud.



Next person  
read aloud.



Underline what's  
important to you.



Share with  
others.



Take  
action.

### HOW YOU CAN MAKE THIS LESSON EFFECTIVE FOR YOU AND OTHERS:

1. Form groups of 6 to 8 people within the classroom.
2. Respect and value each person in the group.  
Encourage yourself and others as you share.
3. Take turns reading each section of the material out loud.
4. Discuss openly. As you read, underline what is important to you.
5. Evaluate yourself. Review. Reflect. Apply. Have fun!



### THE GOAL OF THIS LESSON:

**Make good choices and practice them.**



## Part 1

### Choice is a Gift



#### THE BENEFITS OF CHOICE

- You have freedom.
- You are in control of your life.
- You have the ability to make your life better.
- You have the possibility to reach your potential.
- You can change the direction of your life.

#### Value choice as a gift!



..... Circle the benefit that is most desirable to you.  
What benefit did you circle? Why?



## O1

### Life Begins with No Choices



In some areas of our lives, we have no choice. You don't choose where or when you are born. You don't choose your parents. You don't choose your race, your personality type, or your genetic makeup.

You must live with the conditions you find yourself in. But! The longer you live, the more your life is built upon and shaped by the choices you make.

Since life begins with no choices, life doesn't begin equally for all people. What happens if others are ahead of you in the beginning of life? How will you catch up? The next section will answer those questions.



## O2

### As Age Increases, the Gift of Choice Increases

*"Though you cannot go back and make a brand new start, my friend,  
anyone can start from now, and make a brand new end."*

JAMES R. SHERMAN



Choices give everyone the possibility to "catch up" with others. So, as you get older, you get to make more choices. In the beginning, that can be scary! We are tempted to not open the gift of choice. If that happens to you, then it is important to know that "No choice is a choice!" Choosing not to choose is to let someone else make that choice for you. The result? You lose control of your life. You give your gift of choice to someone else! When you fail to choose your own life plan, the odds are high that you will fall into someone else's life plan. And guess what they have planned for you? Not much!

To encourage you to get started in making choices, it is important for you to know that very few choices are final. In other words, the choice you make today can be reversed. Everybody has made wrong choices at some point in their life. That's the bad news. Want the good news? Those choices can be changed.

#### REFLECTION:

Is there a choice you can make today that you haven't made before?

Review what you have underlined. Choose the most important thing, and take a minute.....  
to share with the group why it was important to you.





03

## The Value of Making Good Choices

*"There is a choice you have to make in everything you do. So keep in mind that in the end, the choice you make, makes you."*

JOHN WOODEN

Life is full of choices! All day, each and every day. You not only have to make choices, you are made by them. Choices powerfully shape your life.

*Everything in your life is a reflection of the choices you have made.*

The beauty of choice is that if you want a better result, all you have to do is make a better choice.

### REFLECTION:

#### HOW MY CHOICE AFFECTS ME

What choice can I make today that will have a positive impact on my life? .....



List three different ways you can reinforce the choice you just made:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

Today I will make good choices that positively affect me.



## Part 2

### REVIEW OF LESSON 1, PART 1:

- Choice is a Gift
- As Age Increases, the Gift of Choice Increases
- The Value of Making Good Choices

In Part 1 of this lesson, you decided to make a choice that would have a positive effect on your life.

How well did you reinforce the choice you made?

### ANSWER BELOW:

### EVALUATE YOURSELF ON A SCALE OF 1 TO 5:

Circle your answer. (1 is weak, 5 is strong)

1   2   3   4   5



..... Why did you give yourself this rating?

04

## Choices are the Best Way to Change Your Life



By now you have learned, you don't get better by chance, you get better by choice. So, where do you start? With yourself! Often we are tempted to want to change others, especially those who are close to us. We say, "If they would get better, my life would be better." That is not true. If you get better, your life will be better! Don't wait to discover the following:

### I WANTED TO CHANGE THE WORLD

"I found it was difficult to change the world, so I tried to change my nation. When I found I couldn't change the nation, I began to focus on my town. I couldn't change the town, and as an older man, I tried to change my family.

Now, as an old man, I realize the only thing I can change is myself, and suddenly I realize that if long ago I had changed myself, I could have made an impact on my family. My family and I could have made an impact on our town. Their impact could have changed the nation, and I could indeed have changed the world."

UNKNOWN MONK 1100 A.D.



## 05 Making Good Choices Benefits Others



One of the best ways to do this is to add value to people daily. Every day I choose to...

### 1. Value people.

I value myself and others because we are all created by God.

### 2. Make myself more valuable.

Making choices can either help me or hurt me. Making good choices helps me and helps others.

### 3. Do things that other people value.

Asking people questions or asking their opinion shows that you value them.



#### REFLECTION:

What choice can I make today that will have a positive impact on others? .....

- 1. Value people.
- 2. Make myself more valuable.
- 3. Do things that other people value.

Which of the three ways do you need to improve? Check one.

- 1. Value people.
- 2. Make myself more valuable.
- 3. Do things that other people value.

#### HOW MY CHOICES AFFECT OTHERS

What daily choice can I make that will have a positive impact on my friends and family? .....

~~~~~  
**Today I will make good choices** .....  
**that will positively affect others.**  
 ~~~~~





**“EDUCATION IS THE MOST  
POWERFUL WEAPON  
WHICH YOU CAN USE TO  
CHANGE THE WORLD.”**

*Nelson Mandela*

