

Elks DRUG QUIZ SHOW



What is Success?

Some people think that to be a success you need to be rich, famous, popular, or have lots of expensive things. But.....REAL success is more than that. REAL SUCCESS comes from accomplishing whatever it is YOU set out to do.



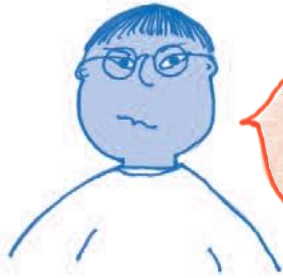
Like

- ☐ ..Making the football team
 - ☐ ..Earning higher grades
 - ☐ ...Getting along better with your brothers and sisters
 - ☐ ..Eating healthier foods
 - ☐ ..Learning a new hobby...like painting
- Count up all the things you've already learned to do ...

- * Play softball
- * Skateboard
- * Play video games
- * Use a computer
- * Bake cookies
- * Read
- * Fix your bike
- * Swim
- * Write a book report

See? You're already a success!!
You've already achieved **LOTS** of goals!





Exactly what
Is a goal?

A goal is
something **SPECIFIC**
you want to achieve
or do, such as...

- ☐ Make a new friend
- ☐ Get on the track or wrestling team
- ☐ Raise your math grade from a C to a B
- ☐ Learn something new ... like rollerblading
- ☐ Take up a new hobby, maybe playing the trumpet
- ☐ Earn \$50
- ☐ Earn extra privileges ... like being able to stay up later on the weekend.



Okay. But what do I
need to do to achieve
my goals?



First, take out a sheet of paper and list some things you'd like to do or achieve. Circle the one you want to work on first.

Second, write this goal at the top of another sheet of paper. Under it, list all the smaller steps you need to take to reach this goal.

Third, work on the steps one at a time. Keep track of what you accomplish by checking off (✓) each one as you complete it.

**Before you know it, you will have
achieved your goal and will be
starting on another one!!**



Anything else I need to know?

YES!

Successful people set **realistic** goals, ones they think they can reach. Attaining these can lead to personal growth and satisfaction.

Unrealistic goals, on the other hand, are in all likelihood unreachable. These typically set us up for frustration and disappointment.

Unrealistic goal



I want to be the most popular girl in school!



Realistic goal

I want to make a new friend or two!

Successful people then break that goal into even smaller pieces, like thinking about the...

“5W’s”

- **W**ho they want to become friendly with
- **W**hy they think that friendship would be good (maybe they have a lot in common)
- **W**hen and **W**here it would be best to start a conversation (lunch, recess, gym)
- **W**hat that first conversation might sound like (“Hi! I hear you’re interested in _____ too!”)



Lastly, once they’ve thought it through, **successful people set a time for reaching their goal** (like, by next Friday).

But instead of saying, “By next Friday I’d like to.....” they say, “By next Friday I will.....”

This is a more positive way to think and speak.



Tips for Carrying on a Conversation

1. **Ask questions that start with “what” or “why,”** not ones that can be answered “yes” or “no.” For example, instead of “Do you like sports?” ask:
2. LOOK at other people and **really listen** to what they have to say.
3. If necessary, **ask another question.**





Great! So I AM a success because I already accomplished some goals. But what do I need to do to be successful in the future?

One thing you can do is develop your innate (that means inborn) ability to be **RESILIENT**.



Even though it's not always easy, everyone has the ability "**bounce back**" in times of distress. (This means you can continue working toward your goals, even when you encounter problems or challenges along the way.)

Here are some ways you can help yourself become more resilient:



- **Develop a positive, "I CAN" attitude.**
That means believing in yourself, that you have some influence and control over your life.



- **Identify your strengths....**
like being patient, friendly, caring, honest, a good listener....



- **Find positive role models**
in adults who care about you, and who act respectfully both towards themselves and others.



- **Ask for help when you need it.**
Trusted adults can help you think through different ways of dealing with problems or opportunities you may be facing.



Anything else I can do to increase my chances for success?

- **Get involved** — Participate in school and after school activities such as Scouts, chess, sports, a church youth group, drama, or science club. Even though it may feel uncomfortable at first (especially if you don't know anyone), this is a great way to fight loneliness and boredom..... and also to make new friends.
- **Do volunteer work.** Help a neighbor rake leaves or shovel snow. Visit someone in a retirement home. Be a peer leader or mentor at school.
- **Stand up for what you truly believe in.** This includes trying to influence others to do things that are in their best interests. Also, saying "no!" should others pressure you to do something harmful or that is against your home, school, or community's rules and values.
- **Make good decisions...** for example, to avoid trouble, drugs, or secondhand smoke.
- **Tackle new challenges.** Set goals and work hard to meet them.
- **Learn from your mistakes.** Keep trying and don't give up



If things don't work out the first time, don't get discouraged. Remember, even Babe Ruth, one of America's baseball Super Stars, struck out 1,330 times while at bat!

Keep Making New Goals for Yourself!



Goal #1...

To get a B in math, I will...

1. Pay attention in class.
2. Ask questions when I don't understand something.
3. Do my homework, on time.
4. Study...by myself and with a partner.
5. Do practice problems.
6. Get a good night's rest before the test.



Believe it or not, it's not too early to start thinking about even bigger goals, such as going to college, getting a job, or even starting a business of your own!



Goal #2...

To make the team, I will...

1. Get a basketball.
2. Practice at school and in my neighborhood.
3. Find someone to practice with me.
4. Get help from the coach or from my gym teacher.
5. Watch the varsity team practice, to learn new plays.
6. Read books and study about basketball.
7. Practice.....Practice.....Practice
8. Try out for the team.
9. If necessary, keep trying out until I DO make it!



Hmm... Small steps.

ANYTHING is possible when you follow Michael Jordan's advice:

"Take small steps...step by step. I can't see any other way of accomplishing anything."

OR

When you have Abraham Lincoln's perseverance and belief in himself. Did you know he had a LONG series of political, personal, and business failures before becoming President?

Bottom Line: Persistence and Positive Thinking are what count.



Above All, Remember —



A Positive "I Can" Attitude...

...Helps Build Self-Esteem

...Reduces Stress

...Is a  to SUCCESS!

I can choose to...

- ...Believe in myself
- ...Be responsible for my feelings and actions
- ...Laugh at myself where appropriate
- ...Celebrate my successes
- ...Learn from my mistakes
- ...Set realistic goals
- ...Ask for help when I need it
- ...Deal with LIFE.



I can choose...

- ...To see the good in others
- ...Treat others respectfully
- ...Accept others' differences.



I can choose to...

- ...See the glass as half full instead of half empty
- ...Change HOW I look at things
- ...Be hopeful about the future.



By looking at a situation differently...

- ...I can change my feelings
 - ...which can...
- ...Change my behavior
- ...Affect my relationships
- ...Influence my work
- ...Raise my Self-Esteem
- ...Enhance my FUTURE!





Acknowledgements

The Drug Quiz Show gratefully acknowledges
The Howard L. Green Foundation, Inc.
for making possible the creation of this Learning Center.

Special thanks also go to the following individuals for their
dedication, expertise and assistance:

Concept:	Mattie Bicknell, Prevention Educator
Content:	Mattie Bicknell, Prevention Educator
	Susan Meidenbauer, Executive Director The Drug Quiz Show
	Linda Shapess Teacher Trainer New York Health Central Onondaga-Cortland-Madison BOCES
	Valerie Stedman, M.S., Health Educator Christian Brothers Academy
	Patricia Schramm, M.S., Alcohol and Drug Abuse Prevention Education Program, Syracuse Diocesan Schools
	Bridget Musto, Syracuse, NY
	Emily Meidenbauer, Manlius, NY
	Debrah Shulman, Ph.D., Prevention Educator President of The Drug Quiz Show
Artists:	Jennifer Pisegna, M.S., C.A.S. School Counselor Westhill Central School District
	Anthony Washington, Syracuse, NY
Graphic Design:	David VanWie

© The Drug Quiz Show, Inc. 2010
Any reproduction in whole or in part for other than not-for-profit educational purposes
can only be by written permission of The Drug Quiz Show, Inc. All rights reserved.