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# Session 3: Stepping Into Who I Am: Next Steps & Support Network

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Small Group Curriculum  
For Teens

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## Objectives:

The purpose of this session is to build on last weeks session of assisting teens developing self-awareness, taking a look at tying together their truths from their core values; looking at the next steps toward their dreams and defining a support system. The following skill building will take place during this session:

- Self-awareness
- Visioning
- Finding support

## Session Overview:

- Welcome/Check-In (15 min)
- Activity 1: My Truths (10 min)
- Activity 2: Dream Sheet (10 min)
- Activity 3: Commitment (10 min)
- Activity 4: Next Steps (10 min)
- Activity 5: Network of Support (20 min)
- Activity 6: Discussion (10 min)
- Activity 7: Homework Between Sessions (5 min)
- Activity 8: Debrief/Closing (10 min)

## Welcome/Check-In: (15 minutes)

INSTRUCTIONS: Give each youth nametag, and have students fill out their own. While waiting for other students to come in or get settled, ask them if they remembered their “homework” from session one and if so, to have it in a place where they can look at it. Re-do introductions and welcome new students, letting them know to not worry if they missed the first session as we will catch them up.

- Hand out Worksheet E to those who do not have one. Review worksheet with intention for discovery of opinions and judgments. Discuss the following questions with those who are comfortable answering: What did you take away? What pleased you? What disappointed you? What surprised you?
- SAY: Remember last sessions’ integrity exercise? Where you experienced what it feels like to be living your own values – and be in your own integrity? Here’s a quick reminder:

(see next page)

## Materials

- Name tags
- Program flier
- 1.5 inch binder for each (with clear view cover and inside pockets)
- Personal journal
- Pens/pencils
- Flip chart
- Post it notes
- Colored markers (paper and dry erase)
- Whiffle Balls & Velcro Ball Catcher
- Group Guidelines from Session 1
- Brainstorming flipchart from Session 1 on “Being a Teen”
- Tape
- Water/Snacks

## Handouts/Worksheets

Bring extras worksheets from Session 3 (E = Interview Review; F = Enneagram and G= My Truths)

H = Dream Sheet

J = Declaration of Commitment

K = Next Steps & Support

L = Network of Support

- SAY: Everyone stand up: Stand on one leg, with both arms raised (How long can you hold this?). See how easy you topple? Now, stand like a linebacker (feet solid, shoulder length apart (take off high heels) grounded in our values and integrity). Crouch over like a football player and place your hands above your knees to hold that stance.
  - SAY: “Keeping your eye on your values; using your values every day to make choices and help you make decisions are a way to use your values as a compass and guide.
- Now – remember last sessions’ spaghetti test? We’ll do our own version of checking to see if our values “stick” (like spaghetti); and if they are conflicting, how they fall away from us. Do a quick DEMO using Velcro and whiffle balls, while talking about how values are unique to each individual.
- A word of caution: “Be careful when others try to impose their values on you. It happens every day. When you are secure in your values you are more able to recognize that these other ones are not for you (like the whiffle balls they won’t ‘stick’). When values are conflicting, it is important to learn how to prioritize those values.

**Facilitator will explain to the group:** “In today’s work we will tie all this together to help you plot your next steps and identify those who can be there to help you along the way. The first part of this involves you understanding how your TRUTHS come from your CORE VALUES. Once you are familiar with and can recognize your core values, we will look at the NEXT STEPS towards fulfilling your dreams; and finding the support you need to get there.”

## Activity 1: My Truths (10 min)

## Worksheet G

If you haven’t completed your homework assignment of worksheet G, we are going to take some time to review this and you can do this now. Hand out copies of Worksheet G to any who need. Make sure all have a pen or pencil to write with.

- Take a few minutes to look at your past worksheets (if you have them) and think about how you’d answer the following: (then give time for the group to individually complete the worksheet; asking questions and helping them brainstorm ideas if they need support).
  - Characteristics I admire in others
  - Characteristics I want to have within me
  - Good qualities others see in me (these can come from your interviews)
  - My natural strengths (from the Enneagram worksheet)
- ASK: does this page now start to create a picture of you? Does anyone want to share? (if time)

## Activity 2: Dream Sheet (10 min)

## Worksheet H

Facilitator will start out: “Taking into consideration what you now know and admire about yourself and others...and with the ability to dream, with nothing held back...”

Let’s just look at 4 areas of life and each of you do a bit of dreaming here today...

What would you like as it pertains to:

- Family
- Career/Job
- Education
- Relationships

**Demo with a few examples and ideas to get them started**

Dream big; don’t hold yourself back. Dream as if you have all the:

- Money
- Resources
- Support
- Opportunities
- Courage
- Good fortune

ASK: What would you do, if you knew you could not fail?

- Read Quote: (below)

- *"Not much happens without a dream. And for something great to happen, there must be a great dream. Behind every great achievement is a dreamer of great dreams. Much more than a dreamer is required to bring it to reality, but the dream must be there first."  
-from Servant Leadership, Robert K. Greenleaf*

- Have students fill out dream sheet
- Take only a few minutes afterwards to ask for those who are willing to share anything from their dream sheet OR anything about their experience in completing the dream sheet.
- Remind teens that they can change their dreams at any time for any reason.... they OWN their dreams.

### Activity 3: Commitment (10 min)

### Worksheet J

Facilitator reminds youth about the brainstorming from Session 1 about “Being a Teen” (if possible have that flip chart displayed and do a **quick** review). Engage youth in a short discussion with these questions as prompts:

- How does it feel to write down your dreams in the way you just did?
- Who do you talk to in your life about your dreams?
- What is your experience in sharing your dreams today with others?
- Do your dreams feel more real when you talk about them and share them?

Facilitator says: Now we are going to talk about commitments and declarations. ASK: Can anyone explain what is a commitment? (Get ideas and input from other students). ASK: How about the word “declaration”? What does that mean? Can anyone guess?

What we’d like you to do is to really take on your dreams and make a declaration of your commitment to move towards your dreams. PASS OUT COPIES OF WORKSHEET J to each teen.

- ASK: “I’d like one volunteer to read this declaration out loud.
- SAY: “I’d like to challenge each and every one of you to make a commitment today to dream big, and to take baby steps each day towards your dream. If you don’t like the wording; you can cross it out and change it to work for you. Those who are willing to make this commitment; I’d like you to sign this declaration and have one of your neighbor’s next to you be your witness (you can witness each others’). We’d like to collect these commitments from you and give you a copy to keep. The originals will be returned to you at graduation from this group. Sharing your commitments and writing them down can help you to be successful in achieving them.
- FACILITATOR NOTE: Original copies will be framed and returned to teens at graduation.

### Activity 4: Next Steps (10 min)

### Worksheet K

Facilitator will have flip chart and markers ready, and a page with the 4 areas written (similar to worksheet K) to demonstrate for the youth how to complete the form. SAY: Now that you’ve made your dreams more real and made a commitment to work towards your dreams; let’s talk about what to do next.

- Pass out Worksheet K to all teens
- SAY: “Think about these 4 areas of your life: Family, Education, Career/Job, and Relationships. I’d like you to think about 1 or 2 “next steps” that you might take over the next few weeks, months or even this year... think about little steps that will move you closer to your goal or dream. I’m going to ask you to write these little steps into the top half of each circle for each of the 4 areas on your worksheet.
- DEMO: on the flip chart a few examples of what to write.
- Take a few minutes to fill in your circles
- In large group: Take a few minutes for those willing to share at least one of their steps.

### Activity 5: Network of Support (20 min)

### Worksheets K and L

Now that you’ve written down a few small steps in each of the 4 areas of life; we are going to talk about support.

- SAY: “No one does anything great without the help and support of others! You are unique for sure; AND you still need others – we ALL do!”
- Remind group: Remember how good the network of support activity felt, when we did that standing up on one leg

while having someone help you to keep your balance? Your network of support is like this. People in your life who will lend you a hand, or a finder of support or a “touch point” for you in order for you to continue on your path of your dreams.

- Hand out Worksheet L and say. Now, start filling out your Worksheet L with any ideas that you have of people or kinds of people who might be able to support you. Don't worry about having a name or idea in each category yet – there are many people who will support us who we do not yet know. This will just be the beginning. If you have someone specific, e.g. “mom” or someone more general like “my teachers” write down whatever makes the most sense to you.

TRANSITION: “Now that you've started with your Network of Support Worksheet, let's return back to the other half of the Next Steps worksheet we started earlier.”

- ASK: What are some of the reasons one might find support helpful? (Short discussion)
- Have flipchart ready and SAY: Let's brainstorm some why's and when's... using examples if you're comfortable from your won goal lists. Here's an example: “If someone had XYZ (give any example appropriate) as a next step, when and how might someone else be helpful? Get examples from the youth.
- Now, WHO might be the kinds of people that could fill that role? (e.g. a teacher or a coach, etc.).

We're going to take the next 7 minutes or so and I want you to fill out the lower half of the circles on your NEXT STEPS worksheet.

Facilitators: If anyone is stuck for ideas, engage youth in brainstorming together ideas. Help youth to say ‘thank you’ to each idea even though it may not fit for them.

- If you have blanks – you will need to keep an eye out for people you can add to your network.
- Your needs will change over time – therefore your network will need to change. It's a good idea to keep this sheet where you can look at it, and re-work this to fit your needs.

## Activity 6: Discussion (10 min)

Have two flip chart post it's ready and write on the top of one, “Scares You” and the other, “Excites & You”

- Prior to any discussion ask the teens to brainstorm what scares them about the work we have done today (capture their thoughts on the flip chart).
- Continue on without discussion to brainstorm what excites them about the work we have done today and capture the comments on flip chart.
- Engage youth in a discussion about fears and excitement and how they are often intertwined. Help them to see that something that excites them or may scare someone else, and this is o.k.
- Ask teens how people in their support network can support them in facing their fears and following through with their dreams and goals. REMIND them of the need to have people in their lives that bring out the best in them and believe in their goals.
- IF TIME: Ask youth to share anything about their declaration they'd like to share. If no time to do this, ask them to read their declaration each day and find one (even if it is a small one) one step they can take towards their dreams. This would be a great thing to journal about as well.

## Activity 7: Homework Assignments Between Sessions: (5 min)

1. Share your Declaration with at least two people, perhaps those you did interviews.
2. REFLECTION/JOURNALING
  - a. Review your worksheets and responses to session 1, 2 and 3. Add or change anything that feels right to you.
  - b. Continue to journal your thoughts including any fears or accomplishments you have.
3. If you have not done your INTERVIEWS (Hand out worksheet “D”) You still have time (directions below)
  - a. Youth are to interview 2-4 people (e.g. friend, adult, teacher, coach, etc.) and then complete reflections in their journal, answering the following questions: What did you learn from the interviews and compare how you see yourself and how others see you. (Facilitators should demo a brief interview with a teen doing an interview).
  - b. In their notebook ask youth to write 3-4 names of people they can interview (write them down); choose with whom they will start. ASK: Who is comfortable committing to do these interviews? (show of hands). ASK: is there one interview you can do today? REMIND: Interviews should be completed by next session.

## Activity 10: Debrief/Closing (10 min)

Take time to check in with youth at end of session

Questions to ask:

- What was easy for you today?
- What was hard for you today?
- Name one thing that you realized or that surprised you today?
- What are you taking away from all this?

End by reminding youth of next session focus:

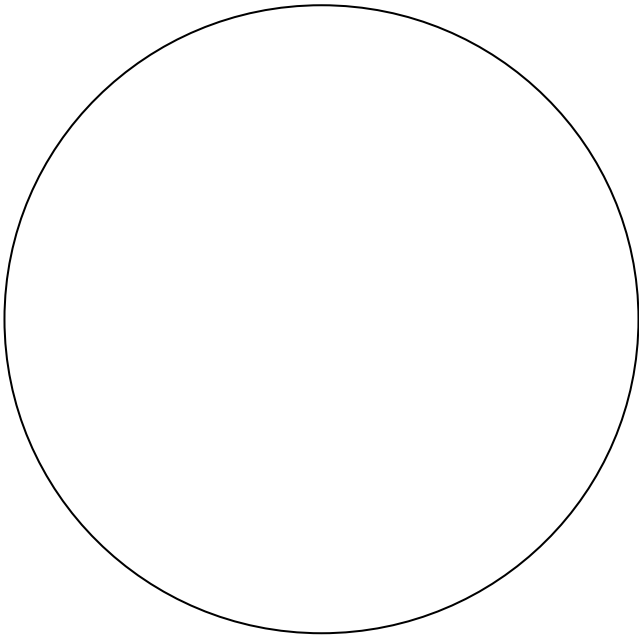
- “Useful skills to help you: Be you/Stay you and stay on your journey with success!”
- Time/Date/Place

Worksheets to follow

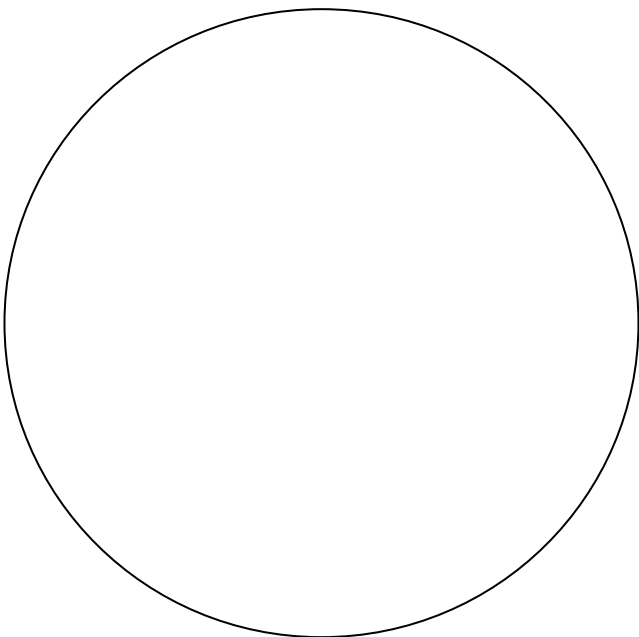
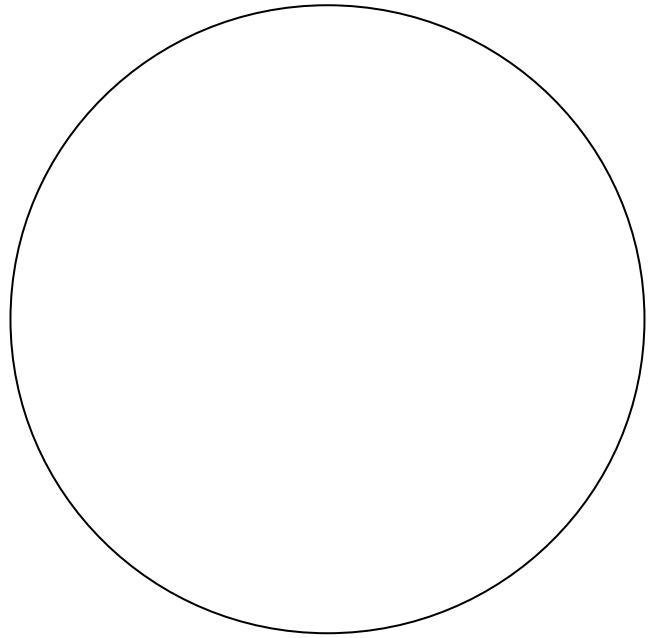
Worksheet G

# My Truths

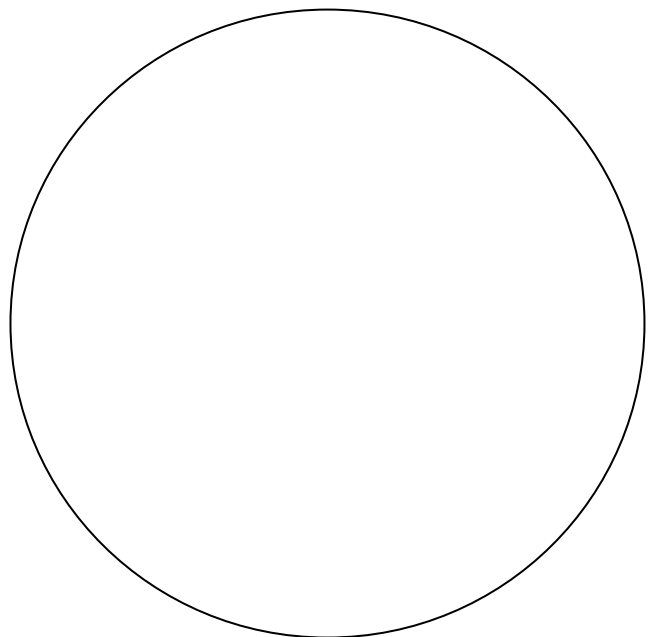
Characteristics I admire in others



Characteristics I want to have within me



Good qualities others see in me



My natural strengths

Worksheet H

# Dream Sheet-Quadrants of My Life

Family



Education



Career/Job



Relationships

Worksheet J

*"From this day forward I commit to  
Dream Big. Each day I will take at  
least one small step towards reaching my  
dreams."*

*Signed* \_\_\_\_\_

*Date* \_\_\_\_\_

*Witness* \_\_\_\_\_

*Date* \_\_\_\_\_



# Next Steps

## Family

Next Steps:

Support Network:

## Education

Next Steps:

Support Network:

## Career/Job

Next Steps:

Support Network:

## Relationships

Next Steps:

Support Network:

# Network of Support

Family:

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Career/Work:

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Friends:

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Education:

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School:

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Relationships:

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Other:

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Other:

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