

**FOSTERING PURPOSE CURRICULUM**

**FOR HIGH SCHOOL**

**TEACHER GUIDE**



Dear teacher,

Thank you so much for implementing these lessons! We hope that you and your students will enjoy these and benefit from them. Please feel free to modify activities according to what will work best for your class. We just ask that you let us know what you did so we know what is most effective.

On the following pages, you will find an overview of the lessons, links to online surveys, and a detailed lesson plan. Please let us know if you have any questions.

Thank you!

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## LESSONS OVERVIEW

### DAY 1: INTRODUCTION TO PURPOSE

- WATCH PURPOSE INTRO VIDEO
- PURPOSE REFLECTION AND WRITING
- THINK ABOUT YOUR BEST POSSIBLE SELF
- EMAIL: WHAT DO OTHERS THINK YOUR PURPOSE IS?

### DAY 2: YOUR VALUES

- HEAR CELEBRITIES TALK ABOUT THEIR PURPOSE IN LIFE
- WATCH VIDEO AND REFLECT
- DISCOVER THE VALUES THAT ARE MOST IMPORTANT TO YOU

### DAY 3: FOCUS ON WHAT'S MEANINGFUL

- IMAGINE YOUR BEST POSSIBLE FUTURE SELF AT 40 YEARS OLD
- DESIGN YOUR OWN TATTOO
- WHAT ARE YOU GRATEFUL FOR?

### DAY 4. SYNTHESIZING, FINDING YOUR PURPOSE

- CHOOSE A QUOTE THAT REPRESENTS YOUR PURPOSE
- WATCH MORE CELEBRITIES TALK ABOUT THEIR PURPOSE
- THINK ABOUT YOUR BEST SELF
- SYNTHESIS ACTIVITY

### DAY 5. WRAP-UP

- REFLECT ON EMAIL RESPONSES

## LINKS TO ONLINE SURVEYS

### LESSONS

- PURPOSE INTRO VIDEO: [HTTPS://CGU.CO1.QUALTRICS.COM/JFE/FORM/SV\\_3FJKCWPYXXNLN19](https://CGU.CO1.QUALTRICS.COM/JFE/FORM/SV_3FJKCWPYXXNLN19)
- QUOTE AND WRITING PROMPT:  
[HTTPS://CGU.CO1.QUALTRICS.COM/JFE/FORM/SV\\_5BWLJH4TEZZZQOB](https://CGU.CO1.QUALTRICS.COM/JFE/FORM/SV_5BWLJH4TEZZZQOB)
- BROAD BPS: [HTTPS://CGU.CO1.QUALTRICS.COM/JFE/FORM/SV\\_80XMRY72ECCVQCJ](https://CGU.CO1.QUALTRICS.COM/JFE/FORM/SV_80XMRY72ECCVQCJ)
- EMAIL ACTIVITY: [HTTPS://CGU.CO1.QUALTRICS.COM/JFE/FORM/SV\\_COZZ0XPRMMUYY2P](https://CGU.CO1.QUALTRICS.COM/JFE/FORM/SV_COZZ0XPRMMUYY2P)
- CELEBRETY VIDEO 1: [HTTPS://CGU.CO1.QUALTRICS.COM/JFE/FORM/SV\\_0KSI5PP4HIKGGZGB](https://CGU.CO1.QUALTRICS.COM/JFE/FORM/SV_0KSI5PP4HIKGGZGB)
- VALUE SORT: [HTTPS://CGU.CO1.QUALTRICS.COM/JFE/FORM/SV\\_BO5BAHLI1WFQUJP](https://CGU.CO1.QUALTRICS.COM/JFE/FORM/SV_BO5BAHLI1WFQUJP)
- BEST POSSIBLE SELF AT  
40: [HTTPS://CGU.CO1.QUALTRICS.COM/JFE/FORM/SV\\_5TXLPW9OTBXPXWD](https://CGU.CO1.QUALTRICS.COM/JFE/FORM/SV_5TXLPW9OTBXPXWD)
- TATTOO ACTIVITY: [HTTPS://CGU.CO1.QUALTRICS.COM/JFE/FORM/SV\\_0SV2GAFUMSOY2CR](https://CGU.CO1.QUALTRICS.COM/JFE/FORM/SV_0SV2GAFUMSOY2CR)
- GRATITUDE: [HTTPS://CGU.CO1.QUALTRICS.COM/JFE/FORM/SV\\_7ZETUNWESHB7BNJ](https://CGU.CO1.QUALTRICS.COM/JFE/FORM/SV_7ZETUNWESHB7BNJ)
- QUOTE ACTIVITY: [HTTPS://CGU.CO1.QUALTRICS.COM/JFE/FORM/SV\\_0Q4LL8SZDAUXDHT](https://CGU.CO1.QUALTRICS.COM/JFE/FORM/SV_0Q4LL8SZDAUXDHT)
- CELEBRETY VIDEO 2: [HTTPS://CGU.CO1.QUALTRICS.COM/JFE/FORM/SV\\_43CSXVXPPIP0GMB](https://CGU.CO1.QUALTRICS.COM/JFE/FORM/SV_43CSXVXPPIP0GMB)
- SYNTHESIS ACTIVITY:
- EMAIL RESPONSE:

## DETAILED LESSON PLANS

### DAY 1: INTRODUCTION TO PURPOSE

*\*\*\* Teachers, the most important points of this lesson are to define purpose and have students understand what it is to them.*

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#### ACTIVITIES

##### WATCH INTRO TO PURPOSE VIDEO

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Today you will be watching a short video about "purpose". Press play to begin the video.

<https://www.youtube.com/watch?v=5vo9LYrO8F4>

After watching the FULL video, the NEXT button will appear at the bottom of the page and you can continue to the next activity.

##### EMAIL ACTIVITY

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As you think about what is most meaningful in your own life, it may be helpful to get some insight from people who know you well.

Please send the following email to **5 people** who you respect, and know you well. We encourage you to send it to a variety of people. A coach or mentor, a close friend, or a family member could be good choices. You may not receive responses back, or you may receive responses that you do not agree with. That's okay. The goal is for you to reflect on what is meaningful in your life. This activity may help you see things about yourself that you did not recognize, or solidify things you already knew.

We will be emailing you in the next few days with a follow up survey activity to ask if you have received responses to this email and to share those responses with us.

Copy and paste the message below. Don't forget to fill in your name at the end of the email.

Hello,

*I'm participating in a project designed to help me figure out what I want to accomplish in my life. As a part of this project I am looking for feedback from people who know me well and whose opinion I value.*

*Will you please read the questions below and email your response to me right now so that you don't forget. No need to spend lots of time on this, just tell me the first thing that comes to mind as you read each question. I don't need you to take more than 5 minutes completing the questions.*

- 1. What do you think are my strengths and talents?**
- 2. How do you think I can use my talents in a meaningful way?**
- 3. How do you see me contributing to the world in the future?**
- 4. What advice would you give to help me achieve these goals?**

*Thanks for your help. I really appreciate your time and input.*

Best,

\_\_\_\_\_

#### QUOTE REFLECTION AND WRITING ACTIVITY

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Luckily for us, research shows that there are many benefits to especially young people when they are seeking their purpose in life.

We can start searching for our purpose by simply thinking about the things that matter most to us in life. Take a few minutes to read and reflect on the quote by Richard J. Leider.

**“Knowing who we are, why we are here, and what we’re trying to do with our lives enriches our journey. Whether our purpose is to serve God, to raise healthy children, to create a healthier environment, or to play beautiful music, we are empowered by the purpose.”**

Please take 5-10 minutes to write about the things that matter most to you.

## WRITING REFLECTION

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### **Best Possible Self (BPS)/Magic Wand:**

In this next writing activity, we want you to be as creative and imaginative as you want. You can use whatever writing style you want. Do not worry about spelling or grammar.

Think about the world you live in. This can include your life, your community, or the world at large.

If you had a magic wand and could change the world to make it your ideal world, is there anything you would change about the world today? If so, what would you change?

Do you think you can play a role in helping the world get closer to this ideal? If so, please tell us how. If not, please tell us why not.

## DISCUSSION (OPTIONAL)

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Lead a class discussion about the Leider quote that the students responded to. Ask them what they think when they hear the word purpose, where they see it showing up in the world, and what it means to them personally. Have them share with a neighbor about someone they can think of that has a clear and meaningful purpose.

### HOMEWORK (OPTIONAL)

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Have each student respond to his or her own email invitation as if he/she were writing to him or herself. Ask them to respond genuinely their own strengths and how they can use them in the world.

## DAY 2: VALUES

*\*\*\* Teachers, the key point of this lesson is to have students think about their personal values in a meaningful way and think about how they relate to their purpose.*

### ACTIVITIES

#### WATCH CELEBRITIES TALK ABOUT PURPOSE

Today you will be watching celebrities you may know talking about what matters most to them. Then you will complete a writing and a sorting activity.

Please download video file from the "Celebrity Video 1" survey in Qualtrics using this link:

[https://cgu.co1.qualtrics.com/jfe/form/SV\\_0kSI5PP4hIKGZGB](https://cgu.co1.qualtrics.com/jfe/form/SV_0kSI5PP4hIKGZGB)

In the video, Jimmy Fallon mentioned the book "Man's Search for Meaning" by Viktor Frankl. You may also remember Viktor Frankl from the introductory video you watched on Day 1 of these activities. In his book, Viktor Frankl describes the terrible experiences he faced and witnessed as a prisoner of a concentration camp during WWII.

We would like to give you a quote from his book. Think about what the quote means and how it relates to your life.

In his book, Viktor Frankl writes: **"Those who have a 'why' to live, can bear with almost any 'how'."**

\*What does this quote make you think of?

\*What does it mean to you?

\*Think about the things that matter most to you, how does this quote relate to those things?

## Q-SORT

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Next, you will complete a sorting activity. Everyone will have different responses, but we are interested in YOUR honest response.

Directions:

- 1) Please read each of the items on the left. Think about how these items relate to YOU.
- 2) Drag each item into the box that corresponds to how it relates to you.
- 3) Start by dragging the 3 items that relate well to you into the "Exactly Like Me" box.
- 4) Then drag the 3 items that do not relate well to you into the "Not at All Like Me" box.
- 5) Fill the middle box (Neither Like Me or Not Like Me) with the remaining 7 items.
- 6) Double check your item placement and move any around as necessary.

\* You may want to include more or less items than what each box asks for but please include the EXACT number of items for each box. We appreciate you taking the time to do this. (Next page button after this section of the activity for students to click)

- a) Serving my family is very important to me.
- b) Supporting social issues is very important to me.
- c) Pursuing a calling, rather than just a job is very important to me.
- d) Finding a career that is consistent with my values and beliefs is very important to me.
- e) Being there for my friends is very important to me.
- f) Expressing myself through my artwork (ex. music, painting, etc.) is very important to me.
- g) Promoting my political beliefs is very important to me.
- h) Serving my country is very important to me.
- i) Helping others is very important to me.
- j) Volunteering is very important to me.
- k) Being a spiritual person is very important to me.
- l) Living life according to my religious beliefs is very important to me.
- m) Being able to support a family of my own in the future is very important to me.

(There is an example of a sorting board on the next page.)

Not at All Like Me	Neutral	Exactly Like Me

### VIDEO (OPTIONAL)

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Have the students film their own video responding to the prompt, “What is your why?” Encourage them to plan what they will say before they begin filming. If they would like, they can share their video on Facebook or Twitter using the hashtag **#fosteringpurpose**.

### HOMEWORK (OPTIONAL)

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Invite the students to have a close friend or family member complete the sorting activity. You can just print off the list from above and the students can ask people to rank them from most to least important. Then they can compare their responses with those of their family members/friends and talk about why they ranked the items as they did.

## DAY 3: EXPRESSING GRATITUDE

*\*\*\* Teachers, the key goals of this lesson are for students to create a clearer picture of what is most important and to practice gratitude.*

### ACTIVITIES

#### WRITING

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Take a moment to imagine your life when you are 40 years old. Imagine that things have gone as well as they possibly could in your life.

- \*What will you be doing?
- \*Who will be in your life?
- \*What will be most important to you?
- \*What will you be doing professionally or in your career?
- \*What will you be most passionate about?
- \*What matters most in the long-term?
- \*How could your long-term goals and priorities affect others?

Write your response to each of the questions asked.

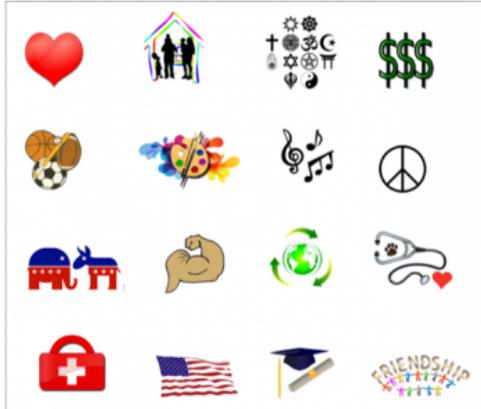
#### WRITE OR REFLECT

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Please take some time to think and write about **the kind of person you are, the things that matter most to you, and the things you want to do in your life.**

## TATTOO

Now, your task is to design a tattoo that represents the things you described above. **The tattoo should symbolize what is most important to you.** Spend some time thinking about symbols or drawings that may represent what matters most to you. Below are some examples of symbols to get you started. Feel free to use any of the symbols below, or none. Remember this is about what matter to YOU.



Please complete this activity, even if you do not like tattoos.

## WRITE OR DISCUSS

Thank you for taking the time to design a tattoo!

Below is a list of common themes people report as being important to them. Please tell us which one(s) are represented in the tattoo you designed.

- \_\_\_\_\_ Providing for your family and/or friends
- \_\_\_\_\_ Religion
- \_\_\_\_\_ Helping others
- \_\_\_\_\_ Performance arts (music, theater, etc.)
- \_\_\_\_\_ Creating art
- \_\_\_\_\_ Being rich
- \_\_\_\_\_ Having many friends
- \_\_\_\_\_ Being happy
- \_\_\_\_\_ Being involved in politics
- \_\_\_\_\_ Other (please describe): \_\_\_\_\_

## WRITING

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Now we would like for you to think about the past 2 days.

**Think about three things that went well for you.**

Please use the text boxes to write down three things that went well for you in the past two days. The items can be relatively small in importance (for example "my friend said they liked my hair" or "my co-worker made the coffee today") or relatively large (for example "I got into college" or "I earned a big promotion"). **For each event, explain what caused the event or why it happened, how it made you feel in the moment, and how you feel now, remembering it.**

### Event 1

Description \_\_\_\_\_

Why it happened \_\_\_\_\_

How you felt in the moment \_\_\_\_\_

How you feel now, remembering it \_\_\_\_\_

### Event 2

Description \_\_\_\_\_

Why it happened \_\_\_\_\_

How you felt in the moment \_\_\_\_\_

How you feel now, remembering it \_\_\_\_\_

### Event 3

Description \_\_\_\_\_

Why it happened \_\_\_\_\_

How you felt in the moment \_\_\_\_\_

How you feel now, remembering it \_\_\_\_\_

### ART (OPTIONAL)

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Give the students an opportunity to create their tattoo using some other medium. They can graphically design it, paint it, or use magazine clippings to create a collage of it.

### HOMEWORK (OPTIONAL)

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Challenge your students to spend the day noticing the things they are grateful for. They can make a running list on their phone or write everything down in a journal at the end of the day. Encourage them to think about both the big things and the little things.

## DAY 4: SYNTHESIS AND FINDING YOUR PURPOSE

*\*\*\* Teachers, the main purpose of these activities is to give students more time to think about their best possible selves and to set goals for pursuing that vision.*

### ACTIVITIES

#### QUOTES

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For this activity, you will be presented with 5 quotes. Think about what each one means to you.

Quote 1: "The tragedy of life doesn't lie in not reaching your goal. The tragedy lies in having no goal to reach. It isn't a calamity to die with dreams unfulfilled, but it is a calamity not to dream... It is not a disgrace not to reach the stars, but it is a disgrace to have no stars to reach for. Not failure, but low aim is sin." -Benjamin Mays

Quote 2: "The purpose of life is not to be happy. It is to be useful, to be honorable, to be compassionate, to have it make some difference that you have lived and lived well." -Ralph Waldo Emerson

Quote 3: "Your purpose in life is to find your purpose [passion] and give your whole heart and soul to it." - Buddha

Quote 4: "Live as if you were living already for the second time and as if you had acted the first time as wrongly as you are about to act now!" – Viktor Frankl

Quote 5: "All religions, arts and sciences are branches of the same tree. All these aspirations are directed toward [enhancing] man's life, lifting it from the sphere of mere physical existence and leading the individual towards freedom." — Albert Einstein

#### WRITING

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Choose one quote that you liked the most.

Write about why you chose this quote and what it makes you think regarding **what matters most to you**. Try to be as descriptive as possible.

## VIDEO

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In the past few days, you have had the opportunity to think about the things that matter most to you and your future goals.

Please think about those as you watch this short video of celebrities talking about their purpose in life:

[https://www.youtube.com/watch?v=p1t\\_7dAzEP8&feature=youtu.be](https://www.youtube.com/watch?v=p1t_7dAzEP8&feature=youtu.be)

## WRITING

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Now that you have had a chance to watch that video and think about the things that matter most to you this next writing activity will bring all of that together.

You will be writing about some concrete and meaningful ways in which you can reach your goals. We want you to be as creative and imaginative as you want. You can use whatever writing style you want. Do not worry about spelling or grammar.

In previous days you have told us about your ideal world and your ideal future at 40. Now, we want you again to think about your ideal future. Keeping in mind your ideal future life, think about the steps you must take to reach those goals.

What do you need to do in the next month to help you reach those goals?

What about in the next year?

The next 5 years?

## WRITING

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Often when we move towards a goal there are obstacles or challenges that get in the way. They might be external, like a lack of money or training, or internal, like laziness or a fear of failure.

What are some obstacles, if any, you think you may face as you work toward your goals?

What do you think will help you in overcoming these obstacles and keep you working toward your goals?

## WRITING

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The best way to ensure that we are moving towards a goal is to take action – right now.

What are you doing now to reach your goals?

Is there anything you need to change to help you reach those goals? If so, what is it?

Do you feel confident in your abilities to reach your goals?

Why or why not?

## DISCUSSION (OPTIONAL)

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Have a conversation about why students chose the quotes that they did. Then give them time to write their own quote about what matters most. Challenge them to share their quotes on Twitter with hashtag **#fosterpurpose**.

## HOMEWORK (OPTIONAL)

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Have the students pair up and walk through the SMART goal setting process with one of their goals. SMART goals are –

Specific  
Measurable  
Achievable  
Results-Focused  
Time-Bound

Here is a helpful link to explain these steps:

[http://www.hr.virginia.edu/uploads/documents/media/Writing\\_Smart\\_Goals.pdf](http://www.hr.virginia.edu/uploads/documents/media/Writing_Smart_Goals.pdf)

### **MESSAGE to students:**

That's the end of the activities - Thank you so much for trying out them out! Hopefully you will continue to think about who and what are most important to you, and how you can pursue your goals.