



SUCCESS

TYPE:

Energizer

GROUP SIZE:

Any

MATERIALS:

Copies of provided worksheet for each group member & pens/pencils

INTRODUCTION:

This activity will help us understand the meaning of success and the power we have to make things happen.

DESCRIPTION:

Allow 15 minutes for group members to individually respond to the provided worksheet. Divide the group members into small groups and ask them to discuss their worksheet and record main discussion points. Bring the group members back together and have each group report the main points of their discussion. Use the processing questions for further discussion.

PROCESSING:

- What is the meaning of success? (Offer this as one meaning: Success is getting up when you fall down)
- What role does positive thinking have in determining success?
- How has this activity been successful?

VARIATIONS:

Follow this activity with individual and group goal setting.

OUTCOMES:

- To explore the meaning of success
- To empower group members
- To convey the power of positive thinking

REMEMBER:

- Introduce the exercise
- Explain it thoroughly
- Process it completely