



Lesson Plan

The Life That's Chosen Us

Created: 12/2022 by the National FFA Organization

Description of Lesson: *As we get older, obstacles will be presented in our path. They may be small or big obstacles, but we must make a choice to lean into them to become better leaders. In the retiring address of 2021-22 National FFA Western Region Vice President Josiah Cruikshank, he shares how risk brings reward and to develop a tough mindset.*

Student Learning Objectives:

After completing these activities, students will ...

1. Identify the growth and rewards that are achieved through discomfort.
2. Develop a plan of action to help them build a tough mindset.

Suggested Grade Level:

Grades 9 and 10 (This lesson is written so instructors can scale up or down based on class needs.)

Suggested Time: 60 minutes (*Time requirements may vary based upon student understanding and class schedule.)

Resources/References:

1. Video: "The Life That's Chosen Us" | Josiah Cruikshank 2022 Retiring Address, <https://vimeo.com/779292096>
2. Website: 10 Ways To Build a Strong Mindset for Success, <https://www.inc.com/andrew-thomas/10-daily-habits-of-people-with-the-strongest-mindsets.html>
3. Website: How To Develop Mental Toughness and Stay Strong, <https://www.lifehack.org/articles/productivity/how-to-develop-mental-toughness.html>

Related Resources:

1. Retiring Addresses and Keynote Speeches, [FFA.org/ffa-video-center/convention-keynotes-and-retiring-addresses/](https://ffa.org/ffa-video-center/convention-keynotes-and-retiring-addresses/)
2. Spanish version: <https://ffa.box.com/s/7sccwg0rz5r58kz3tpteya94t4iqg68t>

Equipment and Supplies Needed:

1. A copy of the "The Life That's Chosen Us" worksheet for each student
2. Internet access to play the video in real time or embed it in a PowerPoint ahead of time

Vocabulary:

1. Despair
2. Discomfort
3. Entitlement

Cross-Curricular Connections:

English/Language Arts

Students write an action plan for developing a tough mindset.

Virtual Instruction Ideas:

Have students download and watch the video on a device of their choice and complete the worksheet.

Student Activity Sheets:

PDF: <https://ffa.app.box.com/file/1218325625688>

Word: <https://ffa.app.box.com/file/1218324384139>

Non-Design Word: <https://ffa.app.box.com/file/1218323856701>

Google Doc: <https://docs.google.com/document/d/1PIi93QydDzCoPOCJ4CpAxFboK-u4yTm3et0O57VCZXY/copy>

These Activities Are Aligned to the Following Standards:

FFA Precept

- FFA.PL-A.Action: Assume responsibility and take the necessary steps to achieve the desired results, no matter what the goal or task at hand.
- FFA.PL-C.Vision: Visualize the future and how to get there.
- FFA.PL-E.Awareness: Understand personal vision, mission and goals.
- FFA.PG-J.Mental Growth: Embrace cognitive and intellectual development relative to reasoning, thinking and coping.
- FFA.CS-M.Communication: Effectively interact with others in personal and professional settings.
- FFA.CS-N.Decision Making: Analyze a situation and execute an appropriate course of action.

Common Core – Writing

- CCSS.ELA-Literacy.W.9-10.4: Produce clear and coherent writing in which the development, organization, and style are appropriate to task, purpose, and audience.

AFNR Career Ready Practices

- CRP.02: Apply appropriate academic and technical skills. Career-ready individuals readily access and use the knowledge and skills acquired through experience and education to be more productive.
- CRP.04: Communicate clearly, effectively, and with reason. Career-ready individuals communicate thoughts, ideas and action plans with clarity, whether using written, verbal and/or visual methods.
- CRP.06: Demonstrate creativity and innovation. Career-ready individuals regularly think of ideas that solve problems in new and different ways, and they contribute those ideas in a useful and productive manner to improve their organization.
- CRP.08: Utilize critical thinking to make sense of problems and persevere in solving them. Career-ready individuals readily recognize problems in the workplace, understand the nature of the problem, and devise effective plans to solve the problem.

Partnership for 21st Century Skills

- Communication
- Critical Thinking and Problem Solving
- Flexibility and Adaptability
- Initiative and Self-direction
- Leadership and Responsibility
- Think Creatively

Lesson Plan:

1. **Bell Ringer:** What is an obstacle that have experienced in your life?
2. **Introduction:** Hand out the worksheet “The Life That’s Chosen Us” to each student. *Today, we are going to watch a retiring address from the 95th National FFA Convention & Expo. This retiring address was given by 2021-22 National FFA Western Region Vice President Josiah Cruikshank. In his speech, we learn how life is hard, but if we take the risks and face the obstacles, the rewards we reap are worth the pain in the end.*

Before watching the video, look over the questions on the worksheet “The Life That’s Chosen Us,” and be ready for the answers as you view the video.
3. **Activity:**
 - a. **Part 1:** Each student needs a copy of the worksheet “The Life That’s Chosen Us.” Have students watch the retiring address of 2021-22 National FFA Western Region Vice President Josiah Cruikshank. The video is available at <https://vimeo.com/779292096>. While students view the video, have them complete the questions.
 - b. **Part 2:** Students will take the concept of building a tough mindset from Josiah’s retiring address and put together a plan to work on building a tough mindset. Then, students will identify how this can help them in their own lives.
4. **Follow-up:** If students are willing, have them share their plans from Part 2.
5. **Exit Ticket:** Who is someone you know that has a tough mindset? Why does this person come to mind?

Name: _____

The Life That's Chosen Us

Aligned to the following standards:

FFA.PL-A; FFA.PL-C; FFA.PL-E; FFA.PG-J; FFA.CS-N; CCSS.ELA.W.9-10.4; CRP.02; CRP.04; CRP.06; CRP.08

Part 1

Directions:

Complete the following activities while watching "The Life That's Chosen Us," the retiring address of 2021-22 National FFA Western Region Vice President Josiah Cruickshank. The video is available at <https://vimeo.com/779292096>.

What was unique about the 2022 National FFA Convention for the Cruickshank family?

Josiah talks about not backing down because his sisters are watching him. Who is someone in your life that pushes you to keep going and not give up?

"The older we get the harder life hits us."
—Josiah Cruickshank
How do you relate to that statement?

How has life gotten harder for you?

"We live in a hard world."
What did Josiah mean by this statement?

What does that statement mean to you personally?

Name: _____

Describe an experience you had where temporary pain helped you grow as a person.

Explain the risk you took and the reward you received in the end.

What is a risk you are thinking about taking?

Rewards if you take it:

Regrets if you don't take it:

Have you ever felt discomfort like what Josiah described in his hiking story? If so, what did you gain from it?

Why should you seek discomfort?

What is your biggest takeaway from this retiring address?

Name: _____

Part 2

Directions:

As Josiah talked about in his retiring address, a tough mindset will help you tackle this hard life we live. Complete the activity below to help you develop a plan to develop a tough mindset.

Utilize the internet to help you complete this activity. Potential websites to help you include “10 Ways To Build a Strong Mindset for Success” (<https://www.inc.com/andrew-thomas/10-daily-habits-of-people-with-the-strongest-mindsets.html>) and “How to Develop Mental Toughness and Stay Strong” (<https://www.lifehack.org/articles/productivity/how-to-develop-mental-toughness.html>).

Step 1
Develop a Positive Mindset.

Describe this step in your own words.

Identify a potential barrier to accomplishing this step.

Action Steps: Write TWO key actions you need to take to complete Step 1 of developing a tough mindset.

1.

2.

Name: _____

Step 2
**Connect With
Your Purpose.**

Describe this step in your own words.

Identify a potential barrier to
accomplishing this step.

Action Steps: Write TWO key actions you need to take to complete Step 2 of developing a tough mindset.

1.

2.

Step 3
**Find Strength in
Unity.**

Describe this step in your own words.

Identify a potential barrier to
accomplishing this step.

Action Steps: Write TWO key actions you need to take to complete Step 3 of developing a tough mindset.

1.

2.

Name: _____

Step 4
**Learn To Pick
Yourself Up After
Setbacks.**

Describe this step in your own words.

Identify a potential barrier to
accomplishing this step.

Action Steps: Write TWO key actions you need to take to complete Step 4 of developing a tough mindset.

1.

2.

Step 5
**Believe in
Yourself.**

Describe this step in your own words.

Identify a potential barrier to
accomplishing this step.

Action Steps: Write TWO key actions you need to take to complete Step 5 of developing a tough mindset.

1.

2.

Name: _____

Now that you have your action plan for developing a tough mindset, **identify three ways** you can benefit from completing this plan of action.

1.

2.

3.

Name: _____

Name: _____

KEY: The Life That's Chosen Us

Part 1

Directions:

Complete the following activities while watching "The Life That's Chosen Us," the retiring address of 2021-22 National FFA Western Region Vice President Josiah Cruickshank. The video is available at <https://vimeo.com/779292096>.

What was unique about the 2022 National FFA Convention for the Cruickshank family?

This was the last FFA event where all four siblings would be active members.

Josiah talks about not backing down because his sisters are watching him. Who is someone in your life that pushes you to keep going and not give up?

Answers will vary.

"The older we get the harder life hits us."
—Josiah Cruickshank
How do you relate to that statement?

How has life gotten harder for you?

Answers will vary.

"We live in a hard world."
What did Josiah mean by this statement?
Answers will vary.

What does that statement mean to you personally?

Answers will vary.

Name: _____

Describe an experience you had where temporary pain helped you grow as a person.

Explain the risk you took and the reward you received in the end.

Answers will vary.

What is a risk you are thinking about taking?

Answers will vary.

Rewards if you take it:

Regrets if you don't take it:

Have you ever felt discomfort like what Josiah described in his hiking story? If so, what did you gain from it?

Answers will vary.

Why should you seek discomfort?

Answers will vary.

What is your biggest takeaway from this retiring address?

Answers will vary.

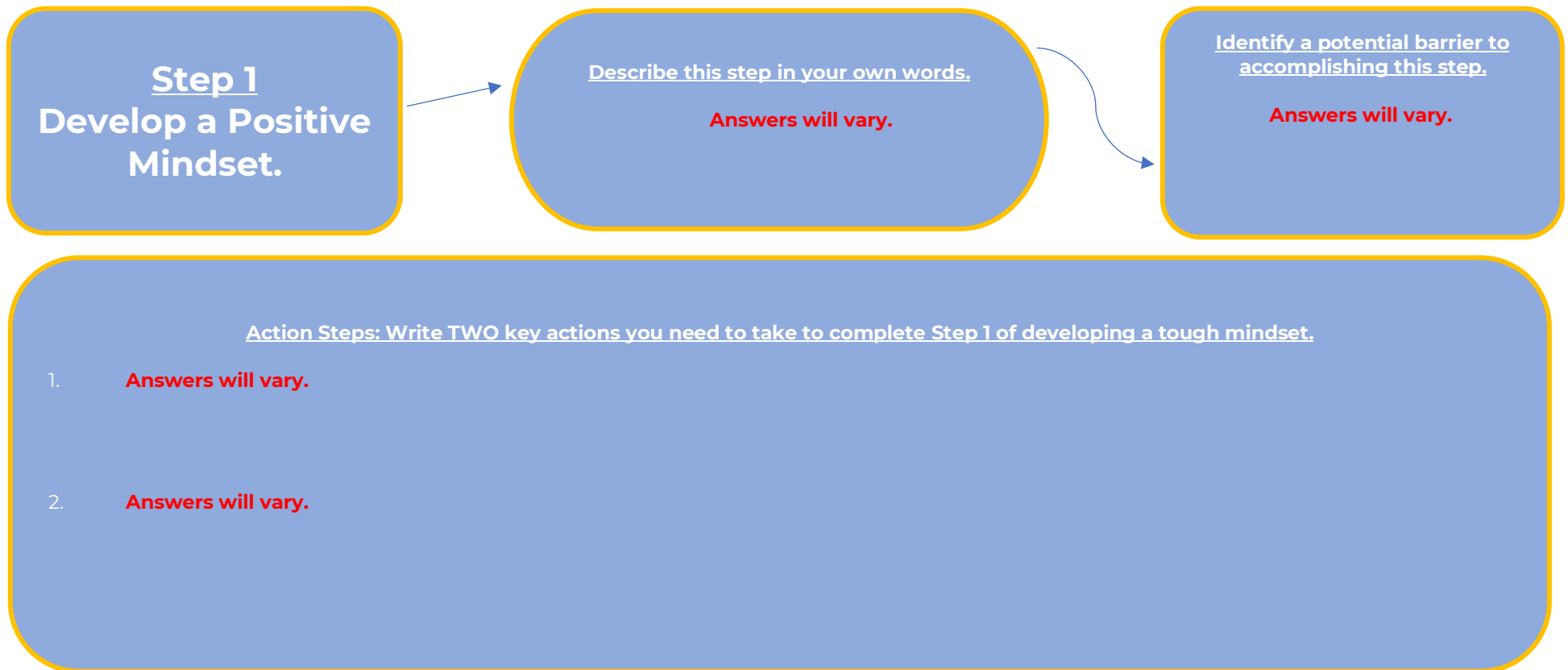
Name: _____

Part 2

Directions:

As Josiah talked about in his retiring address, a tough mindset will help you tackle this hard life we live. Complete the activity below to help you develop a plan to develop a tough mindset.

Utilize the internet to help you complete this activity. Potential websites to help you include “10 Ways To Build a Strong Mindset for Success” (<https://www.inc.com/andrew-thomas/10-daily-habits-of-people-with-the-strongest-mindsets.html>) and “How To Develop Mental Toughness and Stay Strong” (<https://www.lifehack.org/articles/productivity/how-to-develop-mental-toughness.html>).



Name: _____

Step 2 Connect With Your Purpose.

Describe this step in your own words.

Answers will vary.

Identify a potential barrier to
accomplishing this step.

Answers will vary.

Action Steps: Write TWO key actions you need to take to complete Step 2 of developing a tough mindset.

1. Answers will vary.

2. Answers will vary.

Step 3 Find Strength in Unity.

Describe this step in your own words.

Answers will vary.

Identify a potential barrier to
accomplishing this step.

Answers will vary.

Action Steps: Write TWO key actions you need to take to complete Step 3 of developing a tough mindset.

1. Answers will vary.

2. Answers will vary.

Name: _____

Step 4
Learn To Pick Yourself Up After Setbacks.

Describe this step in your own words.

Answers will vary.

Identify a potential barrier to accomplishing this step.

Answers will vary.

Action Steps: Write TWO key actions you need to take to complete Step 4 of developing a tough mindset.

1. **Answers will vary.**

2. **Answers will vary.**

Step 5
Believe in Yourself.

Describe this step in your own words.

Answers will vary.

Identify a potential barrier to accomplishing this step.

Answers will vary.

Action Steps: Write TWO key actions you need to take to complete Step 5 of developing a tough mindset.

1. **Answers will vary.**

2. **Answers will vary.**

Name: _____

Now that you have your action plan for developing a tough mindset, **identify three ways** you can benefit from completing this plan of action.

1. **Answers will vary.**

2.

3.