

Name: _____

The Courage to Live Life

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

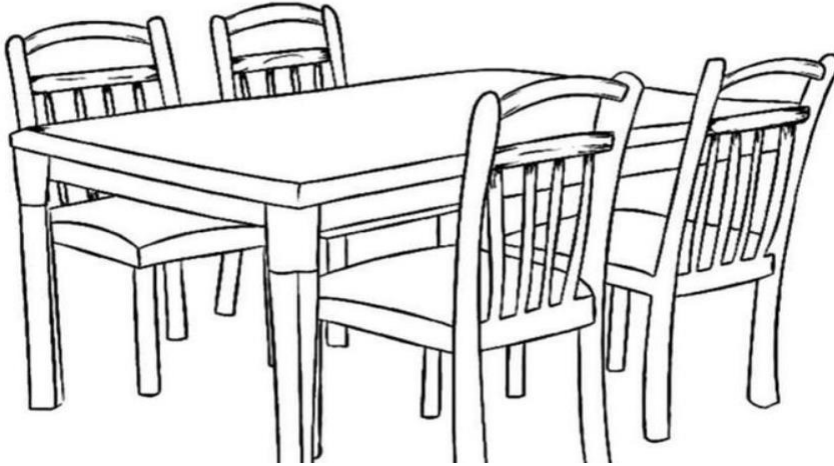
Part 1

Directions:

Complete the following activities while watching "The Courage to Live Life," the retiring address of 2021-22 National FFA Central Region Vice President Cortney Zimmerman. The video is available at <https://vimeo.com/777063547>.

Where is one of Cortney's favorite places?

Why is it her favorite?



Grant me the serenity

TO ACCEPT THE THINGS

I CANNOT CHANGE;

Courage to change

THE THINGS I CAN;

And wisdom

TO KNOW THE

difference.

Cortney mentions this quote from a picture in her kitchen. Describe a time when this quote could have helped you to make changes or better respond to tough times.

Cortney looked forward to spending a week with her sister at her grandparents farm every summer. Do you have something you look forward to every year? If not, what is something you would like to do every year?

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Think about a time in your life that you had to accept what happened and could not change it.
Identify that time below.

How did you handle this time?

If you could go back to that time and have a redo, what would you do differently?

Who is someone you want to invest in?

Why this person?

How can you invest in this person?

In your own words, what does it mean to have courage?

Who is someone you believe to be courageous? Explain.

Courage

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Part 2

Directions:

Intentional living may sound lofty, complicated or just plain confusing. But it's a way of life that you can build with some reflection and small shifts. It seems like intentional living is everywhere these days. But what does it really mean to be intentional? What does it look like to do things with intention? And perhaps most importantly, is intentional living available to everyone?

Intentional – (adj) done on purpose; deliberate.

Define, in your own words, what you think "intentional" means.	
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Yes, it is available to everyone. Anyone can lead an intentional, purpose-filled life. The key is to identify what that personally means for you and make small but significant shifts and conscious choices to build it.

Complete the steps below to help you start living a more intentional life by identifying your values, setting a morning intention, identifying ways to refocus and creating a vision board.

Identify Your Values

From morning to night, what does an ideal day look like for you?	
Why are these things so important?	
What are the activities that bring you fulfillment? Meaning? Contentment?	
What do these activities have in common?	
What do you wish you had more of? Less of?	
What upsets you?	
What inspires you?	

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Set a Morning Intention

To bring those big values down to the day to day, try setting an intention every morning. This daily intention can be a few words or an entire sentence. It may serve as a reminder of how you'd like to behave and the choices you'd like to make that day. In the box below, identify a morning intention for tomorrow.

Refocus

Here's the thing about living an intentional life: You don't need to overhaul your entire life or start from scratch. You can infuse intentionality into activities you're already doing and actions you're already taking. Identify three small things you could do to help you refocus in times of need.

1.

2.

3.

Create a Vision Board

Your vision board is the place where you'll see your dreams in pictures and words, emotionally connect to your goals and begin to manifest them in your life. Follow the directions below to brainstorm and develop your Vision Board.

Areas to include on your vision board:

- Family
- Knowledge
- Relationships
- Health
- Possessions/Money
- Hobbies
- Words or phrases that empower you to build the life you'd like to have (Ex. "family first," "abundance," "the Golden Rule rules")



Include images that represent the areas listed above. When selecting your images, consider these questions:

- What brings you joy in each category?
- What makes your heart feel full or even makes you to want to dance around?

*Take your time and think about your answers to the questions earlier in this activity. Use the layout below to help you develop your vision board, or use your own layout to make it more personal to you.

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Vision board

HEALTH

WEALTH

KNOWLEDGE

LIFESTYLE

FUN THINGS

FAMILY

RELATIONSHIPS