

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?

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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?

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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.

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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.

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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.

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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.