

# WESTCLIFF

SKOOL SCHOOL



## YOUNG LEADER: Standing Tall

Westcliff School

12 May 2018

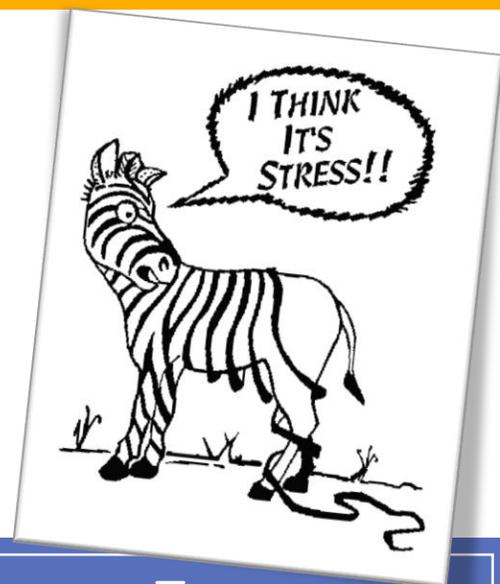
### Be Proactive – “I am the active force in what I need to do.”

Teen Pressures often get blamed for the decisions I make. Each day we are presented with the choice to be proactive or reactive. Being reactive is almost second nature. Our reactions come with consequences that either get us into trouble or present us with certain gains. Either way, we did not give the reactive behaviour much thought or consider the consequences of the behaviour. We are emotional by nature and often our emotions take the lead in our decisions. Reactive people make choices based on emotional impulse, like getting shaken up like a coke-filled bottle and the “pop!” would be the reaction. So friends can get us into trouble if we allow ourselves to be shaken.

I am the force that should determine my choices based on my values. Proactive people are in control of their emotions

**More inside!**

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I am

*If who I am  
is what I have  
and what I have  
is  
lost, then  
who am I?*



# I act from a Values-base

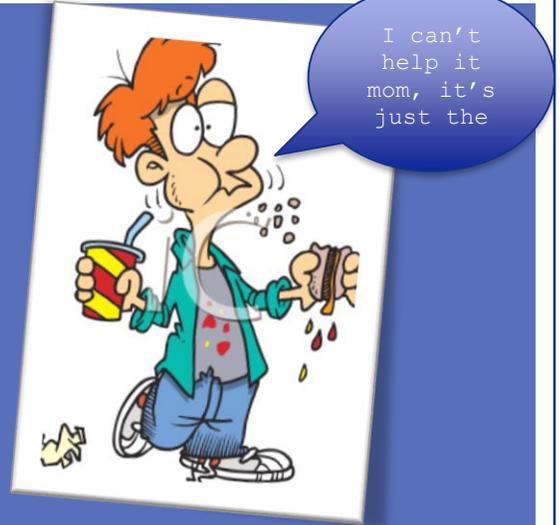
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and their responses. Unlike the coke bottle, proactive people are like water in a jug - measured to be poured into a glass when you are ready and just enough for what is needed.

*My control is measured by my values.* Our personal attitude and our personal values appear to be very similar, but there are distinct differences. Attitude reflects our vital behaviour and actions. Values describe our mental beliefs that may or may not be reflected in behaviour. Our attitude can be determined by our values.

Values are received in relationships that have an impact on our lives. Significant people deposit it into your life in meaningful situations. It is a relational encounter that often filters into your character – the deep-rooted meaning we have as people.

Your choices are thus determined by what you believe is the right thing to do, in relation to others around you. For example: my choice to become angry at someone or a situation is made by considering the impact that my behaviour might have on the situation.



## Healthy Habits

- **Take control of your life**
- **Have good relationships with your friends**
- **Make smarter decisions**
- **Get along with your parents**
- **Overcome addiction**
- **Sort out your values and what matters most to you.**
- **Get more done in the time that you have.**
- **Increase your self-confidence**
- **Be happy**
- **Find balance between school, friends, sport, home and everything else.**



## Reactive language vs. Proactive language

- |                                   |  |
|-----------------------------------|--|
| • <b>I'll try</b>                 | <b>I'll do it</b>                                    |
| • <b>That's just the way I am</b> | <b>I can do better than that</b>                     |
| • <b>There's nothing I can do</b> | <b>Let's look at all our options</b>                 |
| • <b>I have to</b>                | <b>I choose to</b>                                   |
| • <b>I can't</b>                  | <b>There's got to be a way</b>                       |
| • <b>You ruined my day</b>        | <b>I am not going to let your bad mood affect me</b> |

# BE PROACTIVE: You're In Charge



## Setting Goals

Setting personal goals require of you to know what you want. Being successful requires you to set a course- A journey in the direction where you will achieve success. Acquiring the goal might be to pass Grade 12, gain admission to university, qualify as a professional person or simply become the person you want to be. Your destiny is within your control. Take control. Go get what is yours to have.

**STEP  
1.**

### Be Proactive

I know my potential. I know what I want. I can achieve.

**STEP  
2.**

### Begin with the End in mind

See your dream.

Make it a reality.

**STEP  
3.**

### First things first

Will Power vs. Won't Power

*Adapted from: Covey, Sean (1998). The 7 Habits of Highly Effective Teens.*

## STORY: The key to success

A young man went to the great teacher, Socrates, and said: "I want to know everything you know." "If this is your desire," said Socrates, "then follow me to the river." Filled with curiosity, the young man followed Socrates to the nearby river. As they sat on the riverbank, Socrates said: "Take a close look at the river and tell me what you see."

"I don't see anything," said the young man.

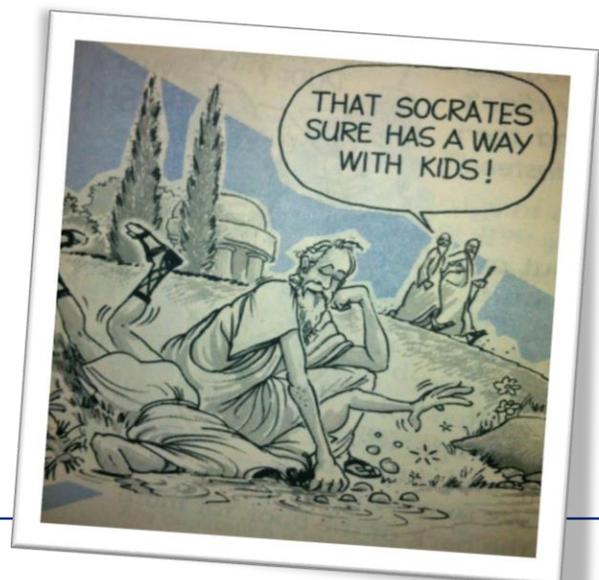
"Look closer," replied Socrates.

As the young man peered over the bank and leaned closer to the water, Socrates grabbed the young man's head and shoved it under the water. The young man's arms flailed wildly as he tried to free himself, but Socrates' strong grip kept him submerged. About the time the young man was about to drown, Socrates pulled him from the river and laid him on the bank. Coughing, the young man gasped: "Are you crazy, old man? What are you trying to do? Kill me?"

"When I was holding you under the river, what did you want more than anything else?" asked Socrates.

"I wanted to breathe. I wanted air!" he replied. "Don't ever make the mistake of thinking wisdom comes easily, my friend," said Socrates. "When you want to learn as badly as you wanted air, then you come to me again." The point is clear: Nothing in life comes easy. You have to pay the price!

You must work hard. Commit yourself!



## Dealing with the Pitfalls

### 1. EMOTIONAL DISTRESS IS CLOSE

Teen years are characterized by the wonder and the marvel of emotions. Emotionality makes sense and it also controls our senses. Every thought can often be an emotion too. So, we are very tuned into our feelings. I know what I feel and how you make me feel. Stressful incidents are easily translated into emotions that easily get us down. Anger often

gets in the way and so does sadness. Often emotional distress, like unhappiness could get you into trouble. So, emotions are animals we need to understand and train ourselves to control.

### 2. PEER PRESSURE IS REAL

Friends are the epicentres of teen life. Being young is being a friend. Friendship determines behaviour and often the choices teenagers make. Knowing what you stand for and what you would like to achieve becomes your strength in your relationships with friends. Insecurities of friends can never be your compass in life.

### 3. THINGS ARE TOUGH, SOMETIMES

Challenges are not always easy. Family can

so  
~



**Social skills =**

**Coping skills**

**BE RESPECTFUL**

**DO SMALL ACTS OF KINDNESS**

**BE LOYAL**

**LISTEN**

**Say you're sorry**

**KEEP PROMISES**

**Exercise your body**

**Exercise your mind**

cont.

## Dealing with the Pitfalls

always so supportive. Sometimes people disappoint you. Promises are not always kept. Hearts get broken a few times. Love is not always that kind. Strength is often found in difficult times. In moments of despair or hope always creates an opportunity.

### 4 ADDICTION IS SNEAKY

Drugs, television, social networking, gossiping, overeating, gambling, pornography, etc. are

**Social skills**

=

**Coping skills**

**READ** as much  
as you can...

**PLANNING AHEAD**

**Eat healthily**

**VOLUNTEER  
YOUR TIME FOR  
A GOOD CAUSE**

**Keep Hope Alive**

temptations that are sweet for the moment, but gradually numbs the senses into submissions. It controls your dreams, your time, emotions, thinking and ultimately your destiny. Saying “no” is not easy. Walking away requires courage. Conscience is shaped in difficult times like these.

### 5. GIVING UP IS TOO EASY

When things are tough, it is so easy just to say; “I don't need this.” The best things in life are often harder to achieve. Passing Grade 12 is hard work. Hard work is not always pleasant. Achieving the reward, the goal makes it worthwhile, therein lies the joy.



Do not give up, the beginning is  
always the hardest.

# LEADERSHIP STARTS WITH EDUCATION

Taking the first step towards being a leader shows you the importance of education. Only through education, time and taking risks can you truly be a leader.



**Neville G. Goliath**

**12 May 2018**