

**[1] Before We Start...**

Many people want to do things but don't start anything. Stop making excuses and just do it, even just a little! Listen to your heart and create a life of purpose.

**[2] Definitions:**

challenging

~ after all

sacrifice

our day-to-day lives

as it is

accomplishment

shape things

ignorant

unfit

make a difference

ultimately

up to you

regrettable voice

ego

get a taste of

no going back

**[3] Watch the presentation****[4] Read the text**

## YOU CAN

There are many things that we'd each like to do. The most challenging part is to actually do it. You will find that once you start to take some action, even small ones, that it wasn't so difficult and terrible after all. Soon afterwards, you'll start to see some effects.

We often think that doing something requires hard work and sacrifice, and if possible we'd like not to do such things. Most of us are so busy in our day-to-day lives as it is. But do you know what the truth is? Hard work and challenges guide you to create worth, and to create value (or worth) brings happiness.

When you stop the negative talk and you let yourself start things, accomplishment flows easily. We are all creators after all, shaping things from within and bringing them to the outside world.

Bring everything you have together and work towards fulfilling your visions. It's never too late, and you are not too weak or ignorant or unfit to do things that make a difference in the goodness of our lives.

What's stopping you? People can make lots of excuses, but ultimately it's up to you whether you listen to your heart and what it wants, or that regrettable voice that comes from your tiny ego.

There's so much joy in living with a purpose. Once you get a taste of that fulfilling life of creating positivity, there is no going back. Come on, take that first step!

**Think about:** Yes, you can create positivity and live a purposeful life!

**[5] Finish the Phrase:**

- |   |                          |
|---|--------------------------|
| A. the most challenging part is to actually | _____ do it              |
| B. If possible, we'd like not to do         | _____ you                |
| C. What's stopping                          | _____ purpose            |
| D. living with a                            | _____ such things        |
| E. get a                                    | _____ taste of something |

**[6] Circle True or False:**

- Many people find that once they actually start something that they have wanted to for a long time but didn't, that it wasn't so bad. [ *true / false* ]
- Human beings are not creators. [ *true / false* ]
- It's up to each of us whether or not we listen to our heart. [ *true / false* ].
- There is no joy in living with a purpose [ *true / false* ]
- Often the most difficult part about doing things is starting it! [ *true / false* ]
- Creating worth and value brings happiness. [ *true / false* ]

**[6] Listen and fill in the blanks:**

There's \_\_\_\_\_ in living with a purpose. Once you \_\_\_\_\_ of that fulfilling life of creating positivity, there is \_\_\_\_\_. Come on, take that first step!

**TODAY'S ASSIGNMENT**

**In pairs or in a small group, answer or do the following:**

1. What are some things that you'd like to do? Every one in group must share a few things.

Climb Mt. Fuji from the 5th Station to the very top!

2. In your life, when have you really really worked hard at something challenging?

2. Write 3 more sentences using the pattern: *"It wasn't so difficult and terrible after all."*

- ~ wasn't so ~ after all.

→ \_\_\_\_\_

- ~ wasn't so ~ after all.

→ \_\_\_\_\_

- ~ wasn't so ~ after all.

→ \_\_\_\_\_

**STUDENT NAMES & CLASS NUMBERS:**