



CHANGE THE WORLD

Objectives:

- Identify how even the smallest tasks can have an impact on their overall goals in personal life and future

Activity:

Play the attached video and write down the ten steps that are listed in Adm. McRaven's speech. Hold a group discussion on why each step is important.

Discussion:

After the event, have the group discuss an after action-report. The report should include the following:

- How could you use each of these steps in your everyday life?
- How could these steps facilitate change in the world?
- How many people do you have to reach in your lifetime?
- How long will it take to change the world?

Additional Discussion

- If you want to change the world, start off by making your bed.
- If you want to change the world, find someone to help you paddle.
- If you want to change the world, measure a person by the size of their heart, not the size of their flippers.
- If you want to change the world, get over being a sugar cookie and keep moving forward.
- If you want to change the world, don't be afraid of the circuses.
- If you want to change the world, sometimes you have to slide down the obstacle headfirst.
- If you want to change the world, don't back down from the sharks.
- If you want to change the world, you must be your very best in the darkest moment.
- If you want to change the world, start singing when you're up to your neck in mud.
- If you want to change the world, don't ever, ever ring the bell.

Additional Activity:

Discuss and execute five small acts of kindness that could change the world.