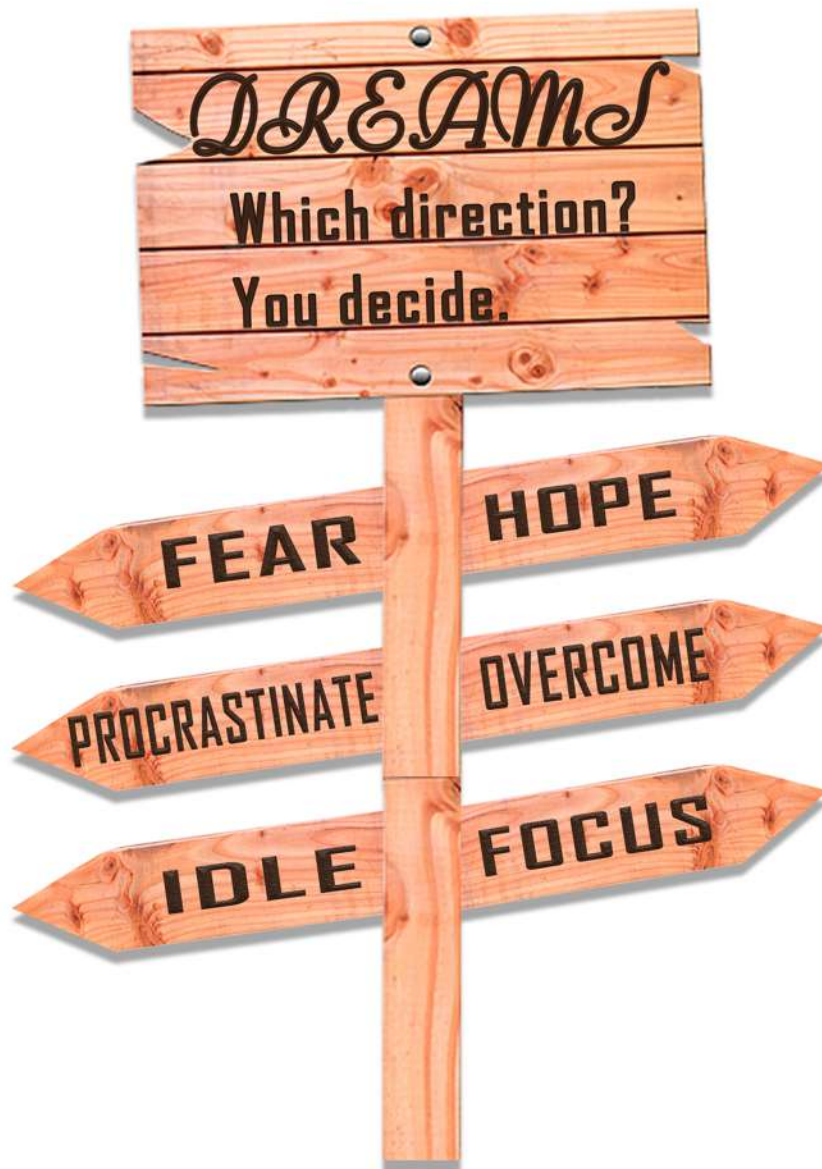


THE FUTURE IS IN YOUR HANDS

NEW BEGINNINGS

An Excerpt from
“YOUR DREAMS ~ *Mentorship, Empowerment & Leadership Program*”
(MELP)



NAME: _____

SCHOOL: _____

AGE: _____

DATE: _____

Trisha Carara

THE FUTURE IS IN YOUR HANDS **NEW BEGINNINGS**

An Excerpt From

***“YOUR DREAMS
Mentorship, Empowerment and Leadership Program”
(MELP)***



By Trisha Carara

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I can. I am capable. I will.

The sky is the limit.

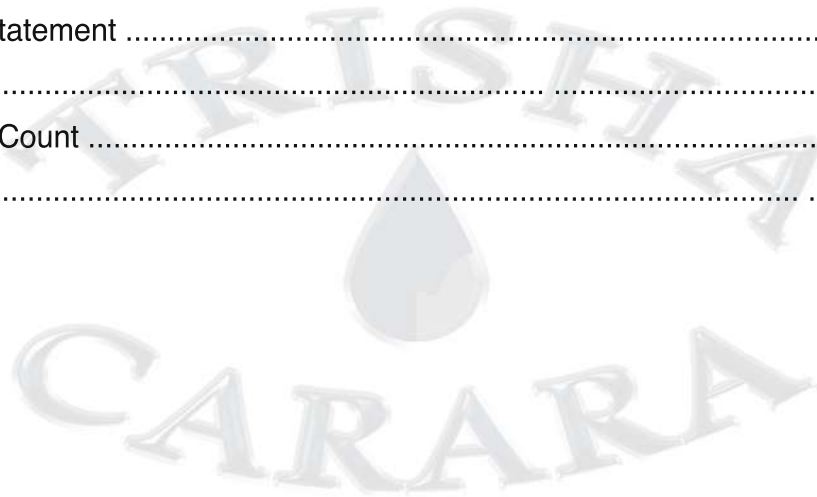
*You can reach whatever you want to reach in life,
just as long as you have the mind-set for it.*

E. B. (14 years old)
(c) October 2, 2019



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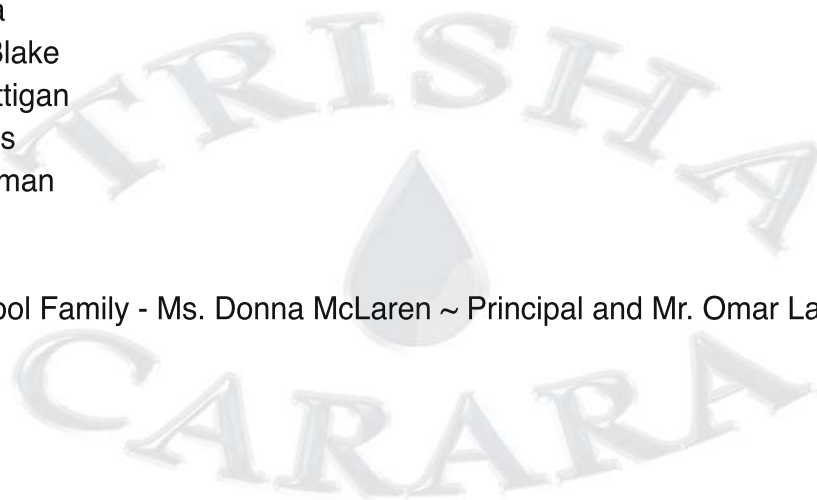
Mr. Michael Richards

Colonel Martin Rickman

Mr. Ian Seymour

Mr. Anthony Swaby

Penwood High School Family - Ms. Donna McLaren ~ Principal and Mr. Omar Largie ~ Vice Principal



Words cannot express my gratitude...

Thank You

INTRODUCTION

In the face of adversity, many have found opportunity, whilst others focus on gloom and doom.

Life can sometimes be unfavourably unpredictable and in another space be completely rewarding. Your response to any situation that arises will be dependent on how you think about the situation.

Your thoughts and feelings will influence your actions. Being self-aware and confident are characteristics that will help to guide you on this journey of life. Self-awareness, is a state of consciousness about your own personality, thoughts, emotions, beliefs, strengths and weaknesses. Having the ability to see the true you will help to boost your self-confidence. Having self-confidence speaks to being comfortable with yourself, believing in self, assured in our skills and abilities, enables you to better cope with disappointments. Always remember that self-awareness and self-confidence can be developed.

The Future Is In Your Hands – New Beginnings, is an excerpt from “YOUR DREAMS ~ Mentorship, Empowerment and Leadership Program”. This excerpt is a guide that provides information and requires your input with a view to help with self-awareness, critical thinking, appreciation for Jamaican heroes/heroines, character building to name a few.

Be encouraged to patiently read each topic and respond with a view to better your circumstances.

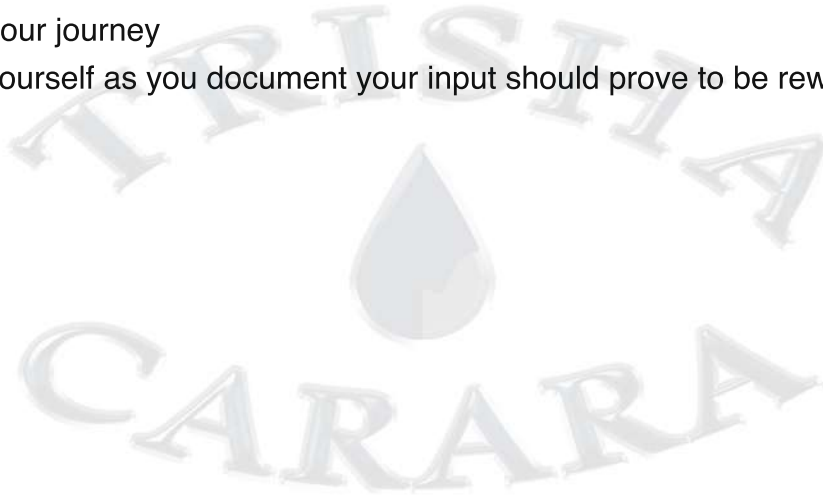
Wishing you all the best.

INSTRUCTIONS

1. Carefully read information provided under each topic
2. Each topic has a section for your input. Documenting your input will be dependent on the format through which you are engaging this guide.

For example:

- i. electronic book - document your input by adding notes to the electronic book and/or write in a note book
 - ii. video – create a folder on your device to document, use a note book or paper
 - iii. print – allows you to document in the book, however you may use a note book for more information or changes to your responses
3. Feel free to change your responses if or when you become exposed to new information and/or experiences
 4. Be honest - this is your journey
 5. Being honest with yourself as you document your input should prove to be rewarding as you embark on personal growth.



A JAMAICAN I ADMIRE

Sometimes motivation is found right in your backyard... a Jamaican hero or heroine.

Identify a Jamaican you admire, he or she does not have to be presently residing in Jamaica, but must be a born Jamaican or of Jamaican heritage. Jamaicans have left their footprints all over the world in varying fields. Some footprints are good and others bad. Be encouraged to identify one who has left a good mark on Jamaica's soil or on the international scene. Be mindful that this individual does not have to be of your time.

Name: _____

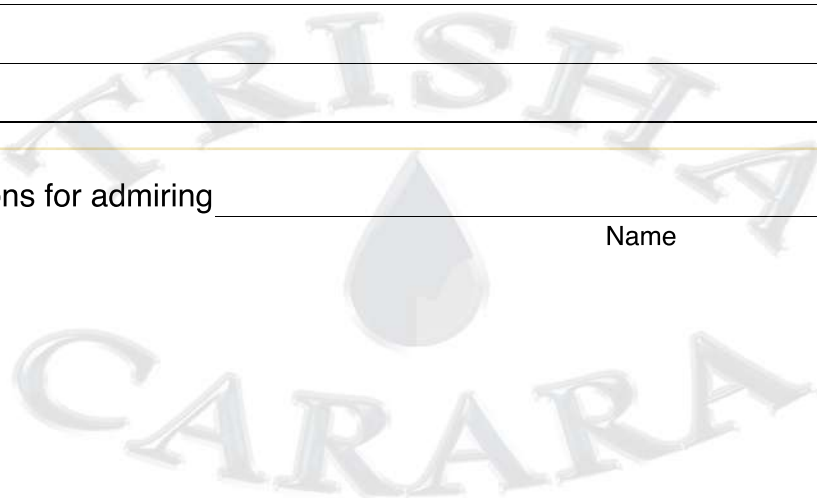
Industry: _____

Achievements: _____

Challenges: _____

Below write your reasons for admiring _____

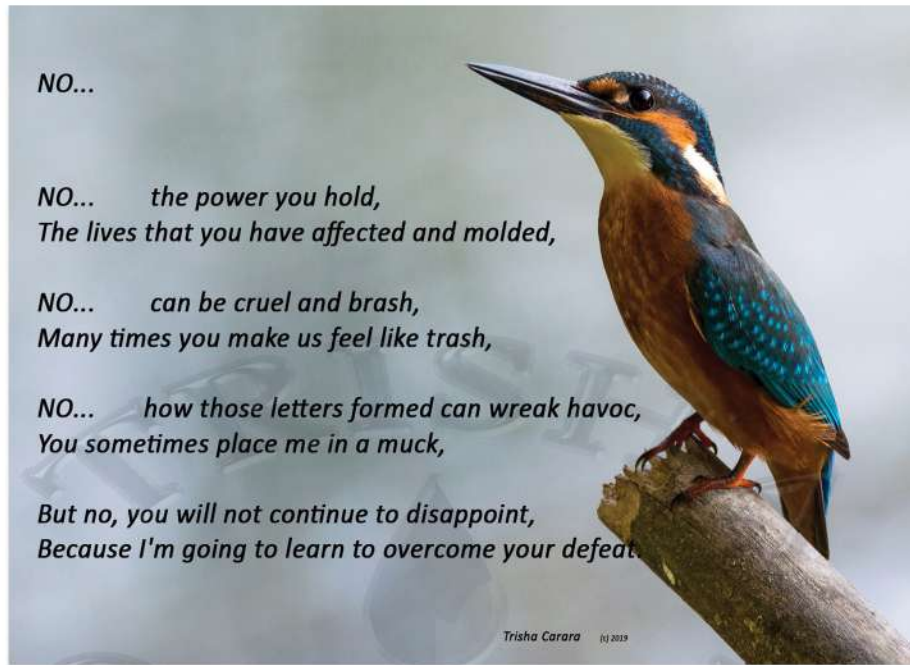
Name



THE REAL MEANING OF “NO”

“NO”... a powerful two letter word. A word that can make or break you. A word that closes doors... as life unfolds you may be appreciative that those doors were closed.

The meaning of no – not any, not at all.



Let's look at how you can interpret “NO”:

- o Being told no, means you need to find another way to achieve yes.
- o Being told no, creates an opportunity for honest self-evaluation. Maybe there are skills you need to learn in order to qualify for that which you desire to achieve.
- o You could have the necessary skills, but the individual you are engaging is not able to value your abilities. Therefore, you may need to fine tune where you are best suited or change your approach.
- o No could be your Creator telling you it is not your time yet, or that person or place is not best for you.
- o No, sometimes indicates the group of friends you want to be with is not best suited. Be mindful that this form of NO may be revealed through being rejected, unfairly treated or being undermined, to name a few
- o No may mean revisit your plans and be determined to overcome

Being told “NO” is not the end of the game... it's the opening of a new approach and attitude.

Below write other ways that you could interpret no:

FLIGHT VS FRIGHT?

The power of choice lies within you.

How you respond to the harsh realities of something unpleasant, unexpected and unwarranted is a choice.

When you face an unpleasant matter that you have no control of, what do you choose to focus on, the disappointment, regret, pain or a solution?

How you manage an unfavourable outcome is something over which you have control. You may choose to cry, be silent, be disappointed or all. Such emotions are natural. The time and effort you give such emotions, is your choice. You may find fulfilment in choosing to be determined to overcome, revising your plans, being persistent, committing to achieving your goals to name few options.

Do you soon regroup after having to deal with an unfortunate reality and return to your mission?

The choices you make today will affect what unfolds tomorrow, next week, next year, five years, basically your future. We all experience loss, pain, failure, regret, disappointment, disaster, mistakes amongst other mishaps. In the face of such realities, one has the option of becoming overwhelmed due to fright or choose to overcome and persevere through flight. Identifying an unpleasant circumstance can either be used as an excuse for not progressing, a reason for procrastinating or a stepping stone towards achieving your goals... a decision that only you can make. In other words, whether an unfortunate circumstance becomes a matter of motivation or discouragement is dependent on the choices you make.

Choose wisely.

Determine within yourself that you are an overcomer, that you are capable of being happy. What and how you think are choices, as was discussed in the Introduction. You may have been a person to wallow about things gone wrong but, you can choose to focus on positive thoughts going forward.

What makes you happy? Respond below and use your list to motivate you in developing a winner's attitude.

PERSONAL VISION STATEMENT

Your personal vision statement, should be a well thought through compilation of words, that is meant to reflect where you want to be, what you desire to achieve and is realistic.

Your statement will best serve to provide guidance and direction in your life.

Your personal vision statement must not reflect your challenges.

Repeating your vision statement daily, may help to create personal accountability and encouragement when you encounter distractions.

This is your vision statement, your dreams, your reference point, your motivation, your mantra, your driving force... all yours, no one else.

Examples of personal vision statements:

- o "To commit my time to balancing my school work and extra-curricular activities so that I can lead a balanced life"
- o "To take care of my mind, and not entertain nor encourage meaningless thoughts nor conversations"
- o "To be respectful of my body and respect others"
- o "To speak respectfully and boldly, acknowledging that there is also a time to be silent"
- o "I will make extra effort to be a better steward of these youthful years, participate in class, complete homework/projects neatly and on time, also give more attention to areas that are challenging"
- o "I will commit four hours per month to volunteer and community service"

Write your personal vision statement below (create new statements as you see fit):

GOING FORWARD

Personal development is an ongoing exercise... never think you can do it all in one day, neither that you will not make mistakes.

Personal development is a journey, when you fall; get up, brush off and keep on going. Learn from your mishaps and missteps.

Smile.

When you rise... celebrate, encourage yourself as you have other steps to take. Remain grateful and humble. Get back to achieving and creating more goals.

You have one life to live, enjoy it, make the best of it.

Wishing you joy, success, peace and love.

Regards,

Trisha Carara



*Let every moment count,
as time does not repeat.*

Trisha Carara (c) September 3, 2019

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