



Bite-Size Curriculum

**Ideal for
Trainers!**

**60 Minute
Lessons!**

**Team
Meetings!**

60 minute bite-sized curriculum is designed for trainers, facilitators, team leaders, student leaders and Educators.

Lesson 3 – Don't Quit. Get Bold.

Curriculum Designed for Educators, Trainers, Students

60 Minute “bite-size” Lessons

Tips for Use

Curriculum may be used as a tool for professional coaching, peer to peer coaching, guidance counseling, and career counseling.

Overview

The Don't Quit Get Bold Lesson introduces participants to boldness and radical change. Why daring to be different and doing it unapologetically is a defeat killer. Participants learn how to stand out, live audaciously and make an impact. Video links are provided at the end of each chapter to build on what was read in the book. Use links as needed.

Objective

Targeting young adults and emerging leaders, the objective is to teach student to forget popularity and think unpopular. Blend out, don't blend in with everyone and be ordinary. Who wants to be ordinary when you can be extraordinary?

You Will Need

- ✓ A group leader or facilitator
- ✓ Flip Chart or white board
- ✓ Copies of the book, *F'd UP*
- ✓ Feedback form
- ✓ Markers

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Before Lesson

Writing Activity: (5-10 min)

1. Ask participants to write about a time they quit or gave up something. Ask them to share the reasons why they quit. Did they give up because they were afraid to fail? Explore reasons.
2. Ask participants what could they accomplish today if they were not afraid of failing or not meeting an expectation?

After Lesson (5-10 min)

1. Ask participants to complete the 10-question feedback form accessible in this book and at www.nolimit2yoursuccess.com/forms
2. Discuss questions as a group. Listen. Ask more questions.
3. Encourage participants to reflect, write and share.

Small Group Activity – Boldness (20 min)

Break into groups of 4-5. Ask the group to discuss what it means to be bold. Ask participants to identify a celebrity, public figure, or someone they know that embodies boldness. What are their characteristics? Define and list responses. Ask participants to circle traits that they aspire to have.

Large Group Discussion – Boldness II (20 min)

Read Malala's story in Chapter 3 and answer the questions in the chapter. Discuss responses as a group

Feedback Form

Lesson (circle) 1 2 3 4 5 6 7 8

Respond to the questions honestly after reading the assigned chapter in the book *F'd UP: The UPside of Failure*.

1. Did you find the subject matter in this chapter informative and helpful? Why or why not?
2. What was a new concept or idea you learned in this chapter?
3. How did this chapter help you to deal with failures differently?
4. How did the information in this chapter help change your perspective on failure?
5. After reading this chapter, what do you need to STOP doing?
6. After reading this chapter, what do you need to START doing?
7. After reading this chapter, what do you need to CONTINUE doing?
8. What was your biggest takeaway from the chapter?
9. Who would you recommend read this chapter? Be specific.
10. Will you apply what you have learned? Why or why not? How?

