



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 7 – F’d UP and Ballin

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 F’d UP and Ballin Lesson introduces participants to playing full out, giving 100% effort and 100% attitude. Participants discuss the 3-point play of leadership and the importance of work ethic, drive and skill development. The “full court pressure” analogy described within the book discusses pressures and how to overcome them. 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 participants how to lead, make better choices and adopt better habits.

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 think of a situation when they did not put forth effort to improve a situation and displayed a negative attitude. For example: a relationship, a group project, a team goal, a shared task, etc.
2. Ask participants to think about what they need to do to improve the situation. Then, take their response and create an acrostic or poem using the word “BALLIN.” For example: I want to improve my relationship with a peer and become a better listener. My acrostic might read: *Be attentive. Ask questions. Listen actively. Lean into the conversation. Incite meaningful dialogue. Never text while talking with someone.*

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 - Leadership (20 min)

Break into small groups of 4-5. Ask each group to create a new 3-point play to leadership. Appoint a scribe. Identify 3 words that represent leadership. Write responses on flip chart. Make it fun. Use an acronym or an acrostic. Post responses up on the wall.

Large Group Discussion – Better Choices, Better Habits (20 min)

Discuss with the group. How do better habits and better choices affect our attitude and effort? What is more important, winning or effort? Why?

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?

