Session 1: Be fearless in the face of change.

**Know:** Your choice to resist or adapt to change will determine your success.

**Do:** Overcome fears that could hold you back from living a Five Star Life.

*Your choice to ______ or ______ to change will determine your success.*

To be adaptable, I need to change my...

**Mindset:** an attitude or mood.

To be successful, what type of attitude do I need to have?

____________________________________________________________

____________________________________________________________

____________________________________________________________

**Behaviors:** the way someone acts, especially towards others.

What bad habits do I need to change so I can be successful?

____________________________________________________________

____________________________________________________________

____________________________________________________________

**Actions:** the act of doing something to achieve a goal.

I want to make these changes this year (raise my grades, make more friends, join a club or sport, etc.):

____________________________________________________________

____________________________________________________________

____________________________________________________________
These are my three action steps I will take to change my behavior:
1. ____________________________________________
   ______________________________________________
2. ____________________________________________
   ______________________________________________
3. ____________________________________________
   ______________________________________________

This is what I will say to myself when fear enters my mind:
__________________________________________________________________________________
__________________________________________________________________________________

**Challenge:** Show what you wrote to a trusted adult and have them sign the page.

**Bonus Challenge:** Take a picture and post your goals and action steps on social media and share it with us on our Five Star Life Instagram (@thefivestarlife) or Twitter (@thefivestarlife) and you may get a shout out from Coach Seth on a future lesson.

Adult’s Name (printed):

Relationship to student:

Signature:

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