

THE CODE

About the author – who is he?

How would you define **REAL** success in life?

To make things happen, you have to _____ the
Knowledge you gain.

Book Study Guide: *The Code, 5 Secrets to Teen Success*

Developed by Cynthia Speer, CHARACTERplus District Leader, Washington School District,

SECRET #1 _____

PART ONE: PRESS YOUR LIFE TURBO BUTTON*

Where does your “life turbo button” lie?

Imagine a label next to the button that reads:

PRESS IF YOU WANT TO TAKE ACTION TO IMPROVE YOUR LIFE.

Match the excuse makers with the action takers.

It's not fair my coach hates me.
He's the only reason I'm not starting.

I hate my body. How come I can't look better?

I can't do well because someone else is preventing me. I don't have any power to improve my life, so I'll just complain about it.

My parents pick on me all the time. I wish they'd just see things my way.

I know I can't control everything in my life, but I still believe it's up to me to create the life I want. I will make things happen for myself through hard effort.

I'm gonna talk to my coach and find out what it would take for me to start. Then I'll do my best to make it happen.

I will make myself the most attractive person I can be. I don't have to look like a model – as long as I take care of myself, I'll be happy with my appearance.

My parents don't always understand where I'm coming from, But I'm not going to let that ruin our relationship. I will talk to them, respect them and try to see things their way, and hopefully they'll do the same for me.

Which one do you want to be? _____

What is the turbo question (p. 14)?

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Your turn:

What would you like to improve in your life?

1.

2.

For each of the above improvements, write down some specific things you would have to do to make it happen.

1. I would have to:

2. I would have to:

How would these improvements benefit you? In other words, why do you want to improve?

1.

2.

I promise I will start taking action TODAY. _____ (initials)

3.

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**PART TWO
*START WITH YOUR HEART***

You'll experience lasting happiness only if you start with what's _____.

Ask yourself:

Without the foundation of _____, succeeding would be impossible.

Your turn:

What are some statements you believe to be true about yourself?

I _____.

I _____.

I _____.

If you believe negative things about yourself just because someone said it, you are living in _____.

Are there any parts of your life that you are ashamed of? What will you do in the future to feel more proud of yourself? You don't have to write this down, but think about it.

If you want to change something you believe, write down your old belief. _____

Now cross it out and write the new belief you have chosen.

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PART THREE: CHOOSE YOUR OWN DIRECTION

What good advice can we take from Mawi's mother's story on p. 28-29?

What are some "currents" that try to pull your raft along?

Which ones should you listen to? (p. 29)

Compare Monica and Jen on p. 32. Which one do you think will be more successful? _____

If you take care of your inner world –

then you're bound to do well on the outside. (p.33)

Creating your personal CODE:

List any of the following – qualities that are important, rules to live by, beliefs you have, basically – who you want to BE.

Ways I want to focus my energy and time, goals to accomplish, what I want to DO.

SECRET #2

BE A TRUE LEADER

On pg. 50, what is described as the most common way you might slip up? _____

Who are your “Spirit Builders” – those who you turn to for encouragement? _____

Explain how you feel when you’ve been around them.

Think about a “Spirit Crusher” in your life, someone who brings you down. You may share this or just think about it.

Do you think you should avoid them if possible? _____

If you want to reach your full potential, you can’t rely just on your Spirit Builders. You’ll need to turn inward to find your own special “weapon”, something that gives you extra strength.

Power of Three activity.

SECRET #3

NO THOUGHT OF REWARD

Tell of a time when you did something extra special for someone, and truly did it from your heart, no reward was expected or accepted.

Would you rather be known as a "giver" or a "taker"? _____

Sometimes, the greatest gifts are _____. (p. 63)

"A good tree does not bear bad fruit, not does a bad tree bear good fruit". (p. 66) What does this mean to you?

Describe the balance of a true friendship. (p. 68)

SEE IT THEIR WAY

"I love you" isn't said through words, it's said through _____.

Why is it a good idea to put yourself in someone else's shoes?

If your parent does not agree to let you do something, you should:

1. Do it anyway and hope they don't find out.
2. Obey them.
3. Say, "I can do what I want. It's a free country."

In serious family situations, what are some options you have?
(p.76)

1. _____
2. _____
3. _____

CHOOSE ONE THING TO DO FROM PAGE 78. BE READY TO REPORT ON WHAT YOU CHOSE AND HOW WELL IT WORKED.

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GET IN THE GAME

Why did Hntsa's coach think so highly of him? (p. 81)

Despite always coming in last, what did Hntsa gain from being part of the cross country team? (p. 83)

1. New friends
- 2.
- 3.
- 4.
- 5.
- 6.

Five Laws

1. Start with what you _____.
2. Give _____ gifts.
3. Give _____ effort to at least one activity.
4. _____ to make every activity fun.
5. Try a _____ of activities.

SECRET #4

Never Give Up

What helped Mawi deal with the pain from his brother's death?

Think of the most difficult thing you have ever had to deal with. What helped you get through it? _____

Mawi describes a time when he lost his Code; he couldn't win because he didn't know what the game was any more (p. 94). Have you ever been in a state of confusion over the circumstances around you? What are some options you have if you ever experience depression like Mawi?

Your challenges can often be your _____ . (p.97)

Your turn. Read over the five points on page 102. Choose one and think about/write about it here.

SECRET #5

Take leaps of faith

Think about this: “Just because you have enough courage to take the risky path doesn’t mean that the risky path will be easy.” P.107 *Are you up for it?*

Your turn:

What risk have you been avoiding?

How would you feel if you took the risk and it worked out?

What if it didn’t work out? What then?

Respect the Moment

I was going along and the next thing you know...

Talk to your parents or another adult and ask them to share their “one moment”, a good decision or a bad decision that changed their life. “It’s not just *your* actions that can get you in trouble. You also have to think about what your _____ are doing.” P.118

Do you like to feel like you are in control of yourself? Your future?

P. 119: “Once you take a drug, you’re agreeing _____.”

You’re agreeing to _____.”

What is a Code Breaker? P.120

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Your turn:

Think back to the Code you created. List three things you won't do because they might prevent you from reaching your goals.

1. I won't
- 2.
- 3.

Now write what the consequences might be if you did each of the above actions.

- 1.
- 2.
- 3.

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