

## What Would You Do Next?

1. You have a big exam tomorrow, you need to study, but a friend's mom just called to invite you to go to a "must see" movies with them.
2. You get into an argument with your best friend. You both say things you don't mean.
3. You happen upon two students talking about cheating on a test.
4. You see a child shoplifting while his/her parent isn't looking.
5. You see a \$20 bill on the ground. A woman a few feet away is in line to get on the bus. You notice her purse is open and sagging.

### IT'S SIMPLE: Cause and Effect.

You are the only "thinker" in your personal reality. This means you are ultimately responsible for the effects you create for yourself--and others!--with your decisions.

Make your reality positive and watch what happens.

Think it, Speak it...believe it  
Live it!...But remember to think carefully. --Very carefully.



### FUTURE PROGRAMMING...

#### "I PROMISE MYSELF THAT I WILL..."

- |  |   |
|--|---|
| <input type="checkbox"/> Create a goal & fulfill it.       | <input type="checkbox"/> Smile and say "Thank You!"               |
| <input type="checkbox"/> Refuse to allow anger to rule me. | <input type="checkbox"/> Embrace big <i>and</i> little successes! |
| <input type="checkbox"/> Show I care about someone.        | <input type="checkbox"/> Learn something new.                     |
| <input type="checkbox"/> Listen to my body & nurture it.   | <input type="checkbox"/> Rethink a negative feeling.              |
| <input type="checkbox"/> Find a new, positive friend.      | <input type="checkbox"/> Be courteous and confident.              |
| <input type="checkbox"/> Discover or perfect a talent      | <input type="checkbox"/> _____                                    |

## KIJANA WISEMAN, M.Ed.

*is a master degreed teacher-cum-entertainer who uses her "edutainment" skills, music, comedy and audience participation to joyously unify people and help them to sometimes grow beyond themselves.*

Kijana has lived and performed on the American, African and European continents. She offers a one woman show, "The Griot" that takes audiences of all ages to the dawn of time and back again using music.

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2601 Arbor, Houston, Texas 77004-6137

Student Name: \_\_\_\_\_

Age: \_\_\_\_\_ Grade: \_\_\_\_\_ School: \_\_\_\_\_

Teacher: \_\_\_\_\_

# "What R' U Doing 'Bout the Rest of Yr Life?"

A LIFE-SCULPTING, MOTIVATIONAL WORKSHOP FOR ASPIRING SUCCESS STORIES  
by Kijana Wiseman, M.Ed.

#### A HAPPINESS CHECKUP:

THIS IS HOW I FEEL ABOUT MY...



			
Age			
Health			
Friends			
Parents			
Brother(s)			
Sister(s)			
School			
Math			
Science			
Homework			
Chores			
Allowance			
Creativity			
Past			
Future			

**I AM ESPECIALLY PLEASED WITH MY ABILITY TO...**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

**HERE IS WHAT I WOULD CHANGE ABOUT MYSELF...**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**BAGGAGE: I SOMETIMES HAVE FEELINGS OF...**



Mark three... with #1 being the strongest. Then, let's talk!!

- |                     |                |               |                |
|---------------------|----------------|---------------|----------------|
| ___ Anger           | ___ Loneliness | ___ Fear      | ___ Resentment |
| ___ Jealousy        | ___ Boredom    | ___ Anxiety   |                |
| ___ Sadness         | ___ Guilt      | ___ Rejection |                |
| ___ Other(s): _____ |                |               |                |

**MY GOALS: THIS IS WHAT I WILL BE DOING IN...**



- 10 years: \_\_\_\_\_
- 5 years: \_\_\_\_\_
- 3 years: \_\_\_\_\_
- 1 year: \_\_\_\_\_
- 6 months: \_\_\_\_\_
- 3 months: \_\_\_\_\_
- Next Month: \_\_\_\_\_
- Next Week: \_\_\_\_\_

**WHAT KIND OF PERSON ARE YOU? Do you want to be?**

Would you like to have **YOU** for a best friend? Remember, for every desired effect there must be a cause. Yin & Yang. Think in the present tense. Don't worry about the future, just create a new reality now and become the person who attracts good fortune & desired opportunities!

Try the phrases below. Choose one. Memorize then say it several times a day for a day, then a full week. Keep it up and it will become a habit! Now, pick a new one and start all over again....Create your own! ... **Enjoy!**



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
I like what I do and I do it well.							
I will make someone happy today!							
I am a good person and am in charge of my life.							
I have talent. I am special. I enrich the lives of others--and myself.							
My mind is my treasure. I have dignity. I am the richest person I know.							
My health is important. I love me and nourishing food to help my body--and my brain grow.							
I am going to dress for success and know that I already am successful.							
My friends are people who positively impact my life. My friends care about me.							
I see my future I can create the causations I need to bring about that perfect future.							
I am happy...happy....happy.							