



# The Final Secret 2Thrive

## Lesson Content

Congratulations! You've completed the Alive2Thrive lessons. We began this course by calling it a journey. That means that while you've completed the videos, the journey will go on and on. And that's really great news! You don't want to stop learning now!

You've been given the fundamentals in four areas: Knowing Me, Managing Me, Understanding Others, and Relating to Others. Your mind has been expanded in each of these areas just by listening to the messages. And if you put the lessons into action, you've grown and matured more than you realize.

- Now You know yourself better and are more aware of how you think and react;
- You're able to guide your thoughts in more positive directions each day;
- You've learned how to understand and accept others who are different than you;
- And you're ready to build stronger friendships, as well as meet the needs of others;

You were valuable when you started Alive2Thrive, but because of the things you've learned, you're now more likely to add value to every situation you run into, and to every person you meet. By being willing to learn, you've put yourself into a special group of people who are becoming more who they are meant to be, so they can contribute more, and enjoy life more.

Now here's the final secret: Everything taught in Alive2Thrive is available to you through a common resource: BOOKS! The answers you seek to life's greatest challenges can be found if you're willing to open a book and read. You'll find things that inspire you, push you, and some things you'll disagree with. The stories and the research found in books can save you from learning the long, slow, painful way of trial and error.

Here's a promise I can make to you, the books you read and the people you meet will shape your life forever... because a mind stretched by an idea can never return to its original shape. Remember, you are Alive2Thrive, so keep learning!

### **LEARNING OBJECTIVE:**

The student will review the 4 quadrants of Alive2Thrive and know where to find answers to future questions.

**INSTRUCTIONS:** Distribute the handout to students after viewing the video. Invite students to share their answers to question #1 only.

### CLASS DISCUSSION POINTS

1. Why was Alive2Thrive created for students?
2. What would be the benefit of re-reading your answers from earlier lessons?
3. How can you find the right book on a particular subject when you need help or ideas?
4. What's the single most important lesson you remember from Alive2Thrive?

1

What is the most important or meaningful book you have read, not including text books for school?  
What did you learn?

Shared answer

2

What situation, issue, or challenge in your life might be helped by finding the right book?  
Do you know where to look?

Private answer