

Tony Griffin Part 2

Student name

Reflection Questions

1. If money didn't exist and you could follow your heart, what would you like to do with your life and why?

My answer:

My team's answer:

2. Tony mentioned a few activities that support his wellbeing such as having a good laugh with his personal trainer, having coffee with friends and going for walks in the woods.

List three activities that help you to relax and how do each of these activities enhance your wellbeing?

My answer:

1

2

3

My team's answer:

1

2

3

3. If you could only watch one movie going forward, what would it be?

What's your favourite book?

Where is your happy place?

When you aren't working, what do you like to do to relax and look after your own wellbeing?

If you had to choose only 3 words to describe yourself, which 3 would you choose?

Habit Building

This week is about building courage by facing your fears. Review the small action steps you wrote down in the first workshop and your task this week is to apply each step by taking action. As Tony would say "just go for it!".

Lesson summary:

- I. J_____ is the biggest fear for teens, but in reality it is the biggest fear for adults as well. When you start to live independently from the opinions of others magic starts to happen because you come from who you are and what you are here to do, rather than live in a way based on what everyone expects you to do.
- II. The h_____ is your thinking mind and is everything you believe about the world and all the rules you learned. The head is usually frightened of being judged. The h_____ is what you feel and the feelings you have about something. Unlike the head it is encouraging.
The s_____ is who you really are. It wants you to get bigger, expand and just "go for it".
- III. The d_____ of who we want to be is locked inside of us and the job of our life is to find the codes to break the lock. The dream is different for every person. Dreams can also change as you grow. The important question is to ask yourself "Who do I want to become?" and "Where do I want to go?"

Quiz questions

1. What did Tony say was the biggest fear of all teenagers?
 - a. Judgement
 - b. Heights
 - c. Spiders
 - d. Public speaking

2. Which of the following words does Tony describe a person's 'heart' as?
 - a. Peaceful
 - b. Sad
 - c. Encouraging
 - d. Angry

3. Name two childhood dreams that Tony wrote as a 13 year old on his sisters board in chalk?
 - a. Play rugby for Ireland
 - b. Play in Croke Park
 - c. Become a doctor
 - d. Win an All-Star
 - e. Own a ferrari

4. Where is Tony's happy place?
 - a. Playing cards
 - b. Playing playstation
 - c. Eating out in restaurants
 - d. Sitting on the couch by the fire and watching a movie

5. What two activities does Tony like to do to relax and look after his own wellbeing?
 - a. Having a laugh with his personal playing soccer
 - b. Playing soccer
 - c. Walking in the woods
 - d. Swimming
 - e. Reading

HOT Questions

Team member A: What is most inspiring about Tony's message?

Team member B: Why is it important to move outside your comfort zone?

Team member C: Why is it important to live a life true to yourself?