

Life's
Greatest
Lessons, 20 Things That
Matter

By, Hal Urban

Tools needed:

Open Mind and Self-Awareness!!

Keynote by Mrs. Aspengren-Jenkins



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Read from text pg. 1-2

Week 1

Aug. 7-11

What's your
definition of
"the good life?"

Conservation

Being a good
Steward of what I have

Monday 8/14/17



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Text Read pg. 2-4

Tuesday 8/15/17

Does money
make you
successful?



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Read the 1st paragraph
on pg. 5-8

Wednesday 8/16/17

What would
your life look
like if you were
successful?

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No reading today. T.P.A. on the
following quote by Tim Hansel:

Thursday 8/17/17

* “The good news is that the best season of your life can be ahead of you no matter what your age or circumstances-if you choose to make it so-because 90% of your potential is not only untapped and unused, but also undiscovered. That’s not just good news, it’s incredible news!”

Conservation

Being a good
Steward of what I have

Monday 8/21/17



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Read text pg. 9-12

Tuesday 8/22/17

Would you be
comfortable
living in a
world that was
ALWAYS fair?

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Read text pg. 12-14

Respond to the
following quote by Tim
Hansel

Wednesday 8/23/17

“Pain is
inevitable, but
misery is
optional,”



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Read text pg. 14-15

Thursday 8/24/17

What do you
do that shows
everyday
courage?

Conservation

Being a good
Steward of what I have

Monday 8/28/17

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Read text pg. 17-20

Respond to the following quote
from Norman Cousins

Tuesday 8/29/17

* “Of all the gifts bestowed by nature on human beings, hearty laughter must be close to the top.” –
What do you do for pure fun?



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Read pg. 20-21

Wednesday 8/30/17

What is your
favorite joke?
Share a joke
with the class
(appropriate)

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Read Text pg. 29-31

Thursday 8/31/17

What choices
do you have to
make daily?
List as many
as you can
think of.

Honesty

Tuesday 9/5/17



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Read text pg. 31-34

Wednesday 9/6/17

What choices can you make now that will affect your future positively? Negatively? What criteria will you use to make them?



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Read text pg. 34-36

Thursday 9/7/17

What are your
top 5 choices
you get to
make?



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We will be sharing out
responses today.

Friday 9/8/17

From the list of
choices on pgs.
35-36, pick one
choice you want to
make differently.
Explain what you
can do differently, to
help you make
better choices.

Honesty

Monday 9/11/17



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Read text pg. 37-41

Tuesday 9/12/17

How can you
have a good
attitude when
your world is
caving in?



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Read text pg. 41-42

Wednesday 9/13/17

If your attitude is
what you say
when you talk to
yourself, what is
your attitude?

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Read Text pg. 42-44

Thursday 9/14/17

There are 3
ways to
approach life.

1. Think with an open mind- how can you apply this to your life?

Honesty

Monday 9/18/17

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Read text pg. 44-45
Tuesday 9/19/17

* There are 3 ways to approach life.
2. Think for yourself- "Don't let the world around you squeeze you into its own mold"- Romans 12:2
Respond to this quote.

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Read text pg. 45-46
Wednesday 9/20/17

* There are 3 ways to approach life:
3. Think constructively-
People who succeed in life don't *think* they can; they *believe* they can.

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Read text pg. 47-50

Thursday 9/21/17

“We first make our habit, and then our habits make us.” – John Dryden

What habits do you have that help you be successful?

Honesty

Monday 9/25/17



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Read Text pg. 50-53

Tuesday 9/26/17

What habits do
you have that
demonstrate
your sincerity?



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No reading from text
today.

Wednesday 9/27/17

“We are what we
repeatedly do.
Excellence, then,
is not an act, but a
habit.” – Aristotle

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CH. 7, Being Thankful
is a Habit- The Best
One You'll Ever Have.

No Reading From the Text
Today

Thursday 9/28/17

“Don't complain
because you
don't have...
Enjoy what
you've got.” - H.
Stanley Judd

How many times a day do
you complain? Go 24
hours without
complaining!

Dependability

Monday 10/2/17

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CH. 7, Being Thankful
is a Habit- The Best
One You'll Ever Have.

No Reading From the Text
Today

Tuesday 10/3/17

On a scratch piece of paper, guess
how many people in this class were
able to go without complaining?
Write down a # and bring it to the
front desk

What was the purpose of
the complaining
assignment?

What did you learn about
yourself from trying not to
complain?



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Read Text pg. 58-63
Wed. 10/4/17

“When we focus on what’s right instead of what’s wrong, life improves considerably.” -Hal Urban

Compare how you felt over the past 24 hours vs. the previous 24 hours.

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Read text pg. 65-66

Thursday 10/5/17

Reverence-
Regard or treat
with deep
respect.

What do you
hold or treat with
deep respect?

Dependability

Monday 10/9/17

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Read Text pg. 67-70

Tuesday 10/10/17

Hal Urban states there are 4 pillars of respect:

1. Manners
2. Language
3. Honoring the rules
4. Appreciating Differences

List these pillars in the order of importance to you and explain why.



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Read text pg. 70-73

Wednesday 10/11/17

“Our rewards in life will always be in exact proportion to the amount of consideration we show toward others.” - Earl Nightingale

Explain in your own words what this quote means.

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Read pg. 75-78

Thursday 10/12/17

“Honesty is the best policy in international relations, interpersonal relations, labor, business, education, family, and crime control because truth is the only thing that works...and lasting relations can build” -Ramsey Clark

Hal Urban says we struggle with honesty every day of our lives. Do you agree or disagree? Why?

Dependability

Monday 10/16/17



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Read text pg. 78-81

Tuesday 10/17/17

Dishonesty can be costly.

What costs will you
experience by being
dishonest? Personally?
Professionally?



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Read text pg. 81-83

Wed. 10/18/17

“People who have integrity experience life at a different level. It’s richer, more meaningful, and more rewarding.” -Hal Urban

List 6 Reasons for Being Honest.

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Read text pg. 91-93

Thursday 10/19/17

Motivation-
providing a
reason to act in a
certain way.

Who or what
motivates you
and why?

Dependability

Monday 10/23/17



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Read text pgs. 93-98
Tuesday 10/24/17

Think of an important goal you have-
Now check your motivation:

- *Do you have enough desire to attain it?
- *Do you have a real belief that you can accomplish it?
- *Do you have a clear mental picture of yourself achieving it?

Explain your responses!

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Read text pgs. 99-103

Wednesday 10/25/17

“People with goals succeed because they know where they’re going.” - Earl Nightingale

Where will your goal take you, and how will you succeed?

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Read text pg. 104-107
Thursday 10/26/17

“Virtually nothing on earth can stop a person with a positive attitude who has his goal clearly in sight.” -Denis Waitley

Pick a specific goal you have and answer the following:
What are the obstacles you'll have to overcome? Whose help do you need? What do you need to learn? What will the reward be?

Dependability

Monday 10/30/17



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Read Text Ch. 13, *There's no substitute for hard work* pg. 109-114

Tuesday 10/31/17

“The best prize life offers is the chance to work hard at work worth doing.” - Theodore Roosevelt



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No reading from the text today
Wednesday 11/1/17

“I want to be thoroughly used
up when I die, for the harder I
work, the more I live.” -
George Bernard Shaw

*After reading this section, what
questions do you have for Hal
Urban?*

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Read text Ch. 14, pg.
115-121

Thursday 11/2/17

“Success is the sum of small
efforts, repeated day in and
day out...” -Robert Collier

Right Choices →

Good Habits →

Accomplishments →

Fulfillment

Generosity

Monday 11/6/17

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Read text Ch. 15 pg. 123-125

Tuesday 11/7/17

“To waste your time is to waste your life, but to master your time is to master your life and make the most of it.”

-Alan Lakein

What do you do with your time?

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No reading from text today

Wednesday 11/8/17

“...people who succeed in life understand that time is their most valuable resource. It's a resource that's distributed evenly. Everyone gets 24 hours a day. It's what we do with it that defines our lives.

How can you acquire the skill of time management?



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Read pos 125-131
Thursday 11/9/17

Good Choices:
Good Habits

Four Keys to Mastering
Your Time and Your Life.

How can you change your
habits to effectively use
your time?

Generosity

Monday 11/13/17



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Read Chapter 16, pg.
133-139

Tuesday 11/14/17

“...self esteem... feeling good about ourselves is the natural result of doing the right things and thinking the right thoughts.” -Hal Urban



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Read Ch. 17 pg. 141-146
Wednesday 11/15/17

“The mind is a bit like a garden. If it isn't fed and cultivated, weeds will take it over.” -Erwin G. Hall



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Read text pg. 151-156
Thursday 11/16/17

“If you’re willing to accept failure and learn from it, if you’re willing to consider failure as a blessing in disguise and bounce back, you’ve got the potential of harnessing one of the most powerful success forces.”
- Joseph Sugarman

Generosity

Monday 11/27/17

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No reading from text today

Tuesday 11/28/17

Play the next 11 slides and have students say the opposite that comes to mind as you go through them.

“It’s OK to Fail-
Everyone Else
Has.”

What's the Opposite?

Say out loud the opposite of the word on the slide

Black

Up

Left

Cold

Long

Wet

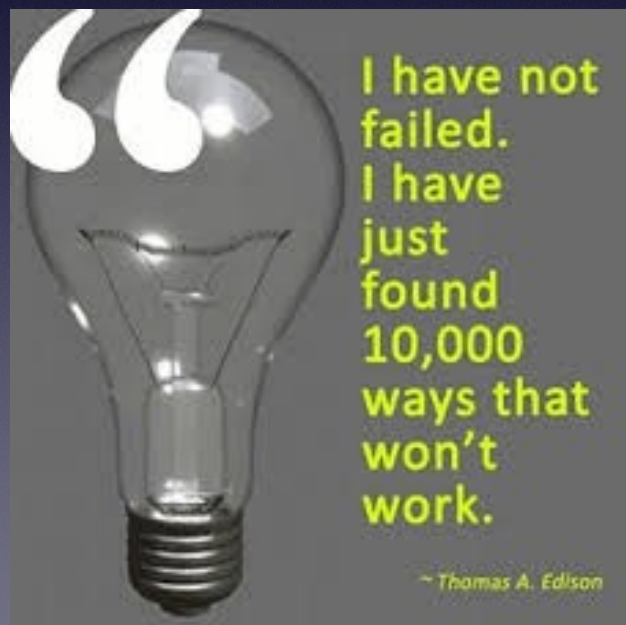
Hard

Success

“Failure” NO! Without Failures, there would be no success!

“If you’re willing to accept failure and learn from it, if you’re willing to consider failure as a blessing in disguise and bounce back, you’ve got the potential of harnessing one of the most powerful success forces.”

*- Joseph Sugarman



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Read Ch. 19 pg. 157-159
together in class.

Wednesday 11/29/17

Write your own 6
Simple Rules of
Life, after
reading Ch. 19



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Read Ch. 20 pos 161-162

Thursday 11/30/17

What is life's
simplest and
greatest truths?