Discovering Who I Am
Student Workbook

Name: ____________________________

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Get M.A.D. Character Principles

Determination
Respect
Education
Accountability
Motivation
Service

Get M.A.D. Commitment

I am Determined to be successful.

I will be Respectful to myself and others.

I believe in the power of Education; therefore, I will commit to a lifestyle of learning.

I am Accountable for my actions.

I am Motivated to achieve my goals and dreams.

I will seek to utilize my knowledge to Serve my community and help those that live in it.
Welcome to Get M.A.D. University! You are about to take journey to learn more about yourself. You and your facilitator will explore your dreams, uncover some challenges you may face, create a mission statement, set some goals and take an assessment at the end to complete the course. So Let’s Get M.A.D.!

Key Learning Objectives

- Identify your personal challenges and develop strategies to overcome them
- Determine your sources of motivation
- Uncover your dreams
- Take a Get M.A.D. Self-Evaluation
- Identify your post-secondary goals and career plans
- Develop a personal mission statement and set short and long term goals

Key Words
Challenge, Discover, Excuse, Goals, Integrity, Interest, Mission Statement, Motivation, Skills, Standards, Values

Note: (Key words will be bold and italicized and you can search the meaning of those terms in the glossary. Example: “challenges”)

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Discovering Who I Am
Pre-Test

1. What does it mean to be motivated?

2. What are goals and how do you achieve them?

3. Based on what you know about yourself, what are some ways to become successful and ways to improve yourself?

4. What challenges do you have, if any?

5. Where do you see yourself 10 years from now?
ACTIVITY ONE

WHAT ABOUT ME?

Complete this activity and be prepared to share with the group.

1. My full name is:

2. I prefer to be called:

3. The school I attend is:

4. My favorite subject in school is:

5. My hobbies are:

6. My favorite movie is:

7. My favorite book is:

8. The person I most admire is:

9. The one thing that I value most in life is:

10. My career interest is:

11. My plan after I graduate high school is to:
ACTIVITY TWO

WHAT ARE YOUR CHALLENGES?

Think about it and list the “challenges” you have “discovered.” You will discuss your challenges with your group and facilitator at the appropriate time.

1.

2.

3.

4.

5.

6.

7.
From the list of challenges you wrote on the previous page, how many are challenges and how many are “excuses.” Write them again and put a “C” for challenge and an “E” for excuse beside the number and add them up. Think about it carefully. You will discuss with your group and facilitator at the appropriate time.

1. C______ E______

2. C______ E______

3. C______ E______

4. C______ E______

5. C______ E______

6. C______ E______

7. C______ E______

Total: C______ E______
ACTIVITY FOUR

MY “MOTIVATION”

Take the time to write a short essay on what motivates you and how you define it. You will refer back to this page throughout the course.
ACTIVITY FIVE

INTRINSIC & EXTRINSIC MOTIVATION

Now take the time to write your “*intrinsic*” and “*extrinsic*” motivation. You will discuss with your group and facilitator at the appropriate time.

<table>
<thead>
<tr>
<th>INTRINSIC</th>
<th>EXTRINSIC</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ex. To be a better student.</td>
<td>Ex. To make my father proud.</td>
</tr>
<tr>
<td>1.</td>
<td>1.</td>
</tr>
<tr>
<td>2.</td>
<td>2.</td>
</tr>
<tr>
<td>3.</td>
<td>3.</td>
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<td>4.</td>
<td>4.</td>
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<tr>
<td>5.</td>
<td>5.</td>
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<tr>
<td>6.</td>
<td>6.</td>
</tr>
<tr>
<td>7.</td>
<td>7.</td>
</tr>
</tbody>
</table>
ACTIVITY SIX

“What you do today can change your tomorrow!”
Kelly Simmons III

WHAT IS YOUR DREAM?

What are your “goals” after high school? Do you want to attend college, go to the military, join the workforce or become an entrepreneur? What is your dream career? Where do you want to live? How much money do you want to make? Write what you see.
Get M.A.D. Self-Evaluation

M.A.D. Student

My Education

My Values

My Interest/Skills
My Education

What are you interested in? On a day to day basis, what do you like to do? What is your favorite subject in school? Ex. Hobbies, Reading books, Math, Science etc.

_____________________________________________

_____________________________________________

_____________________________________________

My “Values”

What do you believe in? What “standards” do you have high regards for? What is important to you? Ex. Integrity, Honesty, Trust, Family, Education etc.

_____________________________________________

_____________________________________________

_____________________________________________

My “Interest” / Skills

What “skills”, talents or abilities do you have? What are you good at? Ex. Sports, Writing, Dancing, Acting, working on cars etc.

_____________________________________________

_____________________________________________

_____________________________________________
Top 3 Favorite Subjects In School:

1. 
2. 
3. 

Top 3 Most Important Things To You:

1. 
2. 
3. 

Top 3 Career Clusters and Career Interests:

1. 
2. 
3. 

Notes

_____________________________________________
_____________________________________________
_____________________________________________
_____________________________________________


ACTIVITY EIGHT

WRITE YOUR "MISSION STATEMENT"

Example: To graduate from high school and attend Clemson University to receive my degree in Business Administration/Marketing. I will start my own graphics design company to help Fortune 500 companies market their products across the world.

____________________________________________
____________________________________________
____________________________________________
____________________________________________
____________________________________________
____________________________________________
____________________________________________

WRITE YOUR GOALS TO SUPPORT YOUR MISSION STATEMENT

Example: To create a daily schedule and follow it so I can manage my time better.

1.
2.
3.
4.
5.
6.
7.
Discovering Who I Am
Post-Test

1. What does it mean to be motivated?

2. Did you learn something new and positive about yourself, if so, what?

3. Based on what you learned about yourself, how do you plan on using it to become successful and to improve?

4. Based on what you have learned about your challenges, do you want to overcome them? Why?

5. Where do you see yourself 10 years from now?
Glossary

Challenge: something that is difficult or demanding.

Discover: to get knowledge of, learn of, find, to see.

Excuse: to serve as justification for, to release from an obligation.

Extrinsic: a non-essential part, or something that is not really relevant to the heart of the matter.

Goals: the efforts made to achieve results.

Integrity: to do what you say and live by it.

Interest: something that is of concern.
Intrinsic: something that is natural and inherent, as opposed to something that has to be learned.

Mission Statement: a summary of what you aim for and your values.

Motivation: act of being motivated or inspired.

Skills: a person’s ability or knowledge to do something well.

Standards: a person’s level of quality or his or her attainment.

Values: an individual’s personal beliefs.
On behalf of the Get M.A.D. Solutions team, we hope you enjoyed this course.

If you would like more information about the Get M.A.D. Mentoring program or Get M.A.D. University, please contact us at getmadsolutions@gmail.com or order online at getmadmovement.com
Start a Get M.A.D. Mentoring Club at your school today ask your facilitator how!