

DUNMAN HIGH SCHOOL

NAME:	CLASS:
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Sharing by Principal to 2021 DHS Year 6

THE FUTURE: A TOUCH OF MADNESS?

Part 1: Dreaming the Impossible

a.) Think-Pair-Share: Discuss the following questions with your partner.

- What are some traits in Elon Musk that you found inspiring?
- What are some key takeaways from the sharing on Elon Musk?
- Are these takeaways applicable to you? How so?

b.) Application

Think of a past failure. How did you overcome that?

Did you emerge a 'better' person? What have you learnt about 'failure' and 'success'?

In this brave new world, failures are more important than successes. Whether its scholarship or job application, prospective employers will be looking at resilience quotient, rather than a list of achievements which many can show. Consider a time where you showed resilience. What have you learnt from that experience?

Part 2: Don't be a Prisoner of your Past; be the Architect of your Future.

Introspection: The Stories in our Head

What are your internal narratives? What are the stories in your head?

Explore your **inner dialogue**: Are there limiting beliefs?

Most of our beliefs are generalisations about our past, based on our (mis)interpretations of painful/pleasurable experiences. Once we adopt a belief, we forget that it's merely an interpretation, and **begin to treat our beliefs as if they are realities. Beliefs have the power to create and the power to destroy.**

E.g. I am not good enough. When I speak, nothing clever/ meaningful comes out. Nobody will ever listen to what I want to say. My teacher will never find what I say interesting. I have nothing worthy to contribute. I am an awkward person. I am a fraud. I am a failure

E.g. I am enough. I am resilient. I can make a difference to the world. I can learn and adapt. I am worthy.

List out some of the inner-dialogues that you often have with yourself here. They can be empowering, limiting, grounding or even ones that you have come to find distracting.

Question those beliefs that disempower you and make a conscious choice to shift your beliefs. Create new possibilities for yourselves!

Part 3: Realigning & Recalibrating: Presenting my Best Self to the World

Who are you and what do you stand for?

What are your dreams/visions? Why?

What are you doing about them?

What are some potential hurdles that may prevent you from realising your dreams/visions?

How do you intend to overcome them?

Part 4: Taking stock and Setting Sail

***“Sometimes you have to do what you don’t love, so that
you can do what you love.”***

What are some things you do not enjoy doing, but need to do?

What can you do to change the way you feel about these things?

In what ways has Dunman High been a ‘safe harbour’ for you?

How are you gearing yourself up to ‘set sail’?

The Future: A Touch of Madness?

How will the future pan out, and what has it to do with you?

Very soon, in less than a year, you will graduate from Dunman High, and move on to another phase of your life, into the world of work.

Take time to think about life after the A-level examinations, as you sail away from the safe harbour.

Catch the trade winds in your sails. Explore. Dream. Discover.

My Reflections: