

PLANNING

If you fail to plan, you plan to fail.

The Playbook

Lesson Summary

Teacher: 30 Minutes

This lesson identifies the need to have a plan and how to start one.

Define it:

A playbook is a notebook containing descriptions of the plays and strategies used by a team. It is often accompanied by diagrams and issued to players for them to study and memorize before a season begins.

Let's Talk About It.

A playbook is important because, without it, you won't know the plays and strategies to be successful in the game. It helps you to overcome the other team or the challenge. Having a plan or playbook is important in every part of your life because without a plan, you won't have strategies to succeed and accomplish your life goals. Without a plan, you might have to give up your power of choice to situations, circumstances, and possibly even other people. This can result in unforeseen consequences and/or a failed plan.



Let's Look at an Example.

If you know you don't like to get up for school and you don't set an alarm clock, you are planning to oversleep and make a choice to be late. This then will cause other choices to occur by default, like missing first period, which in turn causes a consequence like detention or an argument with your teacher.

Let's Look and Discuss.

If you don't plan, life just happens. Every day there is a plan even if we don't take the time to think about it. The problem happens when we don't plan, and something happens that we have not thought about. And when it happens, we may not be ready to react in the right way. If you wake up in the morning and go to school and end up spilling spaghetti sauce on one of your favorite shirts, you will have to change that shirt or go the rest of the day looking crazy. If you go to a party, someone offers you a drink and there's alcohol or a drug in it and you get sick or get hurt in some other way, your life could be changed forever.

1. Have you ever taken the time to think about your plan?
2. "If you don't plan to succeed every day, you are planning to fail." What does this mean?
3. Have you ever been caught in the middle of a mess because you didn't plan well?



**Your
Takeaway.**

**Quote 1:
How can circumstances
choose for you?**

**Quote 2: What can you
choose to do NOW?**



**Video and Discussion: Develop a Plan, Make the Impossible Possible
Amara Leggett – 10-15 Minutes**



If you fail to plan, you plan to fail.

What is a playbook, and why is having one for life important?

Who are three people you listen to for life advice and why?

Person #1 _____

Person #2 _____

Person #3 _____

Think about your day tomorrow. What is your plan?



After you complete this assignment, take it home to remind yourself.