

LEGACYONE



Student Handbook

Teachers:

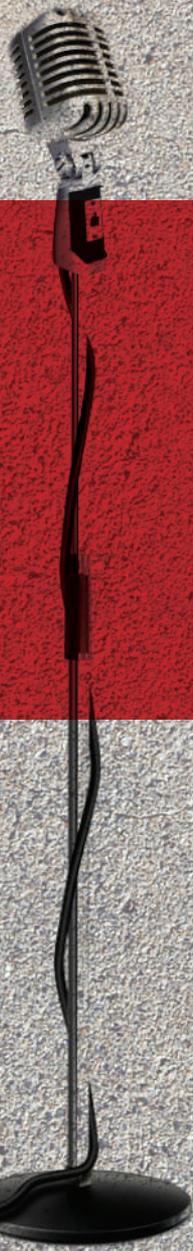
This book was designed to partner with the “1,000 Voices” show, presented by Legacy One. To get the most out of this book, we ask students to identify the negative voices in their lives. We address nine negative voices that many students struggle with - Conformity, Failure, Bitterness, Hopelessness, Perfection, Anger, Worthlessness, Shame, and Rejection. If you have a student that does not relate with any of these negative voices, we have included a section for them to name their own negative voice that they feel holds them back from their true potential. We suggest that you use an hour-long class to walk through this book. Give students 20-30 minutes to identify with the voice they most feel connected with and to walk through the five reflective questions/next steps. Students should write out their answers to the reflective questions and come up with an action plan for at least one of the next steps. It is up to you whether or not they hand it in, but we suggest you make it optional. Allow students the privacy to be as honest as possible! Use the rest of the class to walk through the ten discussion questions. Try to keep your comments as minimal as possible to create dialogue between the students. Allow them time to process the questions and respond. Please do not force students to disclose the voice they struggle with if they do not feel comfortable.

Students:

If you are a student wanting to work through this book on your own, you have as much freedom as you like. You can just work through the section you most relate to, or you can work through them all. Legacy One members have found that, even if we don't struggle with all the voices, it is extremely helpful to work through them all. It helps us learn how we can best protect ourselves from believing other negative voices. If you are working through this alone, our challenge to you is to tell someone of your struggle. Find someone who can help you find the positive voices in your life. You are not alone, and we want to see you gain victory over the 1,000 voices that will try to rob you of your true identity. If you feel like there is no one in your life to talk to, please contact us at info@legacyone.ca. Let us walk with you through your struggle.



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“The opposite of bravery is not cowardice but conformity.”

– Robert Anthony

Voice of: *conformity*

As an only child, being involved in extra-curricular activities and surrounding myself with friends was extremely important to me. Without them, life seemed mundane in the small town of Three Hills, Alberta. I had a love for life, adventure, and people. I “beat to my own drum” (as my mom likes to say). Later in life, I learned being different didn’t always warrant friends. Many people feel uncomfortable with different values, ideas, passions, and beliefs.

In junior high, people began ostracizing others for being different. Sadly, I didn’t fit in. During this time, my parents were having issues in their marriage. My dad moved to Saskatoon and my mom and I moved to Airdrie, Alberta.

I saw it as a new start. I decided to change who I was to become popular. In my new school, the “cool kids” drank, gossiped, put others down, and cared more about their appearance and popularity than their peers. So that’s what I became. Very “Mean Girls” hey? After months of this, I began to experience depression and darkness set in. My love for life was gone. Striving to become something I wasn’t and struggling to hide who I truly was became exhausting. I wanted to find acceptance for who I truly was. I wanted to be myself again.

I slowly began surrounding myself with people who liked me for who I was. It was difficult, but I had to let people who did not accept me leave my life. My friends taught me to embrace my vulnerabilities and weaknesses and they inspired me to make a difference in my community. I learned to become more inclusive and to be interested in the needs of others. I got involved in my high school’s leadership program and volunteered teaching and mentoring younger youth.

After I graduated, I travelled and served in relief and social justice causes in Mexico, Nicaragua, Cuba, and Uganda. I began to realize the importance of my differences and how they enabled me to encourage and inspire people in unique ways. When I heard about Legacy One, I decided to join! I knew it was an opportunity to express my voice – my love for encouraging people, for young people, for dancing, and for adventure.

To this day, I struggle with wanting to conform. Accepting who I am (my strengths and weaknesses), being vulnerable with others, leaning on a community who accepts me and using my gifts to inspire others helps me to persevere through this struggle.



“Because true belonging only happens when we present our authentic, imperfect selves to the world, our sense of belonging can never be greater than our level of self-acceptance.” – Brene Brown

“Conformity is the jailer of freedom and the enemy of growth.” – John F. Kennedy

REFLECTIVE QUESTIONS:

- 1.** Where do you find your self worth?
- 2.** Are there negative voices you need to distant yourself from? (eg. people, pressures, etc.)
- 3.** Have you ever done something out of character just to fit in? How did that make you feel?
- 4.** Do your friends accept you for who you are? Why or why not?
- 5.** Do you conform and hide behind a mask? Why do you think you do that?

NEXT STEPS:

- 1.** Identify the unique qualities that make you you.
- 2.** Identify the friends that support you in these unique characteristics.
- 3.** Try something you have been afraid to try because you have been worried about what others will think.
- 4.** Encourage someone in their uniqueness and attempt to make them feel included in your friendship group.
- 5.** Make others feel loved and accepted! Go to World Vision Youth Canada’s website (<http://yourmovement.ca/>) and learn how you can make a difference in your community and around the world!



*"I have not failed. I've just found
10,000 ways that won't work."*

– Thomas A. Edison

“You never fail until you stop trying.” – Albert Einstein

Voice of: *failure*

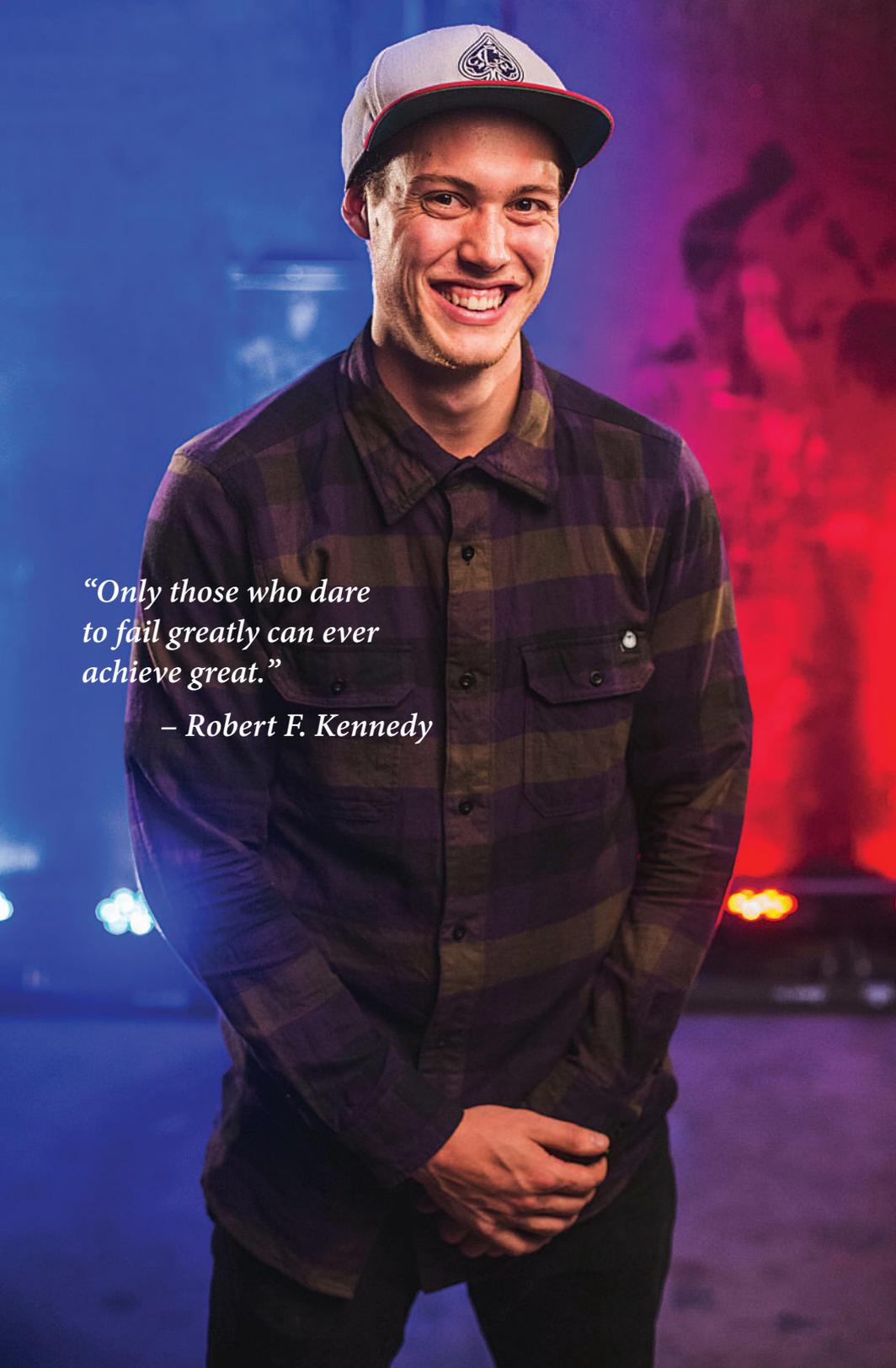
My name is Luke Efird and I was born in Drayton Valley, AB. I had a very good life growing up, as friends and family who loved me and wanted the best for me surrounded me. From a young age, I started to struggle in school. It's obvious to me now that the way I was taught in school was not the best way for me to learn; however, at the time, I felt it was the only thing that mattered.

In class, I was last (if I even finished) and I was told that my projects needed improvement, that I needed to pay closer attention, take more notes, study longer, memorize the formulas, show my work, be more specific, and check my spelling. It seemed my hardest effort left me with a failing mark. At times, I remember having more teardrops than answered questions on my assignments. In everything I did, I felt like a failure.

I eventually stopped trying. I became a shy, scared kid. I hated stepping out or taking risks. I wouldn't do anything that I wasn't 100 percent sure I could win or do perfectly. Failure defined me, because I was unwilling to try. After years of living this way, I eventually got tired of failing.

Skateboarding was something I always admired. I liked to watch people skate, yet I would tell myself, "I can't do this". I would kill the dream before even trying. Finally, instead of stepping back, I stepped forward. The more I skated, the more I didn't care about whether or not I failed. I found somewhere I fit and I loved it. Having freedom in something was a new concept for me, because up until that point, I didn't feel I had a place where I belonged.

As I dived into the underground world of skate culture, I was exposed to a new art, language, style and attitude, all of which I loved. All were building blocks to who I am today. Graffiti culture and skate culture have similar aspects. I saw lots of graffiti at the parks and I met many inspiring graffiti artists. Still, I told myself I couldn't learn it. Art was a major insecurity of mine. I couldn't fathom putting my feelings and emotions on a canvas, allowing other people to see them. One day I worked up the courage to start. Starting is the scariest obstacle I face, but failure isn't defined by whether or not we succeed, it is defined by whether or not we try. Whenever I step out and dare to dream, I've succeeded.



*“Only those who dare
to fail greatly can ever
achieve great.”*

– Robert F. Kennedy

REFLECTIVE QUESTIONS:

- 1.** Has failure hindered you from trying new things? Why?
- 2.** Identify the things that make you feel like a failure.
- 3.** What is your definition of success?
- 4.** Does your definition set you up for success or failure? Can you change it?
- 5.** Think about what you could learn from past failures and write your findings down.

NEXT STEPS:

- 1.** Identify the things that you enjoy doing. What are you passionate about?
- 2.** Try something that you've been afraid of failing at.
- 3.** Find someone who can help you manage your weaknesses and excel in your strengths.
- 4.** Use your passions to better others! Go to World Vision Youth Canada's website (<http://yourmovement.ca/>) and learn how you can make a difference in your community and around the world!



Greg Denie

“Bitterness and resentment only hurt one person, and it’s not the person we’re resenting - it’s us.” - Alana Stewart

“Hurt leads to bitterness, bitterness to anger, travel too far down that road and the way is lost.” - Terry Brooks

Voice of: *bitterness*

My name is Greg Denie and I was born in Saskatoon, SK. At eleven years old, I lost my dad to cancer. It was an extremely devastating situation in my life. I became bitter and angry at those around me for no reason. I was not able to identify why I felt this way and I did not know how to deal with the bitterness.

For years, I struggled with the negative voice of bitterness. I was trying to figure out why this happened to me. I couldn't find freedom until I realized that I felt entitled to a better life. I deserved a dad. I was owed a dad! I wanted life to be fair, but life dealt me a bad hand.

I realized that I could either keep walking down a path of entitlement and bitterness or I could face the facts! Sometimes life isn't fair. Sometimes we don't get what we want or deserve. Sometimes we are dealt bad hands, but we have the choice to either listen to that negative voice for the rest of our lives or to do something about it.

I chose to rise above the pain and frustration, the self-loathing, and the idea that I deserved a better life. I chose to accept my dad's death, not as a tragedy, but as an opportunity to appreciate the small things in life - to be thankful for my mom and my sister, for the roof over my head, and the food in my belly. I don't believe any of us are entitled to anything. Instead, we must come to see life as a series of opportunities to grow and learn from the disappointments.



“I know from personal experience how damaging it can be to live with bitterness and unforgiveness. I like to say it’s like taking poison and hoping your enemy will die. And it really is that harmful to us to live this way.” - Joyce Meyer

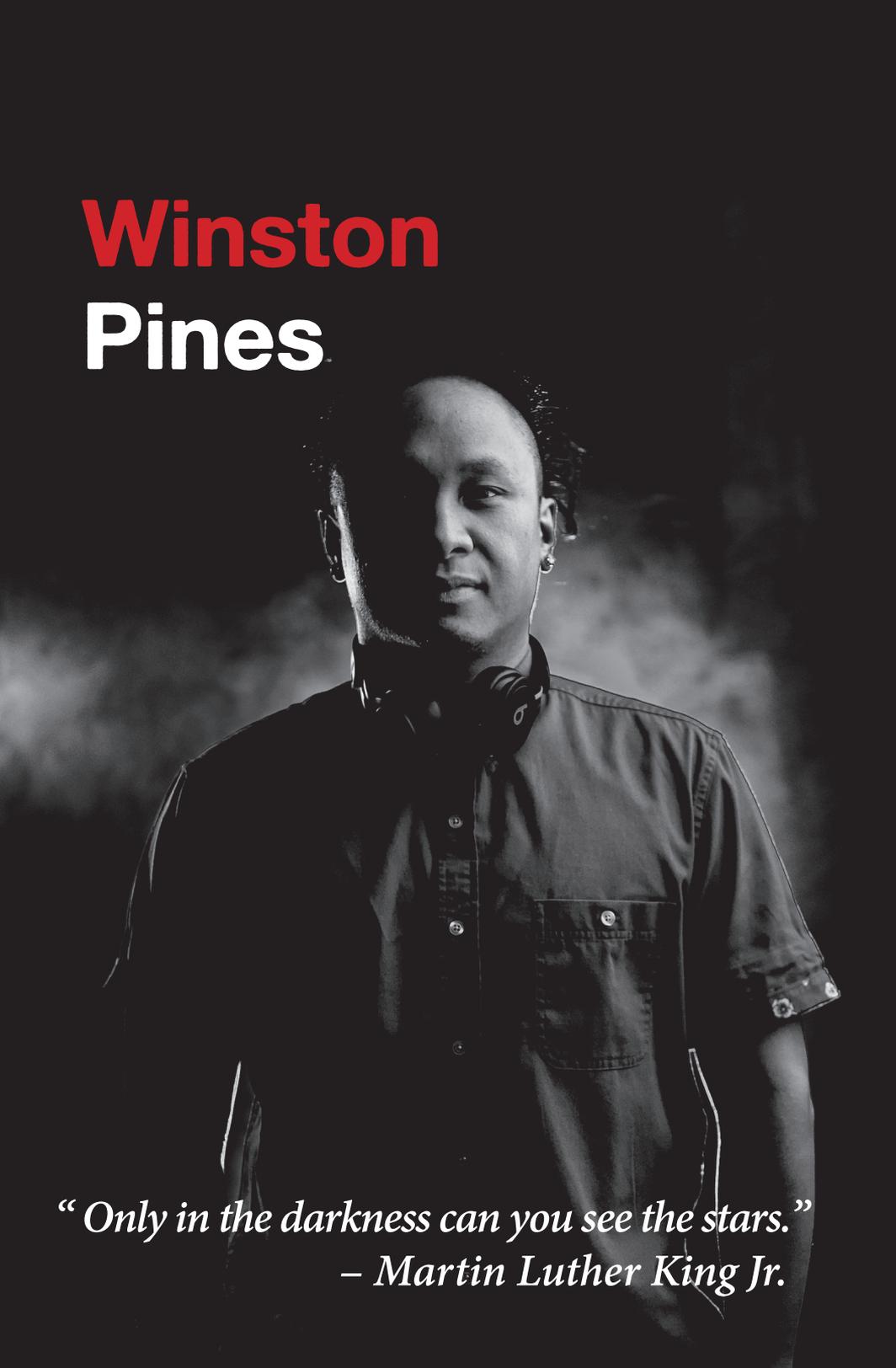
REFLECTIVE QUESTIONS:

- 1.** Is there a situation in your life where you didn't receive the treatment or results you felt like you deserved?
- 2.** Why do you feel like you deserved different treatment or results?
- 3.** Do you feel like, sometimes, you are dealt a bad hand? Why is that?
- 4.** Is it easy to look at others and wish for what they have? Why is that?
- 5.** Can you see explain how entitlement can lead you to bitterness?

NEXT STEPS:

- 1.** Think of three things you can be grateful for. Post them somewhere where you can see them everyday.
- 2.** List some things you can do to guard yourself from becoming bitter or entitled.
- 3.** Discuss this with someone you can trust and ask them to walk along side you as you let go of bitterness and learn to become more grateful.
- 4.** Encourage others experiencing difficult circumstances! Go to World Vision Youth Canada's website (<http://yourmovement.ca/>) and learn how you can make a difference in your community and around the world!

Winston Pines



*“Only in the darkness can you see the stars.”
– Martin Luther King Jr.*

“The things you do for yourself are gone when you are gone, but the things you do for others remain as your legacy.” – Kalu Ndukwe Kalu

Voice of:

hopelessness

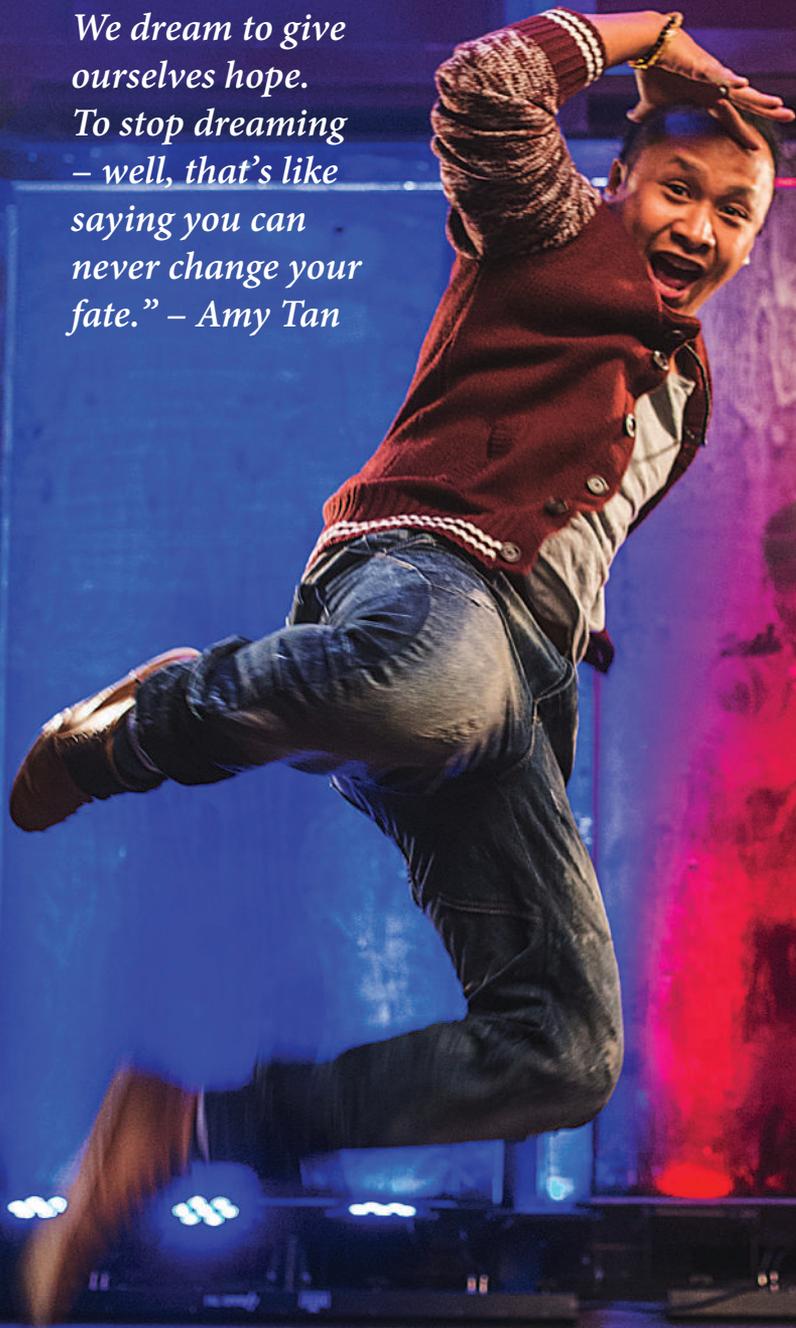
My name is Winston. I was born and raised in Saskatoon, SK with a beautiful family. Life was good, with dreams and plans that I was excited to pursue.

One night, a single moment overlooked by a stranger, derailed my dreams sending me down a road of obstacles. It all happened in my hometown, one summer, while working construction on the freeway. I knew this job like the back of my hand, so I was never worried. As if the entourage of flashing warning signs wasn't enough for oncoming traffic, I also wore a suit made entirely out of reflective material. I was hard to miss, or so I thought. It all happened so fast. I turned around hoping to face an empty road, but all I saw were two lights; one to my left and one to my right. Unknowingly acting as a target, the car hit me head on at a 100 km/hr. I flew fifty feet forward from the point of contact and landed in the ditch. The car spun out of control, but the driver escaped unharmed. As I lay there unconscious, the frantic driver yelled, “I hit somebody, I think I killed somebody” into her phone. No one had to tell my work crew who was hit, they knew it was me, and began searching for my body. As soon as they found me in the ditch, I was rushed to Emergency.

Four hours later, I walked out with a chipped tooth. Problem is, my body is full of damage you can't see. This accident wreaked havoc on my ankles, knees, and legs, lower & upper back, left shoulder and neck. Along with many other post-concussion symptoms, I also suffer from chronic arthritis, migraines, and nerve damage. My body feels like it's constantly on fire. Questions like “what's going to happen now”, “what about my dreams”, and “am I ever going to get there” plagued me. I felt hopeless, not knowing how to deal with this. Why? Did I do something wrong to deserve this? Why was this all happening to me?

I came to a point where I realized that I could not allow these struggles and situations to define me. I realized that I wasn't the only one struggling with these questions. Many others have experienced pain and have needed someone to come along side him or her. We all need each other. I've had to continue doing the things in my life that bring me joy and fulfilment and to surround myself with people who lift each other up.

We dream to give ourselves hope. To stop dreaming – well, that’s like saying you can never change your fate.” – Amy Tan



REFLECTIVE QUESTIONS:

- 1.** Has life ever gone differently than you expected? How so?
- 2.** How did you deal with it?
- 3.** Is there a situation you are going through right now that seems hopeless? Can you identify the aspect of the situation that seems hopeless?
- 4.** What have you put your hope in?
- 5.** Do you have a community around you that inspires you? How do they inspire you?

NEXT STEPS:

- 1.** Identify the negative voices that hold you back from living your dreams.
- 2.** Find someone who inspires you. Watch this inspiring video by Strife TV on YouTube: <https://www.youtube.com/watch?v=nO-j1oJW440>.
- 3.** Share your struggles with someone who can be a positive voice in your life.
- 4.** Inspire others to have hope in difficult circumstances! Go to World Vision Youth Canada's website (<http://yourmovement.ca/>) and learn how you can make a difference in your community and around the world!

Chantel Denie



“Use what talent you possess: the woods would be very silent if no birds sang except those that sang best.”

- Henry Van Dyke

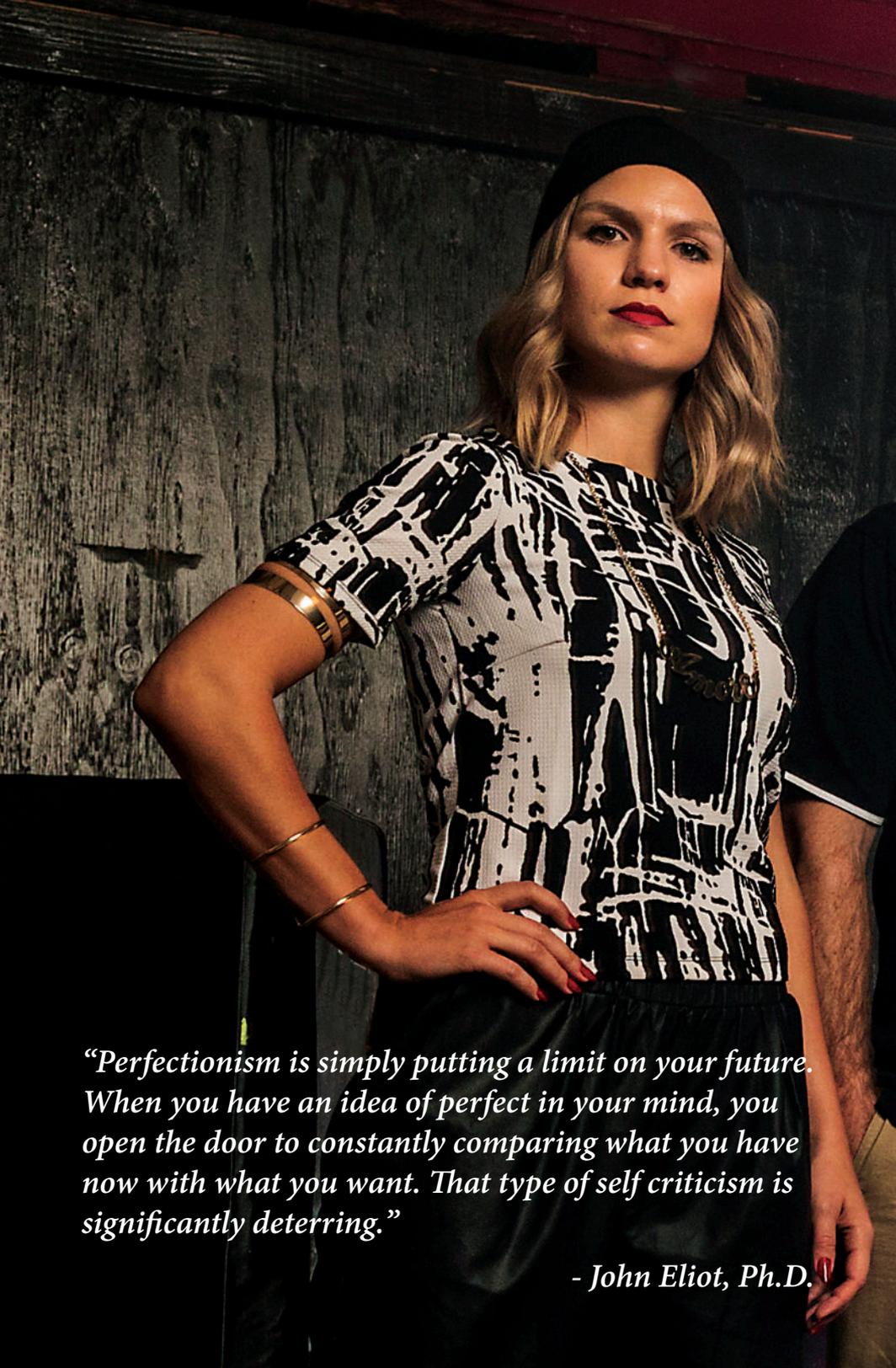
Voice of: *perfection*

I think every person has a need to be loved, heard and noticed; and we will do almost anything to attain that. I am a pretty passionate person, and I am fueled by people and by being creative. From a young age, I “heard” the voice of perfection. I wanted to be good at everything I did, because I thought people would like me more.

In junior high, I was sick for a couple weeks. I had the flu and hadn’t eaten anything so, logically, I lost weight. When I returned to school, students and teachers greeted me with compliments on my weight loss. Obviously I loved the attention I was getting and I thought, “I should keep losing weight because people like me more.” I began going to extreme measures to lose and control my weight. I began thinking that people liked me because of how I looked and that they wouldn’t like me if I looked different. I lost interest in things that I had once loved. Thoughts of food and my weight overpowered all other thoughts. I believed being skinny and beautiful would equal happiness, but I became depressed, lonely and addicted to losing weight.

The voice of perfection screamed into my life. I couldn’t hear anything else. After I was diagnosed with an “eating disorder”, I felt like I was punched in the gut. I had tried so hard to be perfect and now I was told I was “sick”. I hated it. I slowly realized that I had placed my value and identity in something that was not true. I realized that I wasn’t worth more if I was “skinny”. People didn’t like me because of what I looked like and I wasn’t happier if I looked “perfect”. I was tired of trying so hard.

I had to make a choice. I had to choose to believe that my identity wasn’t found in what I looked like or what I could do. I had to choose to stop listening to the voice of perfection and see the good in me. To this day, I have to choose to ignore that little voice that could bring me down. I must fight so that my true voice will be heard. We all have a voice and the world needs to hear it!



“Perfectionism is simply putting a limit on your future. When you have an idea of perfect in your mind, you open the door to constantly comparing what you have now with what you want. That type of self criticism is significantly deterring.”

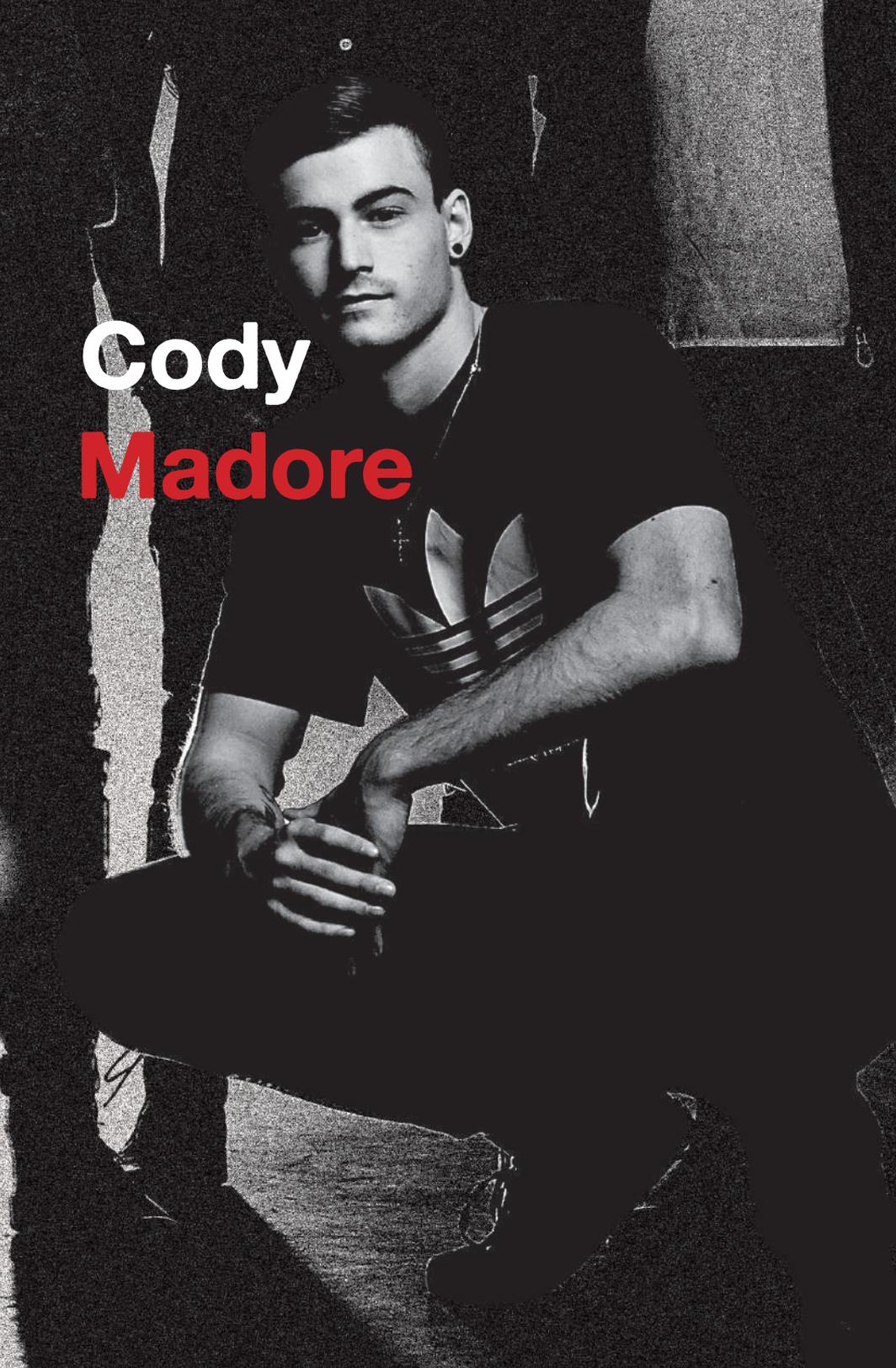
- John Eliot, Ph.D.

REFLECTIVE QUESTIONS:

- 1.** Do you place your value and worth in your appearance? Why?
- 2.** Do you ever compare yourself to others? How do you compare yourself?
- 3.** What is your definition of beauty? Do you think your definition is true?
- 4.** Do you feel like you need to look perfect to be loved? Why?
- 5.** Do you see how damaging it can be to try and be perfect? Explain how it can be damaging.

NEXT STEPS:

- 1.** This is hard, but stop comparing yourself to others.
- 2.** Distance yourself from places, people and social media that can make you feel worse about yourself.
- 3.** Be grateful for who you are. Be grateful for what you do have and learn to be content.
- 4.** Encourage others that their imperfections are beautiful! Go to World Vision Youth Canada's website (<http://yourmovement.ca/>) and learn how you can make a difference in your community and around the world!

A black and white photograph of a young man, Cody Madore, sitting on a wooden crate. He is wearing a dark t-shirt with a graphic design and dark pants. He has short dark hair and is looking directly at the camera. The background is dark and textured, possibly a wall with some peeling paper or fabric. The lighting is dramatic, highlighting his face and arms.

Cody
Madore

Voice of: *anger*

I grew up in a home with two parents who had good jobs. They loved me and always had my best interests at heart. Still, at a young age, I became angry and defiant with my family and other people in my life. I wanted to do whatever I wanted, and thought all of my opinions were right. I became very narrow minded.

This created a very toxic environment for me at home, so most of the time I didn't want to be there. I began to lie to my parents about where I was and what I was doing. I didn't have a good circle of friends looking out for me. This put a lot of stress on me at a young age. Anger and stress built up and I became depressed with my outlook on life, until eventually I hit rock bottom.

I got to the point where there seemed to be nothing left for me, until I went to a summer camp. The positive influence of the people around me lifted my spirits and took the stress off of my shoulders. It helped me open up my point of view and helped me see that people were just trying to look out for me. When I realized this, I was able to let go of my anger.

You should always consider why someone does something or why something happens to you. Anger comes from the thought that someone or something is unfair or that you are being mistreated. Sometimes you just need to open up to people and open up your point of view in order to move on from something that angers you. I was holding onto anger in so many different ways and it wasn't helping me at all. It is best to deal with your anger and move on from it.

“Anger is an acid that can do more harm to the vessel in which it is stored than to anything on which it is poured.”

– Mark Twain



*“Don’t hold to anger, ||
hurt or pain. They steal
your energy and keep
you from love.”*

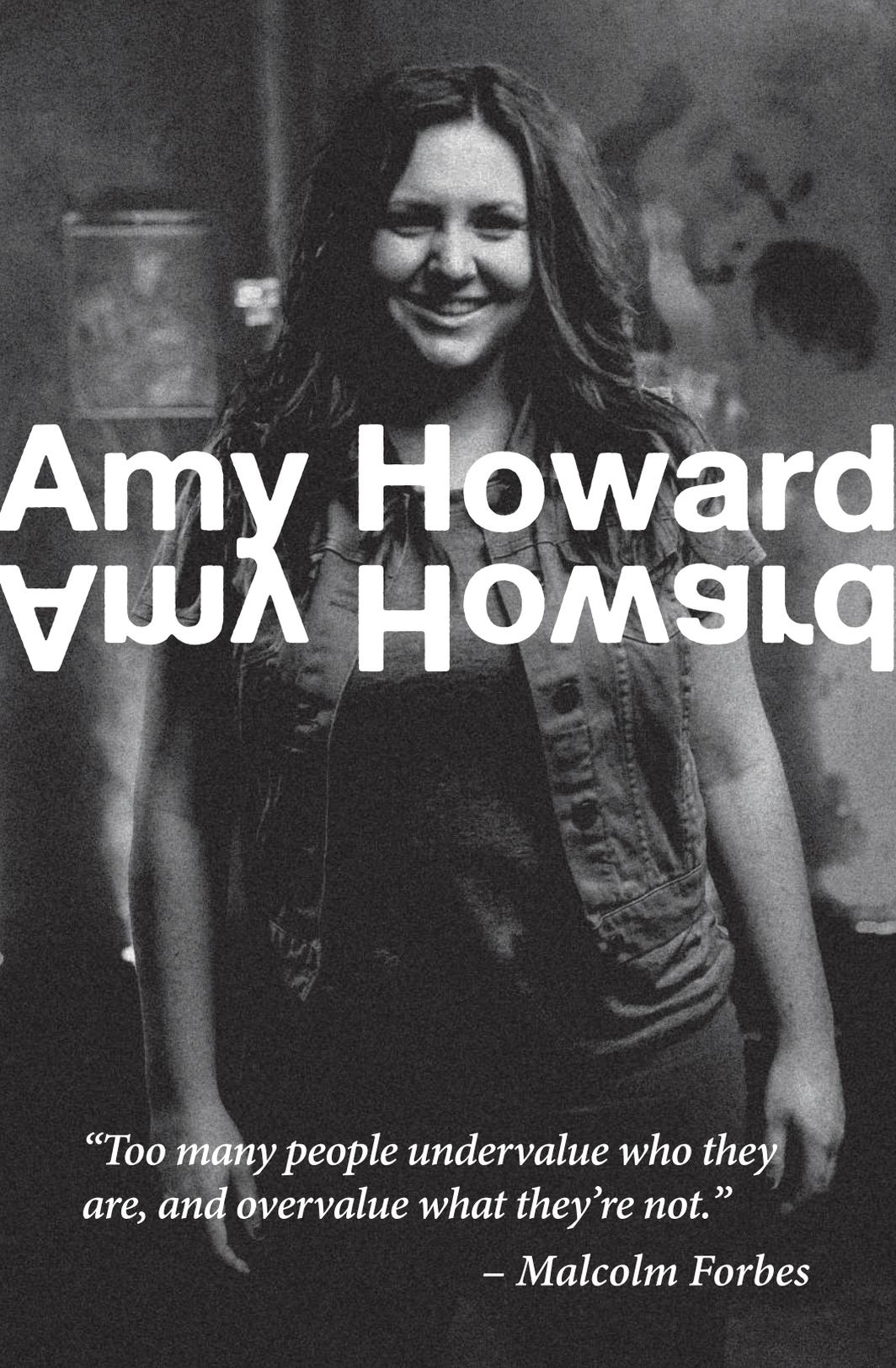
– Leo Buscaglia

REFLECTIVE QUESTIONS:

- 1.** What are situations in your life that make you angry?
- 2.** How do you deal with your anger?
- 3.** Does your anger affect your relationships? How?
- 4.** Can you think of a healthy way to express your anger?
- 5.** Does your anger lead you to make bad decisions? How? What bad decisions are you making?
- 6.** Is there someone in your life you need to forgive? Who?

NEXT STEPS:

- 1.** Find healing through forgiving those who hurt you. It is possible to forgive people even when they have not asked for your forgiveness.
- 2.** Find a trustworthy person to share about your struggle with anger and to hold you accountable to actually forgiving others.
- 3.** Read this article: http://teenshealth.org/teen/your_mind/emotions/deal_with_anger.html
- 4.** Gain a new point of view! Go to World Vision Youth Canada's website (<http://yourmovement.ca/>) and learn how you can make a difference in your community and around the world!



Amy Howard AMY HOWARD

“Too many people undervalue who they are, and overvalue what they’re not.”

– Malcolm Forbes

Voice of: *worthlessness*

My name is Amy Howard and I was born and raised in Calgary. It was always hard to feel accepted or valued growing up when I didn't know who I was or where I came from. From the time I was born, my father was a vacant being in my life. My biological dad left my mom when she was only six months pregnant with me, and from then on, worthlessness and feelings of never being good enough began to grow.

Although my mom remarried my step-dad when I was three years old, that presence of a male figure in my life never filled the role that my biological father should have filled. My mom and my step-dad had three other kids after me. Compared to them, I knew I was different. I discovered quickly on that my relationship with my step-dad would never amount to the love he had for his "real" kids. I felt that no matter what I did, I would never be good enough for him.

I endured years of pain and searching for belonging in the wrong places. Years of my life were spent in abusive relationships, experimenting with drugs and alcohol, and investing my time into people that I continuously let hurt me. I struggled with worthlessness for the majority of my life, and could never understand how someone who had created me could not want me.

When I was in college, I was involved in an abusive relationship with a guy. Not only was he physically abusive, but also emotionally. I began to spiral into an even lower pit of self-worth and abandonment. I clung to anything that I thought resembled the type of "fatherly love" I needed. Three years in this relationship sucked me dry of any independence and strength I had. When he ended things, I was devastated and that feeling of worthlessness crept up more than ever before.

At that point, my life had hit an all time low. The best thing about hitting rock bottom is that it can only go up from there. In a place where I felt so alone and empty, friends and family of mine remained so present and faithful to me. I was showered with an overwhelming amount of support, encouragement, compassion and so much love. I learned to accept love from people in my life instead of rejecting it. My perspective and hope for life started to change. I began to see that these situations helped shape me into the person I am, but they did not have to define me. I do not have to be a victim of my past. I have the authority to overcome pain that may prevent me from offering the world everything I have to give and more.



“A diamond doesn’t start out polished and shining. It once was nothing special, but with enough pressure and time, becomes spectacular. I’m that diamond.”

– Solange Nicole

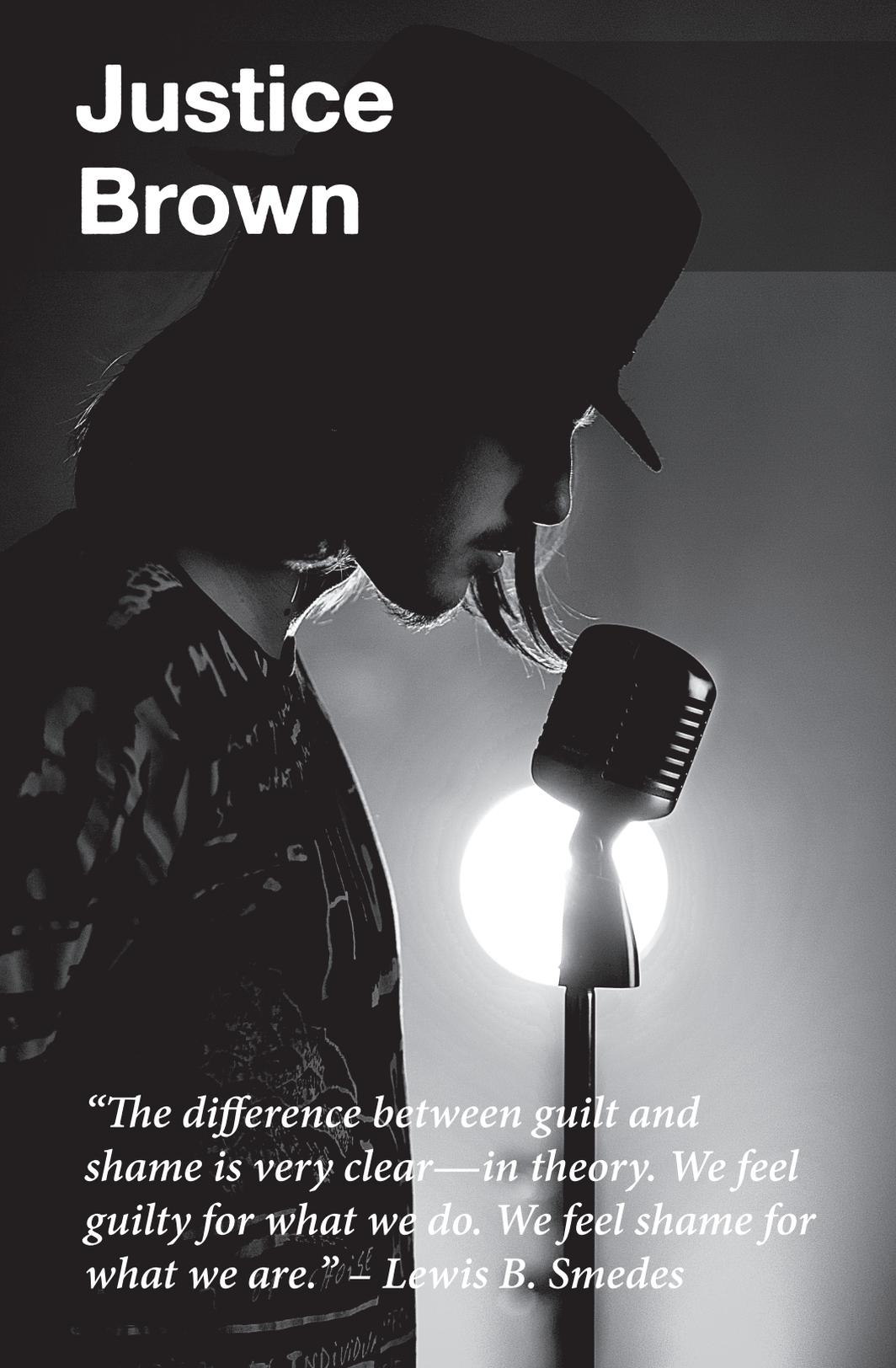
REFLECTIVE QUESTIONS:

- 1.** Where do you find your worth (eg. relationships, image, possessions, etc.?)
- 2.** How does this shape the way you see yourself?
- 3.** Has this allowed you to let others treat you disrespectfully? How so?
- 4.** Has your view of yourself prevented you from pursuing your passions? What passions would you like to pursue?
- 5.** What positive voices do you need to be listening to?

NEXT STEPS:

- 1.** Identify the negative voices that you have been believing about yourself.
- 2.** Find an accountability person that you can share these negative voices with and have them speak positive, true voices over you.
- 3.** Choose someone that you can be a positive voice to on a daily basis.
- 4.** Read this article: http://www.helpguide.org/mental/depression_teen_teenagers.htm
- 5.** Be a positive voice in someone's life! Go to World Vision Youth Canada's website (<http://yourmovement.ca/>) and learn how you can make a difference in your community and around the world!

Justice Brown



“The difference between guilt and shame is very clear—in theory. We feel guilty for what we do. We feel shame for what we are.”—Lewis B. Smedes

Voice of: *shame*

Growing up in a home with four brothers, I was always different than the others. I was the artist, preferring the note of a song to the catch of a ball and dreams of fantasy over the mediocre of my reality. My parents always told me different was good; but what I witnessed was that people resent what they cannot understand.

I was understood by few, so at a young age, my introverted tendencies turned to solitude. The more I was mocked, the more I started to perceive my unique persona as weakness. I grew ashamed and embarrassed of who I was, I neglected my art, and I lost my voice as I drifted away from my identity.

Playing the victim, I conformed to my surroundings. This attempt to conform achieved me two things - relationships built on a façade and apathy towards my own happiness.

After time, my greatest discovery was that happiness was neither within my power nor out of sight. Comfort was not achieved through the acceptance of others, but in discovering how to have confidence in the person I was meant to be. This confidence led to the return of my voice, joy in my friendships and love for my work.



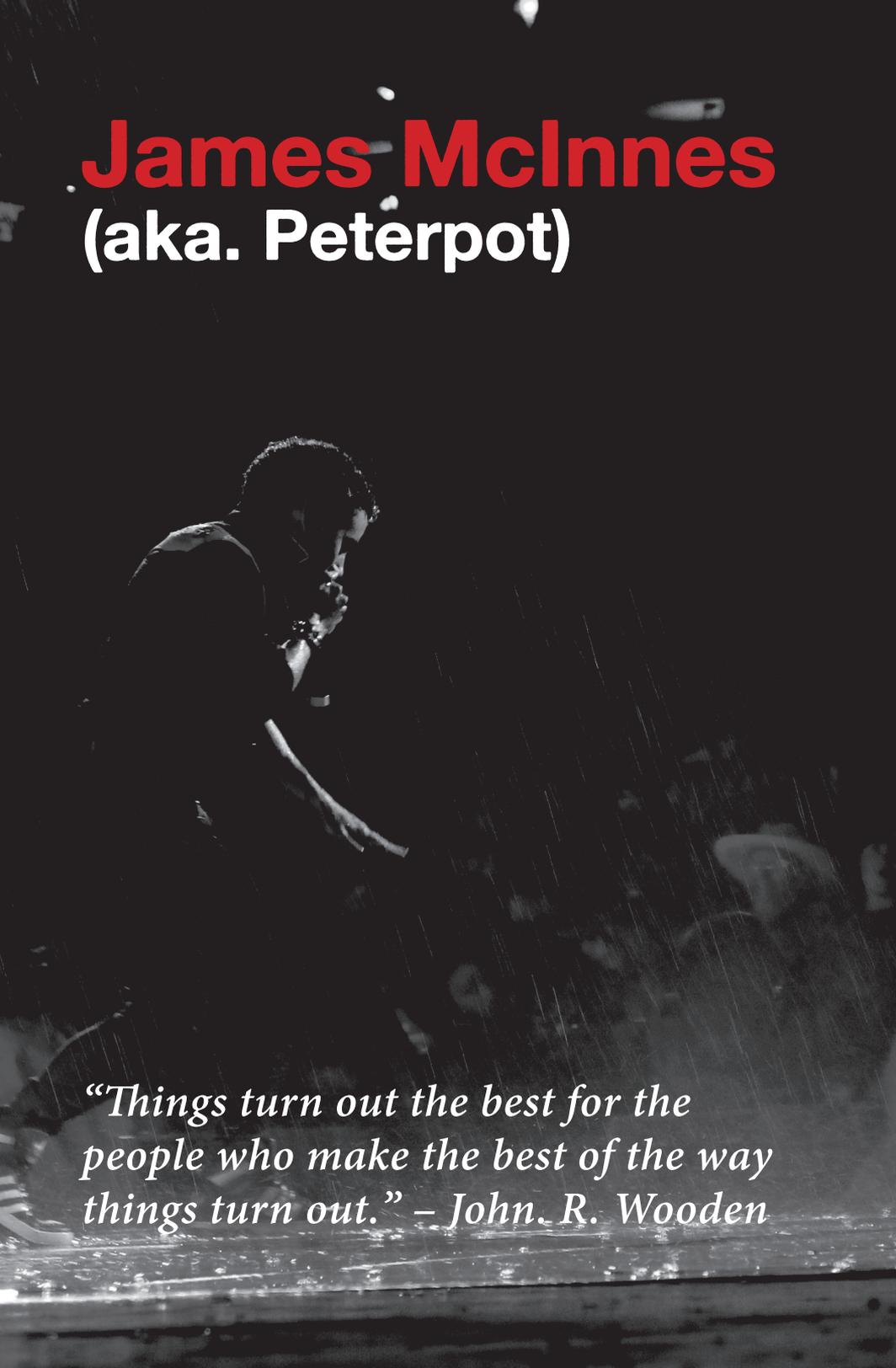
“Instinct teaches us to look for happiness outside ourselves.” – Blaise Pascal

REFLECTIVE QUESTIONS:

- 1.** Have you ever felt ashamed of standing out in your surroundings? Why?
- 2.** Do you feel like you can be yourself around your friends? Why or why not?
- 3.** Have other people's words ever held you back from doing what you love? How have these words held you back?
- 4.** Do you ever feel powerless when it comes to achieving joy?

NEXT STEPS:

- 1.** Identify the unique qualities that make you you.
- 2.** Identify the friends that support you in these unique characteristics.
- 3.** Try something you have been afraid to try because you have been worried about what others will think.
- 4.** Next time you meet someone, have the courage to let them get to know you. Don't assume they'll reject your differences.
- 5.** Make others feel loved and accepted! Go to World Vision Youth Canada's website (<http://yourmovement.ca/>) and learn how you can make a difference in your community and around the world!



James McInnes (aka. Peterpot)

“Things turn out the best for the people who make the best of the way things turn out.” – John. R. Wooden

Voice of: *rejection*

The feeling of being unaccepted, unsatisfactory, or useless, is something I believe we all struggle with in our lives at one point or another. This struggle began for me at a young age when my father left prior to my birth, never to return again. My mother, forced to raise me alone, was hard pressed by an addiction to alcohol and a desire to raise a perfect son.

When I was six years old, my mother spent a few months in rehab to overcome her addiction, but soon developed and would later be diagnosed with the most severe condition of Obsessive Compulsive Disorder (OCD). Her physical health deteriorated quickly and I became her caregiver, while also working hard to maintain her expectations of perfection. My goal in life became her well-being and to one day feel accepted by her. In seeking this goal, I failed and experienced a sense of rejection greater than I had ever known: At age twelve, I had missed enough school caring for my mother that Social Services conducted an investigation and I was placed into foster care.

They say that people who don't have much control in their life take really good control of the things that they can, which is very descriptive of how I dealt with the feelings of rejection and inadequacy. I was at a new school and had an opportunity to work hard - in junior high, I received fifty-seven awards in school including the highest cumulative grade all three years. I realized that, while I couldn't control my situation, I could control what I did with it and how I would let it affect me.

I would like to say that I haven't struggled with rejection since then, but that wouldn't be true. I've done a few cool things with my life that I haven't mentioned including completing a University degree and winning the Canadian Beatbox championships, but neither of these things came easily and had their moments of disappointment and rejection. I live in Calgary and had to fly out to the Canadian Championships in Toronto three times before I won, which was quite expensive! While my dream was to win, my motivation was to do my best and improve as an artist. Having realistic and positive motivations are one of the best ways to overcome feelings of rejection: Don't do your best so that others will be proud of you. Do your best so that you'll be proud of yourself.



“When life gives you lemons, make lemonade. When life gives you pineapples, make music.”

– Petri, the pineapple

REFLECTIVE QUESTIONS:

- 1.** Do you find feelings of rejection motivating or demotivating? Why?
- 2.** Have you ever felt rejected or inadequate by close friends or relatives? If so, how did you react/cope? How would your reaction be different if they weren't close friends or relatives?
- 3.** Think of an accomplishment that you are very proud of. What motivated you to reach this accomplishment? What if you were to apply this same motivation to other aspects of your life?
- 4.** Think of some disadvantages that you may have in your life (poverty, injury, illness, etc). How can you use these things to your advantage?

NEXT STEPS:

- 1.** Discover what you are passionate about. It's easier than it sounds - What do you love to do? Why do you love to do it? Knowing this will help you to find the confidence to overcome feelings of rejection.
- 2.** Seek out people who share a similar interest or passion with you, whether they are friends, family, or otherwise. Finding a supportive community is one of the fastest ways to improve. Just be aware that others may share the same passion, but may have different motivations and expectations - be confident in your own motivations and expectations while respecting theirs.
- 3.** Next time you feel a sense of rejection or uselessness, remind yourself that you are valued regardless of what someone may think. Remember that although you can give someone a reason to feel happy, sad, rejected, etc. you can't make them feel that way, just as they can't make you feel a certain way either. You are in charge of how you feel.
- 4.** Help others feel accepted! Go to World Vision Youth Canada's website (<http://yourmovement.ca/>) and learn how you can make a difference in your community and around the world!

Group Discussion Questions

How can struggle be a positive thing?

Can anyone give an example of a time something happened in their life that was challenging but led to something positive?

What is potential? What holds us back from reaching our full potential?

Why do we allow labels and popular opinions to dictate our future? What can we do to escape these voices?

Does Social Media (Facebook, Instagram, Snapchat) help us become our true self or does it distract us?

What would our lives look like if we couldn't see what everyone else around us was up to? Would you live differently?

Where do you feel like you are your most authentic self (Ex. friends, family, nature, etc...)?

Define success? What sort of habits do you think successful people have developed in their lives?

Are there some habits that you have that are hindering your potential? Are there any habits that are helping you reach your potential?

When you look back on your life, what do you want it to say?





LEGACY ONE

Video Challenge

We want to hear from you! What are you passionate about? How are you using your voice to empower others, to overcome struggle and to better your community. Create a short video, post it to youtube, and tell us how you are rising above the 1,000 voices and stepping into your true identity. You could write a song, poem, or show us a piece of art. You could film your involvement in the community by serving the elderly or shoveling your neighbours walk. Send us the link so that we can check it out. We may also re-post it to our website! Every video posted will be submitted to win a monthly prize from Legacy One.

Inspiring Videos

Words & Thoughts - Will Smith

The words that we choose to say have power. Words will either give life to those around us or tear them down.

<https://www.youtube.com/watch?v=pfWGoLj1JCM&list=PLtRHbE2g5SHgN5fRINqm2-by5tl1k1i9s&index=6>

Not Giving In - Rudimental

The choices we make, whether positive or negative, will always have a consequence. Watch how one child finds a passion that he can grow in, share, and inspire others with.

<https://www.youtube.com/watch?v=J9-Lwpgfd1E>

What If Money Wasn't an Object? - Deep

Chase your dreams regardless of how much it pays.

<https://www.youtube.com/watch?v=EIHuAMWuDT4>

Transition - Digitaldoes

Hear a graffiti artist's story of how he went from pro athlete to artist. Everyone has the potential to create.

<http://vimeo.com/105646584>

To This Day Project - Shane Koyczan

Perseverance is hard, but necessary to overcome challenges in life.

<https://www.youtube.com/watch?v=ltun92DfnPY>

One Legged Wrestler - Anthony Robles

We rarely see the hard work and discipline it takes for successful people to get where they are.

<https://www.youtube.com/watch?v=QxTnjHvKPRY>

On Being Creative

Keep creating and keep exploring, even if you haven't reached excellence yet.

<https://www.youtube.com/watch?v=3ResTHKVxf4>

Sports Illustrated Kids 2012 SportsKids of the Year: Conner and Cayden Long

Even though we may not receive the appreciation we deserve, sacrificing for the benefit of others is often worth doing.

https://www.youtube.com/watch?v=b_Lax4zFFoA



With a Piece of Chalk - JuBaFilms

Watch how this little Bboy overcomes difficult circumstances and struggles to achieve greatness.

<https://www.youtube.com/watch?v=mBZAFJ-Q6Mw>

Trust Your Power - Duracell

Watch a story of a deaf champion that inspires greatness against the odds and against the grain.

<https://www.youtube.com/watch?v=JzQFA2hxyRQ>

Dreams - Strife TV

Hold onto the dreams and passions that you have. It will be challenging and there will be days you want to give up. Those who fight for their dreams will live and experience freedom as well as set others free.

<https://www.youtube.com/watch?v=nO-j1oJW440>

Daily Affirmation - Jessica

This video will make your day brighter and better. Jessica is so genuine, excited and sincere!

<http://www.youtube.com/watch?v=qR3rK0kZFkg>

WRITE SOME
NOTES







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