

How do I build a strong mind?

“I capture all my thoughts and train them to be true to what God says.”

What does God say?

“Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is—his good, pleasing and perfect will.”

Romans 12:2 (NIV)

Objectives

1. Help students identify negative, debilitating thinking patterns about themselves that prevent personal growth.
2. Teach them how to replace those thoughts with true, helpful, and kind thoughts that lead to achieving goals.

Coach goal: My students are able to tell me a thought that will help them achieve a goal they have.

Coach focus: Teach students to regularly ask if their thoughts are true, kind, and helpful.

Questions to ask students when they’re stuck in negative thinking:

- What are you thinking right now? (is it true, kind, helpful?)
- When you try (name of skill or drill), what are you thinking? (before, during, after)
- What are you thinking about: yourself, other people, the situation?
- What are you feeling? Why do you think you are feeling that way?

****Keep Week 1 supplement - the picture of the Optimist Dinghy - handy all season since new students won't know what they look like.**

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2024 Spring

DISCIPLINE

March 4 - May 31

Closed:

March 29-30 (Easter Break)

May 27: Memorial Day

May 19: Starwatch Student Show

March 2024						
Su	M	Tu	W	Th	F	Sa
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

April 2024						
Su	M	Tu	W	Th	F	Sa
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

May 2024						
Su	M	Tu	W	Th	F	Sa
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Determined to Win

Weeks 1-3

- Lesson Question = Is your thinking helping you right now?
 - Week 1 supplement
 - Week 2 supplement
 -

Weeks 4-6

- Lesson Question = What positive thought can you think right now?
 - Week 4:
 - Week 5: supplement / Remember that the Friday and Saturday classes missed Week 4.
 - Week 6:

Weeks 7-9

- Lesson Point = I'm capable of more than I think.
 - Week 7: pipe cleaners & supplements
 - Week 8: supplements: Week 1 & 8
 - Week 9:

Weeks 10-12

- Lesson Point = I check my feelings then choose true thoughts.
 - Week 10: supplement (show Week 2 again)
 - Week 11: supplement
 - Week 12: supplement (Week 11 again)

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Week 1: March 4-9

- 1. Intro:** How many of you have ever had a song stuck in your head? It keeps playing over and over in the background. Many of our thoughts are like that too, playing on repeat. Like a song playlist! Some thoughts are great to repeat. Some are not. We can call those thoughts **soundtracks**.
 - a. This season we're going to build a strong mind.
 - b. We'll learn how to take those soundtracks that are bad and replace them with ones that will help us achieve the goals we have.
 - c. Our story is about a girl named Tracy who has both good and bad soundtracks playing in her mind. They each have very powerful but different results.
- 2. Practice declaration & verse**
- 3. Lesson 1: Is your thinking helping you right now?**
- 4. Story & Question:** Our new story is called *Determined to Win*. It's about sailing and here's a picture of an Optimist Dinghy you'll be hearing a lot about in the story. (*Week 1 supplement*) After you listen to Chapter 1, *Tracy Mackerel*, I'm going to call on some of you to answer this question:
 - a. **What was the helpful thought soundtrack that Dave believed when he was young and what happened later?** Listen carefully and be ready to answer that question afterward.
- 5. Discussion Question:** What was the helpful thought soundtrack that Dave believed when he was young and what happened later?
 - a. *"One day, I'm going to the Olympics, and when I do, I'm going for the gold!"* And a few years later he became the first gold medalist in the Men's Laser Sailing class.
- 6. Gym Application**
 - a. A strong mind does not allow negative thought soundtracks to keep playing when they are about bad things that happened or things that can't be done. It finds other ways to move forward.
 - b. What you repeatedly tell yourself, you will believe, and it is going to show in your actions.
 - c. When it's taking a long time to learn a new skill, don't think, "I'll never get this!" That is NOT a helpful soundtrack!
 - d. Instead, picture yourself doing the skill, keep practicing, and ask your coach for help, if needed.
- 7. Remember:** This whole week, I want you to remember this question whether you're at Emeth, home, or school: *"Is your thinking helping you right now?"*

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Week 2: March 11-16

1. Practice declaration & verse together

2. **Intro:** Sometimes we're really excited to start something new, but then something goes wrong. Like if you get a hoverboard or bike, but then crash. Or you start art lessons, but then compare your art to other students and think your work is terrible. When something goes wrong, it's easy to start a thought soundtrack that is UNhelpful. Listen to how that happens to Tracy in our story today.

3. Lesson 2: Is your thinking helping you right now?

4. **Short review:** Dave Martin was very good at sailing as a teenager. He believed that he could go to the Olympics and win a gold medal. And in the 2016 Olympics, he did just that. He was training to win another medal in 2020, but the Olympics were canceled. He was extremely disappointed because he had been training for four years, but rather than complaining about it, he decided he would use his time to teach his 10-year-old daughter, Tracy, how to sail.

5. **Story & Question:** (*Show Week 2 supplement and read info*) After you listen to Chapter 2, *A Boat for Little Mackerel*, I'll call on some of you to answer this question:

a. **What did Mr. Sims say, and what did Tracy's dad say at the end of the chapter?** Listen carefully and be ready to answer that question afterward.

6. **Discussion Question:** What did Mr. Sims say, and what did Tracy's dad say at the end of the chapter?

a. *Mr. Sims said, "We'll see if you have what it takes to be a good sailor,"*

b. *Tracy's Dad said:, "You did great today!"*

7. Gym Application

a. Tracy *could* have chosen to believe her dad - *who is an Olympic gold medalist* - and be encouraged. Instead, she chooses to focus on Mr. Sims' comment and begins to believe she will not be good enough.

b. She's allowing a negative soundtrack into her thinking.

c. Be careful who you listen to and believe! Your coach knows more about gymnastics or ninja than your friends or strangers do and will tell you helpful ways to improve.

8. **Remember:** When people make comments about you, be careful what words you keep playing in your mind. If it's a helpful thought soundtrack, great! If not, try turning down that thought and turning up one that IS helpful. At Emeth, home, and school, ask yourself: Is my thinking helping me right now?

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Week 3: March 18-23

1. Practice declaration & verse together

2. **Intro:** We've been talking about soundtracks and comparing them to the kind of thoughts we think. We all have certain songs pop into our heads out of nowhere and then we can't easily get them out. Why? Because we've heard the song so many times, our brains memorized it.

- Like music soundtracks, our brains also memorize thoughts we think repeatedly. We repeated them so often that they are the first to pop up at certain times.
- If we repeat a thought like, "I'm just not good at math," we probably won't work very hard at it because we have convinced ourselves we'll never be good at math.
- When we hear ourselves thinking negative thoughts, we need to ask ourselves, "Is this a helpful thought?"

3. Lesson 3: Is your thinking helping you right now?

4. **Short review:** At first, Tracy was really excited about her sailing lesson, but after three hours of learning parts and how to operate them, she began to wonder if she could be a good sailor. Even though her dad, who was a gold medal winner in sailing, told her she did a great job on her first lesson, she chose to focus on what Mr. Sims, the Yacht Club owner said: "We'll see if you have what it takes to be a good sailor." She's beginning to let a negative soundtrack play in her mind.

5. **Story & Question:** After you listen to Chapter 3, *Stroke Switch*, this is the question I'll ask you:

- Which of the comments Tracy heard would be the most helpful soundtrack to play over and over in her mind?** Listen carefully and be ready to answer that question afterward.

6. **Discussion Question:** Which of the comments Tracy heard would be the most helpful soundtrack to play over and over in her mind?

- "I bet you'll be as good as your dad!"*

7. Gym Application

- Tracy became so concerned about what her friends might be thinking about her progress, that she wasn't paying attention to her own lessons. She started worrying and comparing herself to another student, Amber.
- When you see someone in the gym you think is better than you, turn up thoughts like "Wow! I can't wait to grow my skills like that." Turn down thoughts like: "I'm never going to be as good as them."
- Imagine *yourself* being that good, then listen to your coaches who can give you helpful soundtracks that will push you to reach your goals.

8. **Remember:** This whole week at Emeth, home, and school, pay attention when you see someone better than you at something. If you start thinking negative thoughts, ask yourself: *Is my thinking helping me right now?* If not, start looking for a helpful soundtrack right away!

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Week 4: March 25-28 (Closed March 29-30: Easter Break)

1. Practice declaration & verse together

2. Intro: I'm going to read some short statements. Tell me if they're true or false.

- a. Babies can walk. / Babies will never walk. / Babies can learn to walk.
- b. You can fly an airplane. / You will never be able to fly an airplane. (*Be attentive to how each student answers this one!*) / You can learn to fly an airplane.
- c. Only two of those statements are true. There is one word in both of them that made them true. Do you know what it is? (*read them again if needed - third statements: "learn"*)
- d. Life is all about *learning* and improving. But at some point, everyone begins to doubt their ability to learn. Maybe someone told them they were stupid. Maybe they fell and are now afraid, so they quit trying. But it's still *true* that they are able to learn. It's true we can't learn everything or be the best at everything. But it's also true that we can learn *thousands* of other things and be good at them - IF we believe we can!

3. Lesson 4: What positive thought can you think right now?

4. Short review: Everyone at school knows about Tracy's new Optimist and that she has started lessons with her dad, Dave. Some of them come to watch her lessons. Tracy compares herself to them and becomes so worried about what they think that she no longer pays attention to her dad. After several weeks of almost no progress, Dave takes Tracy to the cove for a swim. He tells her about Stroke Switch and she immediately wants to challenge him in the game! She knows she's a strong swimmer and is excited about the chance to become even better.

5. Story & Question: After you listen to Chapter 4, *Ready. Set. GO!*, this is the question I'll ask you:

- a. **What positive thought was Tracy thinking before she started to race her dad?** Listen carefully and be ready to answer that question afterward.

6. Discussion Question: What positive thought was Tracy thinking before she started to race her dad?

- a. *Even if I can't beat my dad, I'll be super strong and super fast by the time I get to middle school.*

7. Gym Application

- a. True thoughts, declarations, and images will build a strong mind and help you reach your goals.
 - i. Right now, pick a skill you really want to be able to do.
 - ii. Close your eyes and picture yourself doing it over and over perfectly.
 - iii. (*After a few seconds*) Keep that picture in your mind and say, "*I've learned other skills and I can learn this one too!*"

8. Remember: God created you with the ability to learn and improve. This week, whether you're at Emeth, home, or school, remember to think true thoughts. If a negative soundtrack starts up, quickly ask yourself: *What positive thought can I think right now?*

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Week 5: April 1-6 (Remember that Friday & Sat. classes missed last week)

1. Practice declaration & verse together

2. **Intro:** Would you jump at the chance to compete in a gymnastics meet (*or ninja or tumbling competition*) against athletes who had been competing five or six years longer than you? Most of us would probably shy away from the offer. But maybe we need a new way of thinking!

3. Lesson 5: What positive thought can you think right now?

4. **Short review:** Tracy lost all three races against her dad but she wasn't discouraged one bit. Her strong mind had already told her, *'Even if I can't beat my dad, I'll be super strong and super fast by the time I get to middle school.'* Dave was amazed at her level of focus and her outstanding strength. He asked her what she was thinking when they were racing. She said she imagined herself as a mackerel fish being chased by sharks, swimming as fast as possible to the safety of the cave, and she thought of nothing else.

5. **Story & Question:** After you listen to Chapter 5, *"I Am Strong and Can Swim Like a Fish!"*, I'll ask some of you this question: **How did Tracy become such a strong, confident swimmer?** Listen carefully and be ready to answer it afterward.

6. **Discussion Question:** How did Tracy become such a strong, confident swimmer?

- When she was very young, her mom told her she was strong and could swim like a fish.*
- Tracy believed it and for seven years she repeated that thought soundtrack over and over.*
- She became what her soundtrack told her.*

7. Gym Application

- (Week 5 supplement)* Here's Tracy's drawing. What did her mom write?
- Let's change Tracy's soundtrack into your own.
- Since you're learning gymnastics (*or ninja, tumbling*), change the last part to the skill you want to learn.
- "I am strong and can (do a back walkover; climb the rock wall...)"*
- When you're on that station today, say it over and over. You can do this with other skills you want to learn too.

8. **Remember:** This is a true statement: *I can learn new things.* Wherever you are this week, if you start thinking anything other than that, *stop.* Then ask, *What positive thought can I think right now?*

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Week 6: April 8-13

1. Practice declaration & verse together

2. **Intro:** Would you compete in a race with a group of kids that were all teenagers and who had been racing six to eight years longer than you? Well, that's what Tracy - who is 10 - is about to do! And she's super excited!

3. Lesson 6: What positive thought can you think right now?

4. **Short review:** Dave found some pictures that Tracy had drawn when she was three. Most of them were of a fish with a girl's head and a happy face. Under one drawing, Tracy's mom had written: "I am strong and can swim like a fish!" Even though she had passed away shortly afterward, Tracy repeated those words so often that she truly believed them. She has just begged her dad to let her join the high school swimmers when he told them they were going to play her favorite swimming game!

5. **Story & Question:** After you listen to Chapter 6, *The Fish-Girl*, here's the question we'll talk about: **What happened in Tracy's mind as soon as her dad switched the stroke to butterfly?** Listen carefully and be ready to answer it afterward.

6. **Discussion Question:** What happened in Tracy's mind as soon as her dad switched the stroke to butterfly?

- She immediately thought: I am strong and can swim like a fish!*
- She repeated it over and over as she kept herself away from the imaginary sharks behind.*
- She kept her eyes fixed on a point on the dock ahead of her.*

7. Gym Application

- How many of the races did Tracy win? (*none!*)
- Tracy wasn't looking around at other swimmers, she fixed her eyes on the end point and put all her energy into getting there.
- Today, fix your mind on your end point. It may be a back handspring, a cartwheel on beam, jumping over a block...
- Think: *"I'll stay focused on what I will be able to do."*

8. **Remember:** It's easy to fall into negative thinking when it seems like it's taking forever to learn something. Remember to be quick to catch those thoughts and ask: *What positive thought can I think right now?*

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Week 7: April 15-20

1. Practice declaration & verse together

2. Intro: (*Show package of pipe cleaners.*) All of the pipe cleaners in this package are the same shape and size. They *conform* to the company's rules for how this product must be packaged. Our verse tells us not to conform to the world's ways. God does not want us to think and act the same way everyone in the world does. He has another plan for each one of us. He wants to make us unique - not like anyone else. He wants to *transform* us into who He created us to be - a one-of-a-kind person. (*show "transformed" pipe cleaners.*) He does this by changing the way we think.

3. Lesson 7: I'm capable of more than I think.

4. Short review: Tracy felt so confident as a swimmer that she begged to play Stroke Switch with the high schoolers. When Dave shouted 'butterfly stroke', the teens sighed, but Tracy thought, "I am strong and can swim like a fish!" Tracy lost the race by only two seconds and the winner declared, "MAN! You are incredible!" Later, Dave showed Tracy her 3-year-old fish drawing with the words her mom had written below. He wants her to become a confident sailor, too, and tells her, "Now we have to change the way you think of yourself when it comes to sailing."

5. Story & Question: After you listen to Chapter 7, *You ARE Your Thoughts*, here's the question we'll talk about: **How can Tracy become who God created her to be?** Listen carefully and be ready to answer it afterward.

6. Discussion Question: How can Tracy become who God created her to be?

- a. *First, don't **conform** to the world's way. Which means don't change yourselves to be like the people of this world. Don't try to think and act just like everyone around you.*
- b. *Second, be **transformed**. Think of a butterfly. It's no longer a caterpillar. It has been transformed into something entirely new and different.*
 - i. *God wants to change the way you think so you can be transformed into something far more amazing than a butterfly. And - you will know how to do everything that is good and pleasing to God.*

7. Gym Application

- a. (*Supplement 7a*) If a caterpillar had a brain like ours, it would never believe it could one day change into a beautiful butterfly and be able to fly! But with time and patience it is completely transformed. (*7b*)
- b. You are capable of way more than you think! Today, keep your mind filled with soundtracks that will help you achieve your goals.

8. Remember: Your hard work over time will change your muscles into a stronger, better athlete. Don't let your mind tell you it's not possible. Remember to be quick to catch those thoughts and say: "*I'm capable of more than I think.*"

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Week 8: April 22-27

1. Practice declaration & verse together

2. **Intro:** Who has learned to ride a bike - raise your hand. How about a horse. A surfboard? If you can do any of those things, it probably took awhile before it became easy. But you did it. Remember that when you have to learn new things. *You are capable.* But that doesn't mean you're going to get it right away. You have to remind yourself that it will be worth your time and effort to keep going. Declaring that truth to yourself over and over will keep you focused on your goal.

3. Lesson 8: I'm capable of more than I think.

4. **Short review:** Dave reads this true statement to Tracy from the Bible: *"For as [one] thinks within himself, so he is."* He explains to her that when she is thinking, her mind is building thoughts, just like building a playlist of songs. You listen to those songs over and over. And you replay thoughts over and over too. Those thoughts become permanent beliefs and will either be a true picture of who you are or a lie. Right now, Tracy is building a thought playlist that is NOT true and it's keeping her from becoming a good sailor.

5. **Story & Question:** After you listen to Chapter 8, *From Progress to Prison*, I'll ask you this question: **Tracy was progressing really well until something caused her to instantly freeze up. What was it?** Listen carefully and be ready to answer it afterward. *(Show Week 1 supplement as Tracy starts drawing during the story)*

6. **Discussion Question:** Tracy was progressing really well until something caused her to instantly freeze up. What was it?

- She feared the water. All she could think about was falling overboard and not being able to save herself.*
- Tracy completely forgot to do the three things her dad had taught her:*
 - Capture those thoughts. Erase them. Replace them with her new declaration.**

7. Gym Application

- Think of a skill you really want to learn next.
- (Show supplement week 8)*
- Write the skill you want to learn.
- Write a positive 'soundtrack' at the bottom that you will say whenever you work on that skill.
- Bring them to class next week and we'll hang them up.

8. **Remember:** *You are capable of more than I think!* Don't let fear stop you from being transformed into someone you want to become.

Handout: **Week 8 Homework**

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Week 9: April 29 - May 4

1. Practice declaration & verse together

2. Intro Who did their homework from last week?

- (Collect papers and read a few) Tell them where you will be hanging them. If no one did the homework, have them close their eyes and imagine themselves doing a skill they want to learn. Then have them repeat, "I am becoming a strong, skilled gymnast [ninja]!"*

3. Lesson 9: I'm capable of more than I think.

4. Short review: Tracy drew a picture of herself as a successful sailor and memorized the declaration of truth her dad had written below it. The next week she made huge progress and Dave announced she was ready for her first water lesson. Tracy was immediately overwhelmed with negative thoughts of fear. Instead of capturing those lies, erasing them, and replacing them with her declaration, she let them flood her mind. A negative soundtrack was blaring in her head! She had locked herself into a prison of fear.

5. Story & Question: After you listen to Chapter 9, *Capture. Erase. Replace.* I'll ask you this question: **What is the second declaration Tracy learned?** Listen carefully and be ready to answer it afterward.

6. Discussion Question: What is the second declaration Tracy learned?

- God has not given me a spirit of fear; He has given me a spirit of POWER and a disciplined mind.*
- A disciplined mind means you have self-control.*
- God has given you the power to control yourself, which includes the thoughts you think.*
- Fear is a strong feeling that can take control of our thoughts and stop us from doing things we should or could do.*

7. Gym Application

- Everyone feels fear sometimes. Moms, dads, firefighters, teachers, coaches...EVERYONE!
- But not everyone lets that fear have control over their thoughts. A strong mind recognizes the need to replace those fearful thoughts with helpful soundtracks that will cause them to respond in the right way.
- What will you do today if you begin to feel afraid or discouraged?
 - Change soundtracks: "I am becoming a strong skilled gymnast (ninja)!" "I am capable of more than I think!" etc.)*

8. Remember: God has given you power over negative thoughts. *You are capable of more than you think!* Choose to push fear or other negative feelings aside and replace them with positive soundtracks.

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Week 10: May 6-11

1. Practice declaration & verse together

2. **Intro:** To focus on something is like looking through a telescope at only one thing you want to see clearly while blocking out everything else. If you don't keep your focus on the beam you're running across and looking everywhere around the gym - you could end up in the hospital! Tracy is going to learn that today in this chapter!

3. Lesson 10: I check my feelings then choose true thoughts.

4. **Short review:** Tracy has just learned a valuable lesson: Capture. Erase. Replace. Her dad had her write the word SCARED in the sand. She erased it by kicking the sand away. Her dad told her God had a message for her. It was from the Bible: *God has not given me a spirit of fear; He has given me "a spirit of POWER and a disciplined mind."* She then replaced the word SCARED with the words *POWER and DISCIPLINED MIND*. As she followed her dad's instructions, she grew more and more confident that she really could become a good sailor!

5. **Story & Question:** (*Show Week 2 supplement as chapter begins*) After you listen to Chapter 10, *Control Them or They Will Control You*. I'll ask you this question: **What happened when Tracy shifted her focus from the sail to the other boats?** Listen carefully and be ready to answer it afterward.

6. **Discussion Question:** What happened when Tracy shifted her focus from the sail to the other boats?

- The sail started flapping because she had not kept it tight and she began to panic and feel afraid.*
- Dad told Tracy, "Your mind can only fully focus on one thing at a time." By focusing on the sail and keeping her boat upright as the wind passed she was able to avoid being hit by the boom and she kept her feelings of fear and panic from taking over.*

7. Gym Application

- You* are in charge of what you let your mind focus on!
- If you start to feel afraid, discouraged, angry or any other negative feeling, you must quickly take control of that feeling before it forms unhelpful thoughts in your mind.
- If you feel like something is too hard and start thinking you'll never get better, tell your coach.
- They can help you form a positive thought soundtrack to help put your mind back in charge over your feelings.

8. **Remember:** Feelings are important and we need to pay attention to them. But we also must remember that feelings shouldn't guide our choices unless they line up with what is true and right. To build a strong mind, *check your feelings then choose true thoughts.*

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Week 11: May 13-18

1. **Practice declaration & verse together**
2. **Intro:** (*Week 11 supplement*). How would you feel if your boat was about to capsize?
3. **Lesson 11: I check my feelings then choose true thoughts.**
4. **Short review:** Tracy has learned another lesson: the importance of focusing. The weather was perfect for her first day out on the water - until a gust of wind came along and caused her to panic. She took her focus off the sail and wind indicator and would have capsized if she hadn't obeyed her dad's instructions. This time she captured her panic thoughts and replaced them with every word her dad spoke. Her dad later told her, "*Your mind can only fully focus on one thing at a time. Choose to focus on God's truth, not your feelings.*"
5. **Story & Question:** After you listen to Chapter 11, *How to Sink a Boat*, here's the question I'll ask: **What did Dave tell Tracy was the most important thing to remember when she capsized?** Listen carefully and be ready to answer it afterward.
6. **Discussion Question:** What did Dave tell Tracy was the most important thing to remember when she capsized?
 - a. *The reaction of the sailor is most important. "If you don't panic and know what to do, you can easily bring the boat upright."*
 - b. *A panic attack happens when your mind is completely overpowered by fear. When people panic, they often show unusual or even dangerous behavior that does nothing to solve the problem that caused the panic.*
 - c. *When Tracy began to feel fear and hesitate, her dad got her mind back on track by reminding her God has given her power and a disciplined mind to combat the fear.*
7. **Gym Application**
 - a. If Tracy had not worked at building a strong mind and always remained afraid of capsizing, she would never have experienced all the fun of sailing.
 - b. What Tracy's dad told her applies to you too: "NEVER let unfounded feelings rob you of learning and growing."
 - c. The more you listen to your coach's instructions and learn about the skills you're working on, the less nervous and fearful you will be.
8. **Remember:** *Check your feelings then choose true thoughts.* This week, whether you're at school, home or anywhere - if you start feeling afraid, nervous, worried, or any other negative emotion, do this: Capture that thought and find a positive thought soundtrack to focus on to calm you down so you can think of something helpful to do.

Planning:

Spring 2024 CT: 'My Strong Mind' Senior Version

How do I build a strong mind?

"I capture all my thoughts and train them to be true to what God says."

What does God say? Romans 12:2 (NIV):

"Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will."

Week 12: May 20-25

1. Practice declaration & verse together

2. **Intro:** (*Show Week 11 photo again*) We've talked a lot about building positive thought soundtracks we can repeat to help us think true, helpful thoughts especially when negative thoughts or feelings appear. Today, both Tracy and her dad will be tested like never before.

3. **Short review:** In the last chapter, Tracy was nervous about capsizing her boat. After her dad's demonstration, she hesitated. But she took control of her thoughts and repeated her declaration. Afterwards she was very surprised at how easy it was! Soon she was able to capsize and recover like a pro. "NEVER let unfounded feelings rob you of learning and growing," her dad told her afterward. Now she spends weekends sailing alongside her dad and continues to take on new challenges to improve her abilities.

4. Lesson 12: I check my feelings then choose true thoughts.

5. **Story & Question:** After you listen to Chapter 12, *Capsized and Alone*, here's the question I'll ask: **What did Tracy's dad do as soon as he was feeling worried and afraid?** Listen carefully and be ready to answer it afterward.

6. **Discussion Question:** What did Tracy's dad do as soon as he was feeling worried and afraid?

- He immediately captured those feelings and thoughts and replaced them with a bible verse he had memorized: "God is **my** helper and strength." He also declared that God is Tracy's helper too.*
- Remember - everyone is afraid of some things. Even adults.*
- Tracy's dad had to put to practice the same discipline he had been teaching Tracy - to start repeating true thoughts before he panicked.*

7. Gym Application

- Because Tracy and her dad chose to focus on what was true and helpful, they both survived the storm and emerged as better stronger sailors and people.
- EVERYONE feels fear, worry, discouragement, anger and many other emotions. Building a strong, disciplined mind will help you move past those negative thoughts and become a stronger, better gymnast (*ninja, tumbler*) and person.
- When you feel like a failure at something - and you will - don't believe the feeling. It's a lie. Choose to be even more determined to get it right. Use that energy to improve your skill rather than giving up.

8. **Remember:** You ARE what you think. Play the right thought soundtracks in your mind. Think TRUE thoughts! *Check your feelings then choose true thoughts.*

Planning:

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Week 13: May 28-29 & June 1 (Closed May 27-Memorial Day & 30 - Training)