

Discipline Station Lesson Plan:

- Part One Activity (7 Minutes):

- Scrambled email game, Answer: J U S T O N E W O R D
- Rules;
 - Yellow envelope with all of the letters scrambled within.
 - 11 letters each on a separate piece of paper.
 - They will have 7 minutes to unscramble the letters and make the word.
 - The goal here is to allude to the answer without directly giving it away.
 - If they ask questions about the answer you can say, "The answer is just one word," saying it in a way so they feel like it's obvious they're trying to make one singular word.
 - If they solve it before the 7 minutes are up, transition into the debrief.
 - If they don't solve it during the 7 minutes, show them the answer and then transition into the debrief.

- Part Two Debrief (7 Minutes):

- The important part during this debrief is making sure you connect each motivating style back to the game, explaining the ALP results in depth using the game, and tying the whole station back to resilience.
 - Debrief;
 1. Did you like the game?
 2. Were you successful or not?
 - If we reflect back to the scrambled email game we did, each of you responded to the challenge differently, however you probably approached the challenge in a similar way to those who share the same motivating style as you.
 - As a leader it's crucial that we have discipline, because discipline is how we find our motivation.
 - Talk through each motivating style using the picture examples (3 minutes most).
 3. How did each motivating style show itself at its best and worst during the scrambled email game?
 4. How did you all embody discipline during the scrambled email game?
 5. What does resilience mean to you?
 6. How did you have resilience during the scrambled email game?
 - The biggest thing to keep in mind here is that, having discipline is having resilience, and having resilience is having refusal to give up no matter what hand you've been dealt.

- As leaders you must have the discipline to get the necessary work done, and you must be resilient in your efforts, never give up, if you fall down, get back up and KEEP MOVING FORWARD!

- Background Information (For Trainer):

- Achiever at your best, you are detail oriented, organized, efficient, thorough, and focused.
- Achiever at your worst, you are narrow-minded, inflexible, rigid, obsessive, and critical.
- As an achiever you have a fear of failure.
- Achievers like to get things done, they want to achieve their desired result, and are driven for success.
- Affirmer at your best, you are friendly, empathetic, loyal, helpful, and generous.
- Affirmer at your worst, you are conflict-avoidant, indecisive, dependant, accommodating, jealous.
- As an affirmer you have a fear of rejection.
- Affirmers like strong relationships, warm embraces, and being friendly.
- Asserter at your best, you are confident, decisive, competitive, candid, and courageous.
- Asserter at your worst, you are arrogant, impatient, controlling, blunt, and skeptical.
- As an asserter you have a fear of betrayal.
- Asserters like to be in control, both overall and of themselves.