



Annotated Teachers Edition Sample

The following sample pages from *The Decision Is Yours - Annotated Teacher's Edition* give a brief overview of its contents, and how it correlates with the *Student Activity Guide*. Please review and contact your client partner below for more information.

Please note:

The Decision Is Yours activity guide is designed to be used in conjunction with *The 6 Most Important Decisions You'll Ever Make* book by Sean Covey. There are nine content areas in the activity guide:

1. Choices
2. School
3. Find Your Voice
4. Friends
5. Parents
6. Dating
7. Addictions
8. Self-Worth
9. Character & Competence

Within each of the nine content areas are five groups of activities (a total of 45 activities). Each group of activities follows the **4-MAT Instructional Design**. This well-researched design effectively teaches to different learning types as follows:

Activity 1- allows the student to connect the concept to their own life, making it personal and to capture interest.

Activity 2- is more creative-thinking, leading students to blend emotional and cognitive reflections and achieve a broader view of the concept.

Activity 3- is content-heavy and involves reading and writing exercises.

Activity 4- is for application of the content in one's life.

Activity 5- is a commitment to action of using the content.

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Annotated
**Teacher's
Edition**

The Decision Is *YOURS*

Activity Guide for Teens





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Welcome

Welcome to the Annotated Teacher's Edition of *The Decision Is Yours* activity guide. This program was created to introduce middle and high school students to the principles in *The 6 Most Important Decisions You'll Ever Make* by Sean Covey.

The Decision Is Yours is designed to help your students succeed both in and out of the classroom. These five-minute activities will help students reflect on their lives and find inspiration to help them with some of life's most important decisions. This activity guide can be a wonderful tool for any teacher and a powerful motivator for any student.

Using the Annotated Teacher's Edition

We've designed the Annotated Teacher's Edition to require minimal teacher involvement and to provide several ways to enhance the learning experience for the student. The annotations allow for optional classroom discussions and variations to each activity, if your classroom time permits. We've also included pre- and post-assessments and additional readings for interested students.

The lessons in this activity guide are flexible. The activities don't have to be completed daily. Feel free to assign activities biweekly or weekly according to the available time in your classroom.

Assessment and Learning Checklist

We've provided *The Decision Is Yours* Pre-Test/Post-Test and Learning Checklist at the end of the Annotated Teacher's Edition to help you gauge your students' understanding of *The 6 Most Important Decisions You'll Ever Make*.

You may copy and distribute these questionnaires to your students, or use them as templates and revise them as you see fit.



Choice

6 BIG ONES

THE 6 BIG ONES

1

ACTIVITY I

Choice

Have you ever thought about what goes into each decision you make? From the minute you wake up in the morning, you start making decisions—how many times you hit the snooze button, what you're going to wear, and which friends you're going to hang out with.

The truth is that you make decisions based on who you are and the type of person you want to become. In a way, living your life is like building a house, and before you start building a house you need a blueprint. Every choice you make is based on your life's blueprint.

Tough Stuff

List your biggest challenges below. Don't hold back.



Deciding what to wear in the morning.

How to deal with peer pressure.



Key Concept

Your future depends on the decisions you make today.



Discussion Questions

How do your decisions reflect the type of person that you are?

In what other ways is living your life like building a house?



If time permits...

As a class, create a blueprint for the classroom based on class goals and expectations.

Have each student describe his/her dream house and then write how the decisions they make can impact their dream house.

THE 6 BIG ONES — 3

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ACTIVITY 2 • PAGE 4

Your Choice

**Key Concept**

Your future depends on the decisions you make today.

**Discussion Questions**

How can your daily choices affect the way your life turns out?

Do you know anyone who has consistently made poor choices? What effects have those choices had?

**If time permits...**

Have students form groups and share their results from the activity.

Come up with an image, a quote, or a song that represents the class.

ACTIVITY 2

2 Your Choice



Now that you're right in the middle of building your life, you're gonna have to decide what kind of life you want. Take a second to think about the blueprint of your life. What materials are you going to use? Are you going to cut corners anywhere? Are you going to build your life carefully or use inexpensive materials?

Nobody can take your future away from you. The decisions you build your life on have to be made every day.

Who Are You?

Think of something that represents you and write it or draw it below. This can be anything that represents that part of your "self" that will not change for anything or anyone.

Example: an eagle



Why did you choose this?

Because it's strong and it soars above whatever is happening on the ground.

4 – THE 6 BIG ONES

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ACTIVITY 3 • PAGE 5

The 6 Decisions



Key Concept

Your future depends on the decisions you make today.



Discussion Questions

Why do some people make good choices while other people make bad choices?

Which of the 6 Decisions is the hardest for teens to make? Why?



Additional Reading

Page 4 in the 6 Decisions book.



If time permits...

Ask the class to brainstorm some tough decisions that aren't in the book. Then have the students vote on the most important decision NOT in the book.

Ask students to list some of the people they admire and some of the decisions those people have had to make.

3 The 6 Decisions

ACTIVITY 3

You are free to choose what you want to make of your life. At any moment, you can choose to start showing more respect for yourself or stop hanging out with friends who bring you down. Ultimately, you choose to be happy or miserable.

There are six key decisions you make during your teen years that can make or break your future. So choose wisely, and don't blow it. If you do happen to blow it, however, it's not the end of the world. Just get back on track quickly and start making smarter choices.



THE 6 BIG ONES – 5

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ACTIVITY 3 • PAGE 6

The 6 Decisions (continued)

The 6 Most Important Decisions You'll Ever Make

Rank each one from 1–6 depending on how difficult each decision is for you in your life right now (1 is the easiest, 6 is the hardest).

Circle Your Choice	Easiest	Hardest
School What are you going to do about your education?	1 2 3 4 5 6	
Friends What type of friends will you choose and what kind of friend will you be?	1 2 3 4 5 6	
Parents Are you going to get along with your parents?	1 2 3 4 5 6	
Dating Will you have healthy dating relationships?	1 2 3 4 5 6	
Addictions What you will do about smoking, drinking, drugs, and other addictive stuff?	1 2 3 4 5 6	
Self-Worth Will you choose to like yourself?	1 2 3 4 5 6	

Which one of these decisions are you most interested in learning about? Why?



► To read more about each of the 6 Most Important Decisions, turn to page 4 in the *6 Decisions* book.

6 – THE 6 BIG ONES

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Choices and Outcomes

4 Choices and Outcomes

Even though you're free to choose, you can't choose the consequences of your choices. They're preloaded. It's a package deal. Choice and consequence go together like mashed potatoes and gravy. If you choose to be lazy, you're gonna end up being a lazy person. If you choose to study hard, you'll get good grades.



THE 6 BIG ONES – 7

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Key Concept

Your future depends on the decisions you make today.



Discussion Questions

Have you ever had a positive outcome after making a negative choice?

Why is it sometimes hard to make good choices?



If time permits...

Draw a pair of eyeglasses on the board. Ask your students to write about the way they think others see them. Then ask them to write about the way they want others to see them.

ACTIVITY 4 • PAGE 8

Choices and Outcomes (continued)

Daily Choices

The choices you make lead to the big decisions that shape your future, whether it's between sleeping or exercising, or shopping rather than going to school.

List some of the options you have each day. Then fill in the choice you make and the long-term results you will get from making that choice.

Your Options	Your Choice	Long-Term Results
Going to school or dropping out	School	Better-paying job

8 – THE 6 BIG ONES

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Your Whole Life's at Stake

ACTIVITY 5

5 Your Whole Life's at Stake

For years, people have wondered whether it's your genes or your upbringing that makes you who you are. The answer is neither. Choice makes you who you are.

When making any choice, think about your life's "blueprint" and make good choices. Your whole life is at stake.

The Ten-Year Experiment

Turn to a partner. Your job is to introduce yourself as you would *like* to be ten years from now. Tell your partner what you're doing "now" (ten years from now) and a little bit about yourself.

TEN YEARS?!... DANG!...
HOW MANY DOG YEARS
IS THAT?



What have you accomplished?

Flip the page after one minute and switch roles. →

THE 6 BIG ONES – 9

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Key Concept

Your future depends on the decisions you make today.



Discussion Questions

How do choices make us who we are?

Who is ultimately responsible for your success or failure?



If time permits...

Create a fictional story or skit about how someone's life changed after making a series of bad decisions.

Have students repeat the activity by introducing themselves as the people they used to be five years ago. Ask students to explain how they have changed in the last five years.