

# January Video

## Alertness & Initiative

### Preview Questions

- Brainstorm what Alertness means to the group.
- Brainstorm what Initiative means to the group.
- Do you think that being alert and taking the initiative in your classes can help you do better? How?

### Post Show Questions

- What were some of the examples of initiative in the video?
- What were some examples of alertness in the video?
- Making mistakes is something that everyone does. Is this always bad? Why/why not?
- Think of a mistake you have made recently. What lesson did you learn from it?
- What would happen if nobody ever took the initiative in doing things?
- In what aspect of your life are you afraid to make mistakes? Does this help or hurt you? Explain.
- Why are alertness and initiative important in every career and everyday situations?
- List some consequences that could happen if you aren't alert or not taking the initiative in a group project.
- Even when we take initiative, we can still encounter fear. When you try something new, do you think it can end up backfiring on yourself if you're not alert?
- Share an example of how your alertness helped you to succeed.

### Pyramid in Action

- You may not have made any mistakes today, or even this week, but eventually you will. Create a goal that will help you address mistakes when you make them.