



You've been  
**DISMISSED**

**Temporary Setback**



### FOREWORD

Life comes with challenges of many types. Some when you least expect it, some from bad decisions, or destructive behaviors. However we get there, it is up to us to get out! How can you take control of those situations that has been disappointments to others, and in most cases, yourself? Throughout this series, we will take a look at how setbacks in life are temporary, and will eventually lead to the encouraging step-ups for a new outlook on life.

### SETBACKS

**PRINCIPLE 1:** We've all experienced setbacks and failures, it's all a part of life. Sometimes your setbacks are a set-up to make you better. It gives you an opportunity to inventory, then renew yourself. Some of you may feel you fell way too far and are in way too deep. But one thing always stands true, there will always be consequences and repercussions (both unintended and expected). Whatever your current situation, never abandon hope! Pull yourself together, you're never too far in not to be reached. Your setbacks are not the end of you.

**We first \_\_\_\_\_ our habits, then our habits \_\_\_\_\_.** - English Poet

**I. CHANGE YOUR WAY OF THINKING, CHANGE YOUR HABITS!** Changing your way of thinking will move you forward. It's a starting place from your setbacks. When your thinking changes, your habits or ways of doing things begin to change.

**Let your habits \_\_\_\_\_, not \_\_\_\_\_ back down.**

**II. VALUE THOSE AROUND YOU!** Setbacks are not a pretty place. This is when you really find out who supports or believes in you.

**Setbacks will \_\_\_\_\_ those around you, and  
\_\_\_\_\_ who is \_\_\_\_\_ vs. \_\_\_\_\_.**

It's the moment that sets the rhetoric, and shows you the tangible. Your true supporters are there in the bad moments (setbacks), and are strong with you throughout the "recovery process". Life means so much! and much of it should be shared with those who have an interest in seeing you reach your full potential. Read the words (right) of one of my favorite songs, "Stand" by Rascal Flatts. In this chorus, it's a reminder that in every setback, you see what you're really made of, from bent to broken, you still have the power to "Decide you've had enough" then Stand.

It's time to take a stand and rise above your setbacks.  
Decide to move forward - You've been dismissed!

'Cause when push comes to shove  
You taste what you're made of  
You might bend 'till you break  
'Cause it's all you can take  
On your knees you look up  
Decide you've had enough  
You get mad, you get strong  
Wipe your hands, shake it off  
Then you stand, then you stand



**IT'S NOT JUST ABOUT YOU - ACCEPT RESPONSIBILITY**

**PRINCIPLE 2:** As easily as you discovered what caused your setbacks (whatever they may be), know that you weren't the only one involved here. Setbacks in life have negative results for you and the people around you. Take a moment and think about your setbacks. As you re-assess your situation, it's time for a self-assessment. Think about those who were involved in your setbacks. They too have been affected. A part of moving forward is accepting responsibility - It's not just about you.

**I. YOU ARE RESPONSIBLE FOR YOUR ACTIONS.**

In the next segment, you will learn how you control you. Remember that whatever brought you to your setbacks, you are responsible for the results, but more importantly, you are responsible for the people who were affected by it. You may be ready to move forward, but it's not just about you! Others are involved whether you know it or not. I'm not asking you to make a list, but consider how others were affected, and what you can do to restore what was lost.

**Forgiveness is not something that everyone is \_\_\_\_\_,  
but it's up to you to \_\_\_\_\_.**

**II. TAKE THE RISK!**

There are risks involved in revisiting those you have hurt, but it's a risk worth taking, it's a move worth fighting for. Whether it is a former friend, family member, or current situation, remember, It's not just about you! We all have fallen short and need a little grace, take the risk, accept responsibility, restore what was lost, and let's move forward.

**Not everyone will be willing to \_\_\_\_\_ your apology, but the attempt to ask  
for forgiveness is a \_\_\_\_\_ from your setback.**

**EXTENSION ACTIVITY**

*(use your Academic Notes sheet for this exercise)*

1. List some of your setbacks.
2. Next to those setbacks, show how you accepted responsibility.
3. After you listed how you accepted responsibility, respond to what you learned from that experience.

After you have completed your lists, take a look at what brought you there, and what it took to help you overcome the setback. Now challenge yourself, and list what you can do to move forward. What are the next steps now that you have stepped-up from your setbacks?

*[This Extension Activity is for you. You don't have to share it with anyone, nor do you have to turn this activity in. This activity is designed for you to hold on to and revisit as a reminder that you've stepped up before, and can do it again]*



**YOU CONTROL YOU! IT ALL STARTS WITH CHOICE**

**PRINCIPLE 3:** You control you! Now what exactly does that mean? We all have choices. The mere fact that we have such, gives us the power to determine our futures. You have the power to control you by the choices you make. Be aware of your choices. Don't be so quick to make them without assessing the situation or the results that may follow. You control you, simply means that you have to learn self-discipline and develop good decision making skills.

**I. I AM WHO I AM!** Whenever we talk about choices, there are always those who are ready to make them, but hesitant to deal with the changes that are attached to choice. Change is always difficult. To those who say "I am who I am", I say, "you are who you are, until you decide to change."

Things that you are " \_\_\_\_\_ " does not necessarily mean that's \_\_\_\_\_.

The "I am who I am" is the individual who is in a comfort place. So get uncomfortable! This is not who you are, it's what you've gotten used to. It's familiarity, not who you were designed to be. Your surroundings can change you know.

**II. DISMISSING DOESN'T MEAN FORGETTING!**

Forgetting the past can be a disaster. It is taking the lessons learned and devaluing them. Never forget the difficult days because they're the pride of your better ones. We must never forget the mistakes, because they are the springboard of our triumphs.

Moving on does not mean that you're \_\_\_\_\_ it from memory. It means that staying in \_\_\_\_\_  
or \_\_\_\_\_ is not an option - Move Forward!

**III. MAKE THE CHOICE - START TO DISMISS.**

I introduced this series in December because the conversations around this time of year focuses on New Year's Resolutions. Whether we are in breakfast conversations, at lunch, in lessons, or casual conversations, you all express to me some of your life's struggles and disappointments. As teens, you face difficult situations, which involve difficult choices. I am always proud to hear how you remedy even you worst of situations. Let's keep up that momentum. Live up to your potential and dismiss what has set you back - don't settle!

DISMISS \_\_\_\_\_.  
DISMISS \_\_\_\_\_.  
DISMISS \_\_\_\_\_.

Whatever area, make the choice - fill it in - then say to that area of your life, say to that setback, "You've been dismissed!"

I. \_\_\_\_\_ You've been dismissed!  
II. \_\_\_\_\_ You've been dismissed!  
III. \_\_\_\_\_ You've been dismissed!





# Christopher GATES

You control you: (continued)

## You've been DISMISSED Temporary Setback

Poorly \_\_\_\_\_ or \_\_\_\_\_ goals have one thing in common!

You \_\_\_\_\_ their outcomes. You have more \_\_\_\_\_ over them than you think.

Don't set yourself up for setbacks. The prevailing dynamic is that we all have choices in how we react/ respond to every situation. Be resilient! Reach deep inside of yourself, find those areas that you see as poorly defined and re-define them. Write down those "unachievable goals" and achieve them.

### THE RECOVERY PROCESS

**PRINCIPLE 4:** The most important thing you should learn from setbacks is that it is an opportunity to recover from failure and start all over again. Learning from your failures is all a part of the recovery process. Take every setback for what it is - You've been dismissed! Your past disappointments should be a reminder of who you were. Live it as a teachable moment to your present opportunities. You have that internal coping mechanism that even when you fall in too deep, you can bounce back.

"Success is the \_\_\_\_\_ to go from \_\_\_\_\_ to another with  
no loss of \_\_\_\_\_" - Winston Churchill

As you go through the recovery process, and get ready for your "curtain call" I wanted to share excerpts from "Oh! The Places You'll Go" by Dr. Seuss. Remain optimistic, you're almost there, Oh the places you'll go.

#### Oh! The Places You'll Go - Dr. Seuss

Congratulations!  
Today is your day.  
You're off to Great Places!  
You're off and away!

You have brains in your head.  
You have feet in your shoes.  
You can steer yourself  
any direction you choose.  
You're on your own. And you know what you know.  
And YOU are the guy who'll decide where to go.

And then things start to happen,  
don't worry. Don't stew.  
Just go right along.  
You'll start happening too.  
OH!  
THE PLACES YOU'LL GO!

### CURTAIN CALL

**PRINCIPLE 5:** As you dismiss these areas in your life, remember, this is your curtain call. We are all in the audience, you have set the stage, and when the curtain opens - we are here for you with a loud applause. As I always say, "Even the smallest accomplishments, need the largest applause." Why? Because you deserve it, and it was worth the fight! And now, You've been dismissed to your curtain call.



# ACADEMIC NOTES

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INFORMATION

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