Teaching Notes:

Initiative & Responsibility

- Ask questions that help teens connect **initiative** to everyday responsibilities at home and at school.

- Focus on tasks they can do **without being told**, such as:
  - chores
  - schoolwork
  - spiritual disciplines

- Emphasize that: If they want **independence**, they must first demonstrate r**esponsibility.**

Procrastination & Thought Awareness

- Link procrastination to **school-related tasks**.

- Ask reflective questions such as: “What thoughts go through your mind when you procrastinate?”

- Use their responses to guide them toward recognizing that:

  - these thoughts are often **inaccurate or unhelpful**
  - their thinking is influencing their behavior

- Help them build awareness so they can begin to **challenge those thoughts**.

These sessions are intentionally flexible. Allow space for discussion and guide students through their own responses using thoughtful follow-up questions.