

Lesson 11: The Mission

PURPOSE

To help students to pursue a mission of excellence and to respect human dignity in their lives.

LEARNING OBJECTIVES

By the end of the lesson, students will be able to:

1. Understand the concept of a purpose.
2. Recognize the purpose behind actions in the everyday.

VOCABULARY

- Purpose: a reason why we do something

MATERIALS & RESOURCES

- Three Essential Questions Table
- The Purposes Exercise
- The No. 1 Bestseller Commercial

PROCEDURE

Step 1: Review the previous lesson. Ask students if they completed the [Interim Quiz 2](#) and review the answers. Recall the definition of a hero (a person who develops excellent habits). Ask students if heroes are born with excellent habits? Reaffirm that heroism is developed through practice of excellent choices, every day. Highlight the following important points about heroism:

- Heroism involves making sacrifices
- Heroism is not about never making mistakes, but rather, always trying to get on the right track after making them
- Heroism is enhanced by excellent friendships

Step 2: Explain that in each action a person takes, one can ask three essential questions with regard to that action. These questions are what, how and why. The “what” question is often the easiest:

“What are you doing right now?” “I am sitting at my desk in school.”

The question “how” is often more difficult to answer. The answer could include the process of how something was made, or the skill that was needed to do it. For example, to answer the question: “How did you bake this delicious cake?” The answer could be long and involve the ingredients, the utensils used, the temperature of the oven, etc.

Finally, the question “why” can be asked. This is the most important and fundamental question. By asking the question “why”, one is inquiring about the reasons behind an action, a behavior, event, etc. Answering the question “why” does not explain the process or the method of doing something but explains the purpose behind an action.

Purpose is the reason or meaning behind our actions. For example, if someone asks “Why did you make a cake?”, the person will not explain the process of baking the cake or the ingredients it used, but will explain their motive by answering: “because I wanted to show my family I love them.”

To better distinguish between what, how and why questions, give students the [Three Essential Questions Table](#). After students finish the worksheet, ask them to share the conclusions with the rest of the class. Lead the class discussion with the Answer Key for the Teacher.

Step 3: Explain that one of the most important things in becoming a hero is understanding the purpose or motivation behind why one does what they do. In this lesson, the class will explore more of what knowing our purpose entails.

Start by writing the definition of purpose on the board:

Purpose: a reason why we do something

SOME EXAMPLES OF THE PURPOSE ARE:

- The purpose of drinking is to quench thirst
- The purpose of using an umbrella is to protect from rain
- The purpose of wearing warm clothes is to protect from cold
- The purpose of physical exercise is to improve health, mood, etc.

Divide the students into groups and ask them to do [The Purposes Exercise](#) in order to more clearly understand the concept of purpose. Give the groups 5 minutes to finish the exercise and then share the correct answers. The group that solves the most questions correctly in the shortest amount of time wins.

Step 4: Ask the students why knowing the purpose of one's actions is important. After listening to the students' comments, explain that knowing the purpose provides us with the reason why we should do something or should stop doing something.

In the previous lesson, the class learned about the story of Louis Zamperini. His story shows us that one needs to understand the meaning or purpose of our choices in order to be able to commit to them. We need to remember our purpose in making excellent choices to avoid falling back into what might be easier, non-excellent habits.

Finish the lesson with a fun activity called [The No. 1 Bestseller Commercial](#), which is a tool to help students reflect on their personal purpose. On the first sheet, instruct students to answer the questions and in the corresponding box, to draw themselves doing the thing they like most. On the second sheet, instruct them to copy their answers next to the appropriate number. They should cut and paste the illustration they made earlier to the middle of the second sheet. When students finish, ask for volunteers to showcase their work.

Step 5: Summarize. Recall the difference between what, how and why questions, and the importance of reflecting about the purpose of what we do. Remind students of the purposes of different actions and motivate them to think about the reasons "why" they do what they do.

THREE ESSENTIAL QUESTIONS TABLE

Write the possible answers to each of the three questions.

WHAT?	HOW?	WHY?
Making a paper airplane.		
Organizing a surprise for a friends' birthday.		
Making an effort to study every day.		
Doing 20 push-ups.		
Making chocolate muffins for my family.		
Becoming healthier and more fit.		

Three Essential Questions Table – Answer Key for the Teacher

Write the possible answers to each of the three questions.

WHAT?	HOW?	WHY?
Making a paper airplane.	Fold the paper in half lengthwise, and then unfold. Fold the top two corners down so they meet the center crease. Fold the entire plane in half, in on itself. Fold the wings down so that you're making a straight line across from the top of the nose.	To learn a new skill, play with it and have fun.
Organizing a surprise for a friends' birthday.	Invite friends to your place in secret. Have the cake, balloons and presents ready. Ask your friend to come over for studying without making too big a deal out of it. When your friend comes, surprise!	To make a friend happy and let him know that his friends care about him.
Making an effort to study every day.	Immediately after coming home from school and having a snack, start studying while your memory is still fresh. Study 30 min. and then have a 5 minute break. Study regularly. Go to bed on time.	To improve one's knowledge and success in school.
Doing 20 push-ups.	First, do as many push-ups as you can. If you cannot do one, do it by kneeling. Repeat the max number three times. Do this every day and after some time you will be able to do it.	To become better at sports.
Making chocolate muffins for my family.	Combine the ingredients in a large mixing bowl and stir. Put the batter in muffin tins and sprinkle chocolate chips on top. Then put them in the oven to bake.	To show them that I care.
Becoming healthier and more fit.	Eating healthy, going to bed on time, exercising.	To be happier and improve one's well-being.

THE PURPOSES EXERCISE**Mark sentences as true or false by circling T or F:**

1. T / F The purpose of making jokes is to make the other person feel bad.
2. T / F There is no purpose in studying science.
3. T / F The purpose of friendship is to strive for excellence.
4. T / F The purpose of eating is to have as much food as possible.
5. T / F All human beings have a purpose in life.
6. T / F The purpose of having wings is to be able to fly.
7. T / F The purpose of eating is to give energy to one's body and be healthy.
8. T / F The purpose of chairs is to sit on them.
9. T / F The purpose of friendship is to use a friend for some personal gain.
10. T / F The purpose of having skills and talents is to help others.

Finish the following sentences:

1. The purpose of eating lunch is _____ .
2. The purpose of going to bed on time is _____ .
3. The purpose of studying is _____ .
4. The purpose of friendship of excellence is _____ .
5. The purpose of being kind to people is _____ .
6. The purpose of driving a car is _____ .
7. The purpose of making jokes is _____ .
8. The purpose of tools is _____ .

The Purposes Exercise – Answer Key for the Teacher**Mark sentences as true or false.**

1. **F** The purpose of making jokes is to make the other person feel bad.
2. **F** There is no purpose in studying science.
3. **T** The purpose of friendship is to strive for excellence.
4. **F** The purpose of eating is to have as much food as possible.
5. **T** All human beings have a purpose in life.
6. **T** The purpose of having wings is to be able to fly.
7. **F** The purpose of eating is to give energy to one's body and be healthy.
8. **T** The purpose of chairs is to sit on them.
9. **F** The purpose of friendship is to use a friend for some personal gain.
10. **F** The purpose of having skills and talents is to help others.

Finish the sentences.

1. The purpose of eating lunch is to satisfy hunger.
2. The purpose of going to bed on time is to rest and have more energy for the next day.
3. The purpose of studying is to improve one's knowledge and be smarter.
4. The purpose of friendship of excellence is pursuing excellence for oneself and the other.
5. The purpose of being kind to people is respecting their dignity and making friends.
6. The purpose of driving a car is to get faster from one place to another.
7. The purpose of making jokes is to make people laugh.
8. The purpose of tools is to fix things.

THE NO. 1 BESTSELLER COMMERCIAL**Part 1**

1. If you could write an autobiography, what would you call it? (e.g. A Selfless Hero)
2. What do you want to be in life? (e.g. a doctor.)
3. What is your greatest talent? (e.g. being attentive to the needs of others)
4. What do you consider your greatest accomplishment in life to be (it can also be in the future)? (e.g. saving thousands of lives)

Draw yourself doing the thing you like most and cut out the illustration. Next, write the answers to the questions from this sheet on to the next sheet.



" _____ "

No 1. Bestseller Part 2

Instructions: Copy your answers from Part 1 to the blank spaces provided on this page to complete the advertisement for your Bestseller!

1. _____.

The advertisement layout is contained within a large rectangular frame. At the top, there are two speech bubbles. The left one contains the text: "A story that will change your life!" followed by "The Times" in italics. The right one contains the text: "2." followed by "The greatest _____ who ever lived." followed by "Epic Journal" in italics. Below these is a large, empty rectangular box with the text "Paste your illustration here." centered inside. At the bottom, there are two more speech bubbles. The left one contains the text: "3." followed by "The greatest talent for _____" followed by "Washington Post" in italics. The right one contains the text: "The world has never seen such a hero" followed by "The Times" in italics.

4. A story of a person who _____.