Please copy and paste the link below to view the TED Talk video about changing your mindset to become successful. Discussion questions follow (as time permits).

<https://www.youtube.com/watch?v=vo_lZiytsMw>

**Read:**As the semester is near a close, we want you to think about your goals for your classes and where you hope your grades to be as finals approach. In some cases, as you have calculated your grades this week, it is not too late to raise a grade dramatically. Set some goals for yourself for the end of this nine weeks. Possible “baby step” goals: sit at the front of class, turn in all missing work, get enough sleep so you will be well-rested during the day, ace your next test, etc. As you saw in the video, small goals can lead to reaching even higher ones.

**Discussion:**

“We all have reservoirs of untapped potential and can achieve great things. The biggest thing standing in our way: our own minds.” What do you think about this quote? Is your own mind getting in the way of you achieving a goal? We have full control of our choices to keep moving forward one step at a time.

Colin set a goal of literal baby steps to get back on his feet after his accident. Then he continued to set larger and larger goals for himself. Think of a time when you started with “baby steps” to reach a goal. Share with the class. (Example- you wanted to run a 10K, but you started with just running around the block to prepare for a 5K first)

The words of Colin’s wife and mother motivated him to reach his incredible goals. Who in your life has spoken to you in this way and encouraged you to reach your goals? Share.

Colin’s rock from Mt. Everest motivates him to continue to set goals for himself and to overcome obstacles in his way. Do you have any visual reminders that help you when you feel like you can’t overcome an obstacle? Maybe a picture of a loved one, a medal or trophy won, a motivational quote, etc. Share with the class.

As the video stated, achievement is not for the select few, it’s for those that never quit. For those that can overcome the greatest obstacle of all: their mind, they can reach their goals. So set a goal, take the first steps!