



# ASPIRE

## TFCHA JANUARY 2021

**In the Bible it says: Psalm 20:4  
“May he give you the desire of  
your heart and make all your  
plans succeed.”**

**Matthew 17:20** “Truly I tell you, if you have faith as small as a mustard seed, you can say to this mountain, ‘Move from here to there,’ and it will move. Nothing will be impossible for you.”

**OUR ASPIRATIONS**  
**ARE OUR**  
*possibilities*  
-Robert Branning

**DEFINITION OF ASPIRE** - direct one's hopes or ambitions towards achieving something.

Think about things that you are doing at the moment that require aspiration. Think about:

- What you want to achieve from your school work during this difficult time
- Doing school work as an independent learner
- Your future and what you aspire to be as you grow older
- How you can help make life at home better for those people you live with

# How has Lockdown affected aspirations of young people

## LOCKDOWN IS MAKING IT MORE DIFFICULT FOR YOUNG PEOPLE TO HAVE ASPIRATIONS

87% of the young people interviewed so far have talked about negative impacts they have experienced as a result of the lockdown. These experiences include:

- financial hardship
- feelings of stress
- anxiety and sadness
- missing friends, family and partners
- concerns about housing and jobs in the future

Are these concerns similar or different to ones that you have experienced?



# IMPROVING YOUR ASPIRATIONS DURING LOCKDOWN

THERE ARE MANY THINGS YOU CAN ASPIRE TO ACHIEVE EACH DAY:

1. Take time to think about what you want to achieve each day
2. Attend all your lessons on Teams
3. Try to complete all the work set
4. Try to go out and do some exercise
5. Help out at home – cook, make cups of tea, help with cleaning..
6. Keep in contact with friends and other relatives
7. Make sure grandparents are ok
8. Do something you enjoy



# THE STORY OF PETER – JESUS' DISCIPLE

Peter was the main man who supported and followed Jesus and he aspired to be a good man. Sometimes he failed but he would always pick himself up and try again.

Peter was a Galilean fisherman who lived on the shores of the Sea of Galilee with his wife, his brother Andrew and his mother-in-law.

Peter met Jesus at Bethany through his brother Andrew, and was immediately impressed.

Peter was with Jesus all through the three years of Jesus' travelling ministry – rock-like in his steadfast loyalty. He witnessed all the major events of this extraordinary time.

The central events of St Peter's life show a man of simplicity and faith. He suffered from a common human ailment: he wanted to do and be good, but was not always able to live up to his goals. Jesus loved and forgave him, because whenever Peter fell, he got up and tried again.

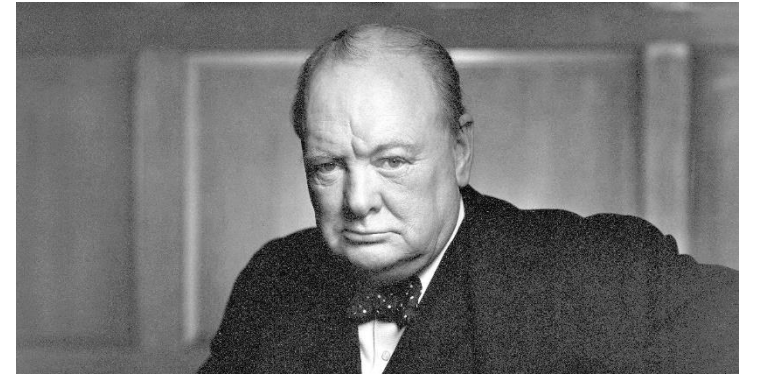




# ASPIRATION – FAMOUS PEOPLE

Barrack Obama - When he was in grade school, the 44th President of the United States, Barack Obama, was given a class assignment. The assignment required him to answer the question, “What do you want to be when you grow up?” Guess what his answer was. This world-class leader had declared it back then that he wanted to become the President of America. Wow, who would have thought that the far-fetched goal would become a reality!

Bill Gates - The richest man in the world wanted to be a business man growing up. Sure, he started a business, which is doing quite well. But, he also runs the largest non-profit organization in the history of the world – the Gates Foundation.



Winston Churchill - Born in 1874, Winston Churchill is famously known as being the Prime Minister of the United Kingdom during the Second World War (1940 -1945), and is often credited with several very popular quotes about failure such as “Success is not final, failure is not fatal: it is the courage to continue that counts,” and, “Success consists of going from failure to failure without loss of enthusiasm.”

## Katy Perry

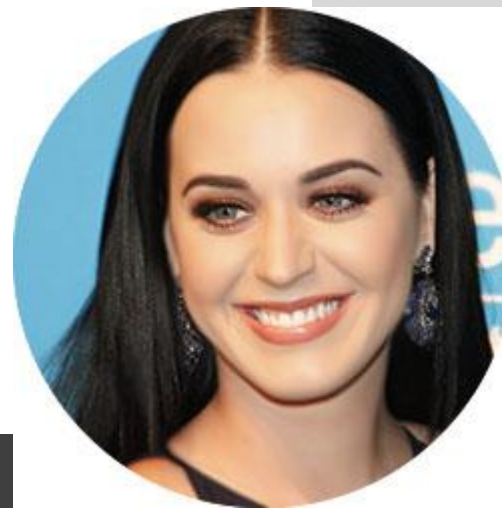
Born in 1984 in Santa Barbara, California, Katy Perry is an American singer best known for her hit, *I Kissed a Girl*. Perry experienced numerous heart-wrenching failures on the path towards stardom before she ever became a household name.

In her childhood, her family faced severe struggles, oftentimes living in poverty, having to use food stamps just to get by, which had a big impact on Perry's upbringing. From an early age, she realized that things weren't easily obtained, and that she would have to work hard for it, something that clearly stuck with her through the failures.

In 1999, at the age of 15-years old, she dropped out of high school in order to pursue music full time. She moved to Tennessee where she signed with Red Hill Records and debuted a Gospel record entitled, *Katy Hudson* in March, 2001 at the age of 17-years old. It sold only 200 copies.

In 2004, at the age of 20-years old, she signed with another label to work on her solo record. Afterwards, Perry signed with Columbia Records, and recorded new music over the next two years. But before the record was completed, she was dropped from that label as well.

However, her big break came in 2007 when she signed with Capitol Records. In 2008, when she released the would-be-hit song, *I Kissed a Girl*, Perry was 24-years old. What seemed like an overnight success actually took 9 years to accomplish from the time that she had dropped out of high school.





# WHAT ARE YOUR GOALS – WHAT ARE YOU ASPIRING TO BE?

## Two Types of Goals:

### Short Term:

- A goal that can be achieved quickly, in days or weeks.
- Helps to encourage you in reaching your long-term goal
- Must be attainable

### Long Term:

- A goal that takes time to achieve, a year or sometimes even a lifetime
- Should be broken up into many different short term goals to help in achievement
- Direction for your life

The 2 types of goals mentioned above are very important in life. During Lockdown we might focus on short term goals to help get us through, but it is always good to have Life long goals too!

## GOAL SETTING SYSTEM

10 Goals x 10 Life Areas = 100 LIFE GOALS

### LIFE CATEGORIES



Personal Development

Read, learn and develop the best version of yourself and discover your life purpose.



Health & Fitness

Focus on good eating, exercise and mental health to live an energetic and long life.



Family & Friends

Treat your partner and family as Very Important People and develop great relationships with friends.



Hobbies & Passions

Pursue hobbies and passions that make your life fun, purposeful and unique. Be happy.



Financial

Learn about personal finance and how to manage and grow your money to support your ideal life.



Career

Develop a career that is rewarding and purposeful as an employee, leader or boss.



Adventure

Live a life of adventure and create lasting memories of all the exciting things you've done.



Travel

Travel locally, within your country and around the world to relax, learn and explore this amazing planet.



Lifestyle

Develop a great lifestyle to enjoy the rewards of your success and hard work.



Giving Back

Give back to your community and country to make a difference in this world. Leave a legacy.

What are your goals?

100 Goals Club

# Think about it: What do I aim for in my life?

***No, my son, do not aspire  
for wealth and labor not  
only to be rich. Strive  
instead for happiness, to  
be loved and to love, and  
most important to acquire  
peace of mind and  
serenity.***

Your ambition should be to get as much life out of living as you possibly can, as much enjoyment, as much interest, as much experience, as much understanding. Not simply be what is generally called a 'success.'

— Eleanor Roosevelt —

# A prayer for reflection

Dear God

Thank you for giving me dreams and aspirations.  
I have many goals that I want to achieve.  
I need the strength to work hard during lockdown and support those close to me so that we get through this together.  
I am grateful that have so many opportunities in life that will allow me to develop as a person and live a happy, fulfilling life.

Amen

