



Module #2 of 10

UK Extension's
Universe of
Possibilities™

TEACHING OUTLINE—MAKING THE GROWTH CHOICE

THIS IS A BRIEF TEACHING OUTLINE for the eight-page publication ***Making the Growth Choice***, the second of 10 modules in the educational series titled ***UK Extension's Universe of Possibilities™: Skills for Creating Happiness and Blessing Others***. The other educational modules in the series are listed on Page 8 of the publication. Before presenting this program, read and thoroughly study ***Making the Growth Choice***.

- ◆ Please present this program in a way that feels good to you and that best meets the unique needs of your group. As time permits, draw from some or all of the suggestions that follow.
- ◆ Start the session by asking group members to stand and take three long, deep, pleasant in-breaths and out-breaths. Follow this by leading participants in a big, slow stretch. Next, smile and, being respectful of the differing capabilities of those present, lead the group in a couple of simple, short, and very gentle physical exercises. Before having them sit down, invite participants to exchange shoulder massages.
- ◆ Encourage participants to share their responses to questions such as: *How can we best teach children to make good choices? When faced with a difficult decision, what helps you choose wisely? What are some decision-making pitfalls to avoid? Do you think the way we treat other people tends to eventually come back to us? If so, can you give an example of this?*

- ◆ Drawing on Pages 2 and 3 of the publication, introduce your group to the Target of Life concept. Explain how staying centered on the Target of Life helps us to be more accepting and loving, to make wiser choices, and to follow our noble urges and dreams for the betterment of society.
- ◆ Involve participants in considering the idea that “Life Is a Battlefield,” from Pages 4 and 5. This can be approached without emphasizing a specific religious viewpoint.
- ◆ Using the section “Gray Clouds and Pink Hearts” on Page 5, encourage participants to stretch their minds to accommodate the new scientific thinking on field theory. The gray cloud/pink hearts metaphor is a simplification of the idea that we all are interconnected and can affect each other in ways that we may never have imagined. With such great power comes great responsibility.
- ◆ Go over the “Choice Points” on Page 6 and ask participants for other examples of Choice Points (see right-hand column).
- ◆ You'll find other great ways to involve your group in the concluding sections “Questions to Ponder and Discuss” and “Skill Builders.”
- ◆ It's important to give the members of your group an opportunity to create small, easy-to-manage personal action plans. Guidelines for doing this can be found on Page 7 under the heading “A New Possibility.” It's always a good idea to let participants share their action plans.
- ◆ Be sure to conclude with one or more of the “Positive Thoughts” on Page 7.