

# Stop Hanging with Turkeys and Soar with Eagles

## Lesson Plan- Chapter 16

Written by Lynn Kandler Panama City Beach Chamber  
Based on The Success Principles for Teens by Jack Canfield

**Question 1** Who is influencing you? Friends influence your attitudes, opinions and the way you handle situations.

**Question 2** What happens if you play ball on a good team? A bad team? You play to the level of those around you.

**Questions 3** Lets talk about grades. Are you grades similar to your friends? Why?

**Activity 1** Five Friends Activity. On a sheet of paper write down the five friends names that you spend the most time with, as well as their GPA. Average their grades. Now write down your GPA. Compare yours with the average GPAs of your five friends.

What did you find? Similar? Below? What does this activity tell you about your friends influence?

Do they challenge you enough? Do you challenge them?

News flash- you don't have to be part of the Aint it Awful Club. Have you heard of that club? Do you know anyone who is part of it? You can choose who you hang out with- be conscious of whether or not they are a positive influence on you and your future.

**Activity 2** Make a list of everyone you spend time with on a regular basis- friends, family, neighbors, clubs, etc. Now put a + or a – next to their names depending on whether they are a positive or negative influence on you. Shift the time you spend with negative influences over to spending more time with people who are a positive influence on you and your future. You can take charge of your life- you do not have to be a victim of circumstances, but rather in charge of your own future. We all want to fit in with the group we spend the most time with. Talk to your friends about your future/ goals and theirs.