



Conquering Fear of the Future

The Goal: The goal of this exercise is to build students' confidence about their future by remembering past successes.

Materials:

Room, circle of chairs, [Indigo Report](#).

Step 1: Ask students to think of something they are nervous about. These fears do not need to be shared out loud.

Step 2: Pair students up and have them both share a victory from their past. They can share with the group if they are willing.

Step 3: Encourage students to think about this past success throughout the week when facing challenges that make them scared or nervous.



Example: A student is nervous for an upcoming test, but remembers studying for and passing a previous test. As they prepare for the next test, the memory of the last test can be used as motivation.

TIP: Look at the [Motivators](#) section of the [Indigo Report](#) for clues of how you could inspire or drive students to tackle certain challenges they fear.

RAMP (ASCA) Mindset & Behaviors addressed and developed:

Academic: Results Orientation; Taking Challenges.

Career: Positive Attitude; Take Responsibility.

Social/Emotional: Self Control / Self Discipline; Perseverance; Social Maturity; Self Confidence; Empathy.