

## Stepping Stones to Success Booklet

Video 1-

[https://www.youtube.com/watch?v=dEJQImzyOZ4&list=PLOdeaKKa\\_ZAiOP0Wf4pcw2-BYol6OmfFH&index=12](https://www.youtube.com/watch?v=dEJQImzyOZ4&list=PLOdeaKKa_ZAiOP0Wf4pcw2-BYol6OmfFH&index=12)

Video 2-

[https://www.youtube.com/watch?v=Bqk6E780fQ&list=PLOdeaKKa\\_ZAiOP0Wf4pcw2-BYol6OmfFH&index=3&t=0s](https://www.youtube.com/watch?v=Bqk6E780fQ&list=PLOdeaKKa_ZAiOP0Wf4pcw2-BYol6OmfFH&index=3&t=0s)

Video 3-

<https://www.youtube.com/watch?v=PCRSVRD2EAK>

### Assignments

1. Pages 8-11 - Apply the Skills - Goal Setting Activity Part 1  
[www.surveymonkey.com/r/gese1-1](http://www.surveymonkey.com/r/gese1-1)
2. Pages 13-18 - Apply the Skills - Goal Setting Activity Part 2  
[www.surveymonkey.com/r/gese1-2](http://www.surveymonkey.com/r/gese1-2)
3. Page 27 - Thinking Break - Record what you are grateful for  
[www.surveymonkey.com/r/gese1-3](http://www.surveymonkey.com/r/gese1-3)
4. Page 28 - Apply the Skills - Negative Words: Lose Them!  
Page 28 - Apply the Skills - Pondering the Positive People  
[www.surveymonkey.com/r/gese1-4](http://www.surveymonkey.com/r/gese1-4)
5. Page 30 - Apply the Skills –Brainstorm Ways to Make a Positive Impact  
Page 30 - Thinking Break - Write down what success looks like to you  
[www.surveymonkey.com/r/gese1-5](http://www.surveymonkey.com/r/gese1-5)
6. Page 37 - Next Steps -  
[www.surveymonkey.com/r/gese1-6](http://www.surveymonkey.com/r/gese1-6)
7. Stepping Stones to Success Quiz  
[www.surveymonkey.com/r/gese1-7](http://www.surveymonkey.com/r/gese1-7)