Please read chapters 7 and 8.

CHAPTER 7: SAUL'S ARMOUR

This chapter deals with the challenge of not living up to others expectations, but being true to yourself and using your unique talents and skills.

✎ Thinking about the story of David and Saul, can you remember times when others tried to make you be someone you are not? How did it make you feel?

✎ What would you do today if you could go back, be yourself and face that situation again? Describe how things would have changed.

✎ On page 58 and 59 Rob talks about David Beckham's experience and how he had mentors and coaches around him to help him. Who can you call on to help you make these dreams a reality?

✎ Make a list of other people like David Beckham who became well known because they were themselves and used their own talents and skills?

CHAPTER 8: BE THE CHANGE

This chapter Rob looks at how when things need changing, we may expect someone else to do it. Making the changes ourselves is often the last thing we think of.

✎ List the things you'd like to see change in your life?

Once you've finished your list, cross off the things that are out of your control to change, e.g. You can't change your past, but you can change how you respond to someone who annoys you. Now place a tick against the things you do have the power to change.

✎ Write out how you can go about making the things you've ticked change. You may not be able to do it all on your own, but make sure to write about the things you can change.

✎ What well known people can you think of who have decided against all odds to stand up and play their part in bringing about change? Do they inspire you? If so, write down what inspires you about them.

Something to think about ...

✎ What wisdom are you going to take away from these two chapters and how will you use it in your own life?

Next time ...

The next session will look at chapters 9 and 10 where we'll look at living without regret in your relationships with others and the steps to making your dreams come true.

Care for the Family is a registered charity (England and Wales: 1066905; Scotland: SC038497; Isle of Man: 1231).
A company limited by guarantee no. 3482910. Registered in England and Wales.
Tel: 029 2081 0800. Web: cff.org.uk