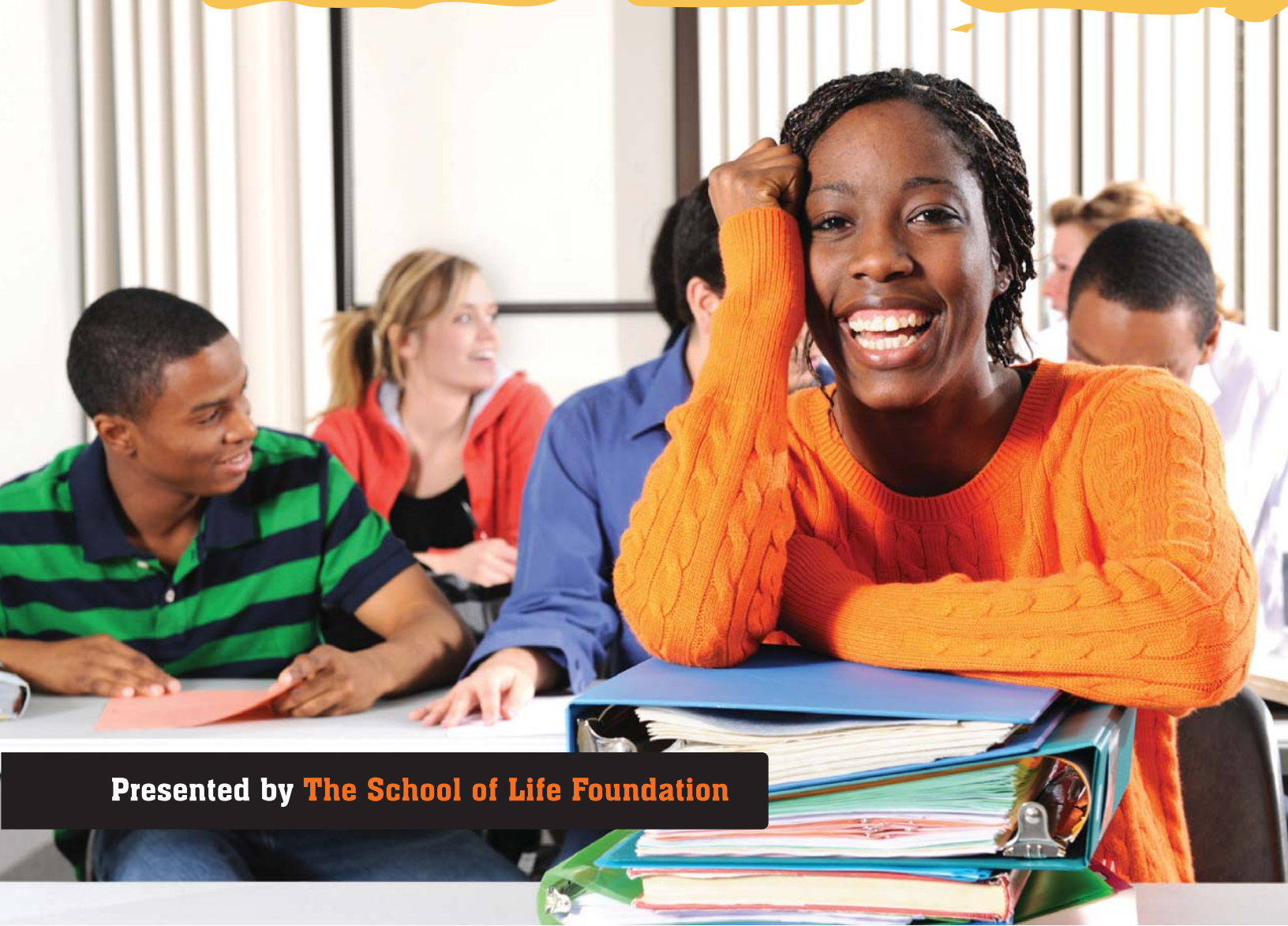


School of Life! TEEN EDITION

Learn To **"School"** Your Toughest Opponent



Presented by **The School of Life Foundation**

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School of Life! TEEN EDITION

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School of Life Foundation Trainer



School of Life! CONTENTS

PAGE 2
Introduction

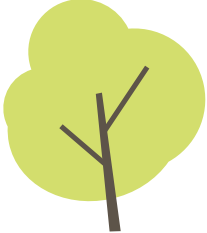


Chapter Two
PAGE 7

ASSIST

PAGE 4
Chapter One

APPRECIATION



Chapter Five
PAGE 21



AIM

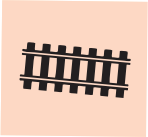
PAGE 17
Chapter Four



ATTITUDE

PAGE 12
Chapter Three

ALIGN



Chapter Six
PAGE 24

ACTION

Chapter Ten
ALWAYS
PAGE 36

ASSOCIATE

PAGE 27
Chapter Seven



PAGE 31
Chapter Eight

AVOID



Chapter Nine
PAGE 33

ADAPT



WHO IS YOUR? toughest opponent

*"The School of Life is entered by all,
and everyone must live in it.
Those who realize their full potential
Achieve Straight A's while in it!"*

Introduction to THE SCHOOL OF LIFE

Learn to "School" Your Toughest Opponent is written so you will have a list of values and principles that can be used to guide your life. This workbook contains the curriculum called *Achieve Straight A's in the School of Life*.

The term Straight A's is equated with the word success. While the definition of success varies with everyone, I define success as improving my life by helping those around me to achieve their goals. If you remain true to the Straight A's, they will lead you to success, peace, and happiness. That is my purpose in writing this book.

From birth until death we are automatically enrolled in the School of Life. We have no choice about entering, but we do choose how we handle it. As a physical therapist I have worked with the senior population for 25 years mostly in nursing homes. During this time I have also coached girls' basketball on all levels of competition. I have gained some valuable insight while working with the youth and the elderly simultaneously. My attempt in this book is to give some guidance on your own journey from what I have learned in mine.

In the game of basketball you will face many challenging opponents. None will be as "tough" as facing life itself.

I have the opportunity to speak to youth in different settings around the world. I always start out by inviting a few young people to join me in front of the audience. I then





ask them a simple question which is “during the past year in any type of competition who has been your toughest opponent?” Ninety-nine percent of the time I receive various answers in regard to other teams, schools, and people. On that rare occasion someone will answer “I am my toughest opponent.” Bingo! Best answer!

Through fear, doubt, lack of confidence, peer pressure, unfavorable circumstances, trials and

many other reasons we let ourselves get in the way of reaching our full potential in life!

Determine today that you will never do that again. Then you will be ready to start living the “A’s” of Life and enjoy the new heights available for you to reach. You can do it. Remember you are amazing and awesome!

Jack W. Rolfe

Chapter One
APPRECIATION
Gratitude



The wisdom of years has great value. One of the greatest lessons I have learned from working with the elderly is that they have learned a deeper meaning of appreciation. I believe that the younger we grasp this trait in life then the more successful we will be.

As I was growing up my parents taught me many important principles. In fact, they are still teaching me, and I will remember their example long after they leave this life. It is interesting that most of what I learned during childhood, I did not fully understand until later in my life. Now that I am older, I am able to more rapidly learn from my experiences.

Three important principles my mother and father taught me during my childhood were simple but they left an indelible impression upon my character.

Always Be Honest
Always Say "Thank You"
Always Be On Time

The innocent words of "thank you" that I whispered as a young child, for the smallest favors, have helped me develop a deep appreciation for everything that I have.

Gratitude is one of the greatest attributes that we can develop. Without it, one can become self-absorbed, always desiring to receive rather than to give. I am truly grateful for this important principle that my parents taught me.

Robert W. Woodruff, a prominent business leader of a former time, toured the United States giving a lecture which he entitled "A Capsule Course in Human Relations." In his message, he said that the two most important words in the English language are these: "Thank you."

Frequently expressed, the words "thank you" will cheer your spirit, broaden your friendships, brighten the world around you, and lift your life to a higher pathway. When you take the time to thank people for the things they do for you, they will often have a desire to repeat the kind word or deed. This helps to build synergy that grows with great power.

Appreciation is a foundation for all remaining principles in the book. I have placed it as the first "A" in Achieving Straight A's in the School of Life. Be grateful for each day, and enjoy life to the fullest. If you do nothing else but learn to be thankful for life itself, then you have succeeded.

Our family has learned to enjoy life to its fullest through appreciation of what is happening right now and learning from the experience. Once, while spending the day at a major theme park, we hurried from one thrilling ride to another. We were immersed in the excitement of each ride while at the same time anticipating the excitement of the next. During this time, we lost track of our two-year old daughter, Kayla. After a

short period of time we found her sitting in a planter full of beautiful flowers. She was carefully smelling the flower and drinking in the fragrance of each one. She had literally “stopped to smell the roses.” Watching her enjoyment, as she smelled the flowers reminded me of an important principle: Don’t be so caught up in rushing from the past to the future that you forget today. Allow yourself the time to appreciate what is happening right now and learn from the experience.

Appreciation can have a big impact on your life. When you take the time to thank people for things they do for you, they will often have a desire to repeat the kind word or deed. If you continue to recognize people for the good deeds they do, they will grow and benefit from your appreciation. When this synergy of recognition starts to develop, everyone grows and gains from the cycle of giving that is developed.

I love each one of my children, and I learn from them continually. My daughter, Linnie, is quick to give me a sincere “thank you” whenever I take her somewhere or do something for her. Does my respect for her grow? You bet! When I know she sincerely appreciates the things I do for her, it makes me want to do more. Our relationship continues to blossom from her use of those two kind words—“thank you.”

The great principle of gratitude will extend into every facet of your life as you seek opportunities to show appreciation. If you thank a friend for a small kind act, what would be their reaction? Furthermore, if you take the time to write a note of thanks to a school teacher, you develop a greater appreciation and deeper understanding for all the teacher does. This act

of kindness may instill in the teacher an even greater desire to teach.

Can you see what happens? Can you understand that power of the principle of appreciation? Appreciation causes negativism to disappear. What great things we could accomplish in this world if everyone would show appreciation to others! Even if others reject your thoughtfulness, you will still prosper and grow. Over time, those who reject your thoughtfulness may begin to soften. The positive energy flow then becomes enormous.

I have found that the more I appreciate life, the more I enjoy it. The more I enjoy life, the more I gain from it. The more I gain from life, the more I can give back to it. Thus, the cycle feeds itself.

As we live our lives, we must remember the words of Eleanor Roosevelt: “Yesterday is history, tomorrow is a mystery, today is a gift. That’s why it’s called the present.”

A great religious leader, Thomas S. Monson, emphasized the importance of living life to the fullest when he said, “The past is behind—learn from it; the future is ahead—prepare for it; the present is here—live in it.”

It is my wish that you will take more time to live in the present and to appreciate the million-and-one things that are a part of the here and now. We need to thank those who bag our groceries or load our car, appreciate the beauty of the setting sun, tell our families we are grateful for their help, and so on. Good luck in achieving an “A” grade in Appreciate.



HOMEWORK

assignment

Appreciation



Notes / Journal

Complete the following assignments:

- Send a letter, email, or text message of appreciation to someone this week. Make this a weekly habit.
- Give a verbal thank-you daily for something you might normally take for granted.
- Other Approved Assignment: _____

DIG DEEPER

#1. Identify someone who has enriched your life.

#2. Summarize what they taught you.

#3. Thanking others will often cause them to do the same. Looking back, when did you last say "thank you"? _____

Who did you thank? _____

#4. What caused your thankfulness?

#5. Who deserves a "thank you" today?

The additional nine **A's** in the School of Life Foundation are as follows:

(Note – These **A's** appear in the TEEN workbook in the same format as you just read in chapter 1, APPRECIATION)

- **ASSIST** – Learn how serving others in need will improve your life
- **ATTITUDE** – Discover how you have the opportunity to chose what yours will be
- **AIM** – Setting Goals in life will help you find direction
- **ALIGN**– Establishing organization in your life will bring you focus
- **ACTION** – There are three types of people in life...those who make things happen, those who watch things happen and those who wonder what happened
- **ASSOCIATE** – Meeting new people and making friends will bring you peace and support
- **AVOID** – Learn what things are harmful to you and stay away from those areas
- **ADAPT** – You can turn every challenge into an opportunity
- **ALWAYS** – Remember God....there is a power higher than you in life
(If completing this program through a public school this chapter is not taught and becomes optional for the students to read on their own outside of the class study.)



INSTRUCTIONS

For Parents And Teachers

In order for students to complete the School of Life Program they must complete the reading and assignments for each of the ten A's. (If completing the program through a public school, Chapter Ten's reading is optional due to religious subject matter.) We encourage parents and teachers to discuss the chapters and assignments with students before signing off a section as completed.

Once the students have finished the reading and assignments for each chapter, they must prepare and present a final project that demonstrates one or all of the A's and what the selected principles mean to them.

-FINAL PROJECT WRITE UP-

Describe Your Project

Parent/Teacher Initials _____ Date _____

INFORMATION

On How You Can Help

The School of Life Foundation is a 501(c)3 Non-Profit Organization. For more information on ways to help or bring the program to your city, please visit our website:

www.SchoolOfLifeFoundation.org

You can also inquire through email:
info@schooloflifefoundation.org

Or by telephone:
435-632-2947

COMPLETION SIGN-OFF SHEET

(Parents Or Teachers Initial When Done)

Chapter One - APPRECIATION

_____ Reading
_____ Assignment

Chapter Two - ASSIST

_____ Reading
_____ Assignment

Chapter Three - ATTITUDE

_____ Reading
_____ Assignment

Chapter Four - AIM

_____ Reading
_____ Assignment

Chapter Five - ALIGN

_____ Reading
_____ Assignment

Chapter Six - ACTION

_____ Reading
_____ Assignment

Chapter Seven - ASSOCIATE

_____ Reading
_____ Assignment

Chapter Eight - AVOID

_____ Reading
_____ Assignment

Chapter Nine - ADAPT

_____ Reading
_____ Assignment

Chapter Ten - ALWAYS

_____ Reading
_____ Assignment

Certificate of
COURSE COMPLETION



This is to certify that

Name

has successfully completed
the required coursework for the
School of Life.

Signature

Date

**School
of Life!
Foundation**

Get Straight A's in the School of Life:

APPRECIATION

ASSIST

ATTITUDE

AIM

ALIGN

ACTION

ASSOCIATE

AVOID

ADAPT

ALWAYS

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