**DISCUSSION GUIDE – CHAPTER 2 (FOUNDATIONAL PRINCIPLES)**

**QUESTIONS TO DISCUSS:**

1. What is a specific example you have seen of someone showing respect to someone else?
2. Who is a person that you know that seems to do the right things most of the time? What can you learn from their example?
3. How can you prepare ahead of time to be ready to combat the temptation to make the wrong decisions?
4. What can happen if a person doesn’t take responsibility for their actions (both for the short-term and the long-term)?
5. What is an example of collective responsibility on our team, in my family, in my community, at our school?
6. What are some ways that you can demonstrate a positive attitude even when things seem to be going bad?
7. When is the last time that you made an excuse for something that was really your fault?
8. What are your core values? What character traits do you value the most?
9. When is the last time that you didn’t want to do something but forced yourself to do it anyway…and had a good attitude about it?

**ASSIGNMENT FOR NEXT WEEK:**

1. Write a thank you card to a coach, teacher or mentor describing how they have done something for you that had a lasting and significance impact on your life.
2. Write a thank you card to a teammate describing the positives that they bring to the team.
3. Pay attention to your attitude this week and write down 2-3 times that you didn’t get your way or things didn’t go as well as you’d like. How did you respond to those situations?