

IDEALS

Speaker: Resource

Time: Saturday 1:00pm

Length: 15 minutes

Purpose:

To encourage the TECites to think about where they are “coming from” and where they are going in life (not their future vocations but their personal characteristics and qualities).

At this point in the TEC weekend, TECites may not trust what is said, nor will they be familiar with the events to come as the speaker will be; therefore, your words must be genuine and true—personal experiences you want to share—in order to allow the new TECites to relate to your words. This first talk will provide TECites words and language to use as they look at themselves and think about their own ideals (personal characteristics and qualities) in life.

God and religion are not mentioned in this first talk; we simply ask the TECites to clarify their own *ideals* (and goals) in life. You may want to use visual aids and/or pictures in this talk.

Outline (*Begin your talk here.*)

(FEEL FREE TO USE THIS OUTLINE AS YOUR COMPLETE TALK.)

Introduction:

I have a question for you this morning: Who are three role models in your life? Your role models could be someone you admire, someone you know personally, someone in movies or media, a coach, a teacher, or someone in your family. Write these three role models in your Arise Book. (*Provide someone from your own life as an example—you may even want to show a picture of each role model if available—then ask a fellow Resource who they wrote down as examples.*)

When I was a child I wanted to be a (*fill in your childhood dream role, such as a doctor, nurse, teacher, pro athlete, musician, etc.*). Which makes me wonder, why did you pick the people you did? Because of his or her status, popularity, money, or physical appeal? Because he or she meets your idea of a “real” man or woman? Sometimes we pick role models for what they do in life their work. **In reality, these are goals that we desire, not the ideals of who we can be inside (our characteristics and qualities).** Please write this in your Arise Book: An **ideal** is not status, vocation, or job; it’s not what you do. **An ideal is who you are inside.**

I. Ideals or Goals? (*Encourage TECites to write this in their Arise Books.*)

- A. **Ideals:** Honorable, worthy principles or values.; a quality for which you strive. (When you have to make a decision or do something, your ideal enables you to make the decision toward a positive outcome.)
- B. **Goals:** Short-term objectives. For example, goals in life might be to go to college, achieve a certain occupation or job, get married, have children, and so on.
- C. **Goals vs. Ideals:** If your goal is to be a friend, your ideal is to be trustworthy, loyal, and supportive. If your goal is to be a college student, your ideal is to be conscientious and hardworking. (*Include a personal example to help distinguish ideals and goals; for example: “My goal is to go to college and study computer programming, but my ideal is to be diligent and dependable.”*)

II. Personal Ideals

We need to ask the question: “Who is the real ME?”

This will include some positive ideals, such as the following attributes/qualities (write these down in your Arise Book): honest, respectful, loving, caring, understanding, wise, self-controlled, sacrificing, and giving. (You may want people to list in their Arise Books as many positive qualities as they can think of and then share with the table.)

III. Problems and Struggles

There can also be problems and struggles that prevent us from achieving positive ideals and discovering the real, authentic ‘ME’ (write down these in your Arise Book): self-centeredness (thinking we’re more important than others); envy (jealousy, greed); rebellion or disrespect toward authority; preoccupation with instant gratification (wanting it “now”), and hypocrisy (“two-faced”; being “bad” to get approval from others).

IV. Ways to Set Healthy Ideals

- A. Search for the real and true ‘YOU’ through these three D’s (write these in your Arise Book):
1. Desire to strive to achieve the ideal characteristics for yourself (an inner, driving need)
 2. Discipline to sacrifice something to achieve the ideal characteristics you seek
 3. Delay of self-gratification (in order to achieve the greater satisfaction of reaching the ideal; putting off immediate pleasure)
- B. Consider your attitudes toward others:
1. Honor and respect others for who they are, not just who they are to you. (For example, your mother is a person, not just a mother.) Honor the entirety of who a person is, not just who you want him or her to be to get what you want from that person.
 2. Be honest toward and with yourself first (accept strengths and weaknesses); then show this same honesty toward and with others.

Conclusion:

I’m not asking you to tell me your ideals or that you choose someone else’s ideals, rather that you hear and identify your own. If you need help in identifying your ideals, ask yourself the following questions (write these down):

1. What do you think about most of the time? What occupies your thoughts?
2. What do you like to do in most of your free time?
3. What do you like to spend most of your spare money on?
4. What gives you the greatest satisfaction in life?

How you answer these questions helps you to recognize the ideals you have, to move toward the ideals you want to reach, and to explore what the real genuine “YOU” is all about. (Your talk ends here.)

QUESTION (asked by Lay Director following this talk):

Am I moving toward the ideals that I really want to reach? Why or why not?