



# Moving Forwards

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Little things that can change your life  
and may be the world



# A Prayer of Hope



Dear God,  
When I stand at the beginning  
of a new day,  
bless me with *vision* to see  
the best of things to come...  
*Wisdom* to make good decisions...  
and most of all, *faith*  
that you are walking with me  
every step of the way.  
Amen.

## Moving Forwards

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Let us join together in our form, year group or family showing hope, kindness and positivity.

There is much to be upbeat about as we start to make plans to reopen our school.

St Joseph's is a fantastic community, we are strong in our desire to help others, we work together, we dream big and we make a difference.

**We have missed you so much and are really excited about what the future holds.**

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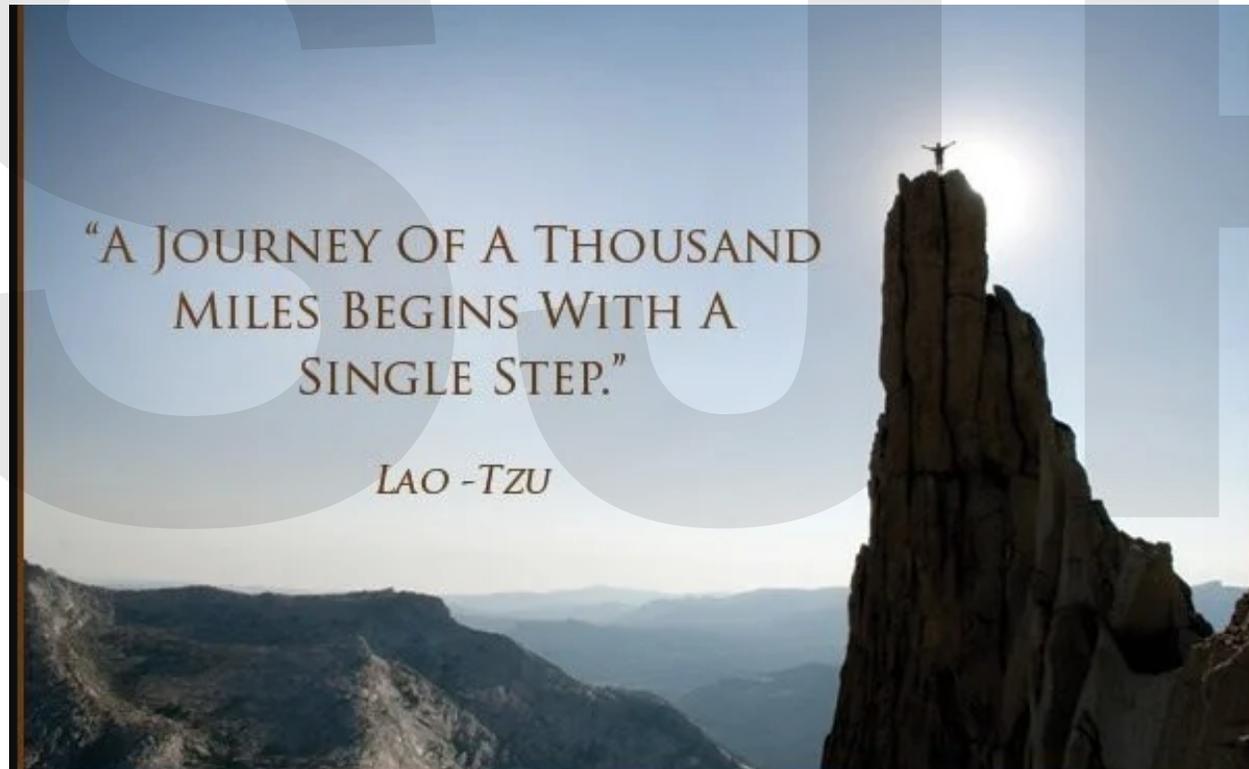
You may have already heard of the phrase 'from acorns come big oak trees', which is very popular in Japanese culture.

- Q- What do you think this means and how does it apply to you?

The New Zealand All Blacks rugby team always speak about 'relentlessly focusing on enhancing the jersey and passing it on in a better state than when you got it'.

- Q- What do you think they are doing here?

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Famous businesses like Sachi and Sachi, Coca Cola, Microsoft and Barclays talk about ‘*a journey of a thousand miles begins with one step*’.

- Q- What are they implying here?

To make the most successful cycling team ever (Team Sky) and see the GB cycling team win numerous Olympic gold medals, world championships and set many world records, Sir Chris Brailsford recruited the best minds from outside the world of cycling and asked them ‘to sweat the small stuff’.

- Q- Why did he do this, what did he want them to do and why did this matter?

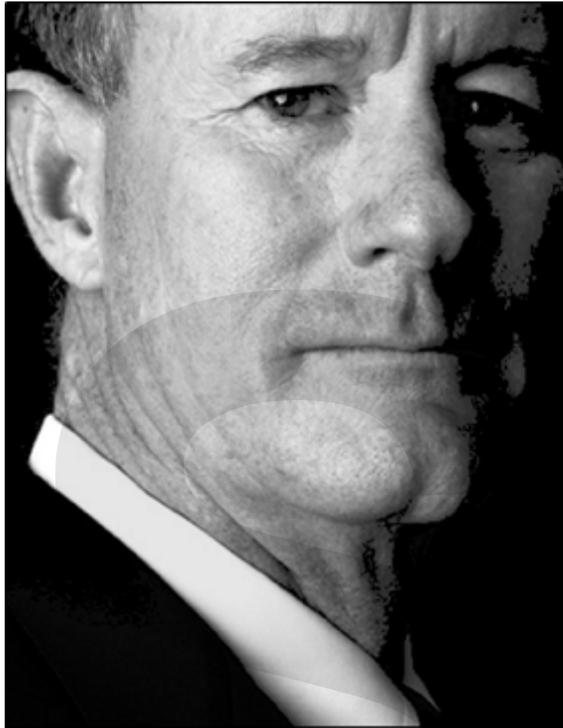
## Moving Forwards

It was Admiral William McRaven (US Navy) who wrote a brilliant book called *'Make your bed'*.

In it he wrote about his experiences of being a US Navy SEAL (an elite fighting regiment) and ten lessons he had learnt about from his training, working with others and being the best.

He describes 10 small but significant things everyone can do to adopt successful life habits and he refers to them as ***'the little things that can change your life and may be the world'***.





Admiral William H. McRaven  
U.S. Navy SEAL

Want to change the world?  
Start by making your bed everyday.

“If you make your bed every morning you will have accomplished the first task of the day. It will give you a small sense of pride and it will encourage you to do another task and another and another.

By the end of the day, that one task completed will have turned into many tasks completed. Making your bed will also reinforce the fact that little things in life matter.

If you can't do the little things right, you will never do the big things right.

And, if by chance you have a miserable day, you will come home to a bed that is made—that you made—and a made bed gives you encouragement that tomorrow will be better.

# Moving Forwards

## 1-Start your day with a completed task

Make your bed because it will be neat, tidy and waiting for you when you get in tired at the end of the day. Everyone needs quality sleep so why not have it in a welcoming bed?

Other things you can complete at the start of the day-

Make your sandwiches

Help with the washing up

Put your dirty clothes in the laundry basket

Start the day on time, prepared and ready.

- Q- Can you think of some others?



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## 2- You can't go it alone

*'Find someone to help you paddle',* meaning that we all have weaknesses or find things difficult at times so you will need others to show you, explain, break things down or practice patience, kindness and teamwork.

Remember UMBUNTU?

*'If you want to go fast then go it alone, if you want to go far then do it with others'.*

Teamwork

- Q- Can you think of an example when you needed someone else or when you helped other people?

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## 3- Only the size of your heart matters

You can measure a person by the size of their heart, sometimes in life determination, grit and perseverance are more important than talent. Roll your sleeves up, work hard and be prepared for 'the long slog'. It might not be pretty but you will pick up fantastic qualities along the way.

- Q- When times are tough, and you experience real struggle what do you do?
- Q- When someone tells you that you are not good enough, you can't do something, you are too small, not strong enough, or you are going to fail.....what do you do?



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## 4- Life is not fair- drive on!

Sometimes people expect to be rewarded for doing well, they expect pity for failing, they look for excuses for not succeeding or blame others.

At times life is cruel and will teach us very important lessons. Sometimes you can't always get what you want or what you feel you deserve.

It is easy to blame your lot in life on some outside force, to stop trying because you believe fate is against you. Great men and women are all defined by how they deal with life's unfairness- Nelson Mandela/Malala Yousafzai

- Q- Can you think of others?



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## 5- Failure can make you stronger

In life you will pay for but grow from your mistakes, this is called learning and learning is messy. Remember the cuts, bumps and bruises when you were learning how to ride a bike, skateboard, ice skate or pull that first 'wheelie'?

By persevering you allowed your failures to shape and strengthen you. This will help when you are faced with bigger challenges or during life's toughest moments.

For every failure there are also many successes, past failure strengthens you. No one is immune from failure or making mistakes. It is important that we learn from them, use mistakes as motivation and not be afraid to try again.

- Q- What qualities are we talking about here?



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## 6- You must dare greatly

The British Special Boat Service (SAS) crack fighting regiment have a motto of 'Who Dares Wins'.

This is about pushing limits, overcoming fear or anxiety, trusting your abilities, preparation and getting the job done.

At times life is a struggle and there is the potential that you will fail at something, but this should not mean you live in fear of failure, hardship or embarrassment.

Without pushing your limits, you will never know what it is truly possible to do in your life.

- Q- What is it you really want to achieve, what are your dreams? What is stopping you achieving them? Dare to be.



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## 7- Stand up to bullies

Admiral McRaven describes this as *'not backing down from the sharks'*.

Bullies thrive on fear and intimidation, they get their strength from people being timid and having a faint heart. Just like sharks they sense fear, they circle, they will probe to uncover weakness.

Courage is a remarkable quality, with it nothing and nobody can stand in your way, you can accomplish anything. Without it others will determine your path.

Stand your ground, dig deep, seek out other courageous people and be strong.

- Q- Can you remember a time when you did this or wished you had?





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### 8- Rise to the occasion

At some point in life, we will all experience moments of darkness, disappointment, failure, sadness, loss or anxiety, something that can crush your spirit and leaves you wondering.

These are the times when we reach inside ourselves and be the very best we can be, lean on others who can give us strength, learn from past lessons, remember the journey others have been on or use qualities that will help us overcome these dark moments.

- Q- The last year has seen many people in our school community having to do this, how has COVID affected you?



RISE UP

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## 9- Give people hope

*'Start singing when you are up to your neck in mud'.*

There will be times in your life when your will, dreams, strength and desire are tested to the limit. You may experience self doubt or negativity.

- Q- Ever had those moments?

Hope is the most powerful force in the world, hope inspires, hope raises spirits, hope eases pain and sometimes it only takes one person to start a chain reaction. Sing, smile, hug, high 5, lift those around you and give them hope that tomorrow will be a better day.

- Q- Have you ever been that person or has someone else been that person for you?



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## 10- Never quit

Life is full of difficult times, but someone will always have it worse than you. If you fill your days with pity, sorrowful for the way you have been treated, bemoaning your lot in life, blaming your circumstances on something or someone else, then life will be long and hard.

However, if you refuse to give up on your dreams, stand tall and strong against the odds, dig deep, then life will be what you make of it.

- Q- Can you remember a moment when you didn't give up and you showed yourself what can be achieved when you do not quit?

NEVER QUIT

if you stumble get **BACK UP**

**WHAT** HAPPENED  
YESTERDAY

**NO** LONGER  
MATTERS

**Today** IS ANOTHER DAY  
SO GET ON TRACK  
AND MOVE CLOSER TO YOUR

**DREAMS & GOALS**  
**YOU CAN DO IT**

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- <https://youtu.be/pxBQLFLei70>

Brilliant speech, something for everyone in this.

Admiral William McRaven

19 mins

