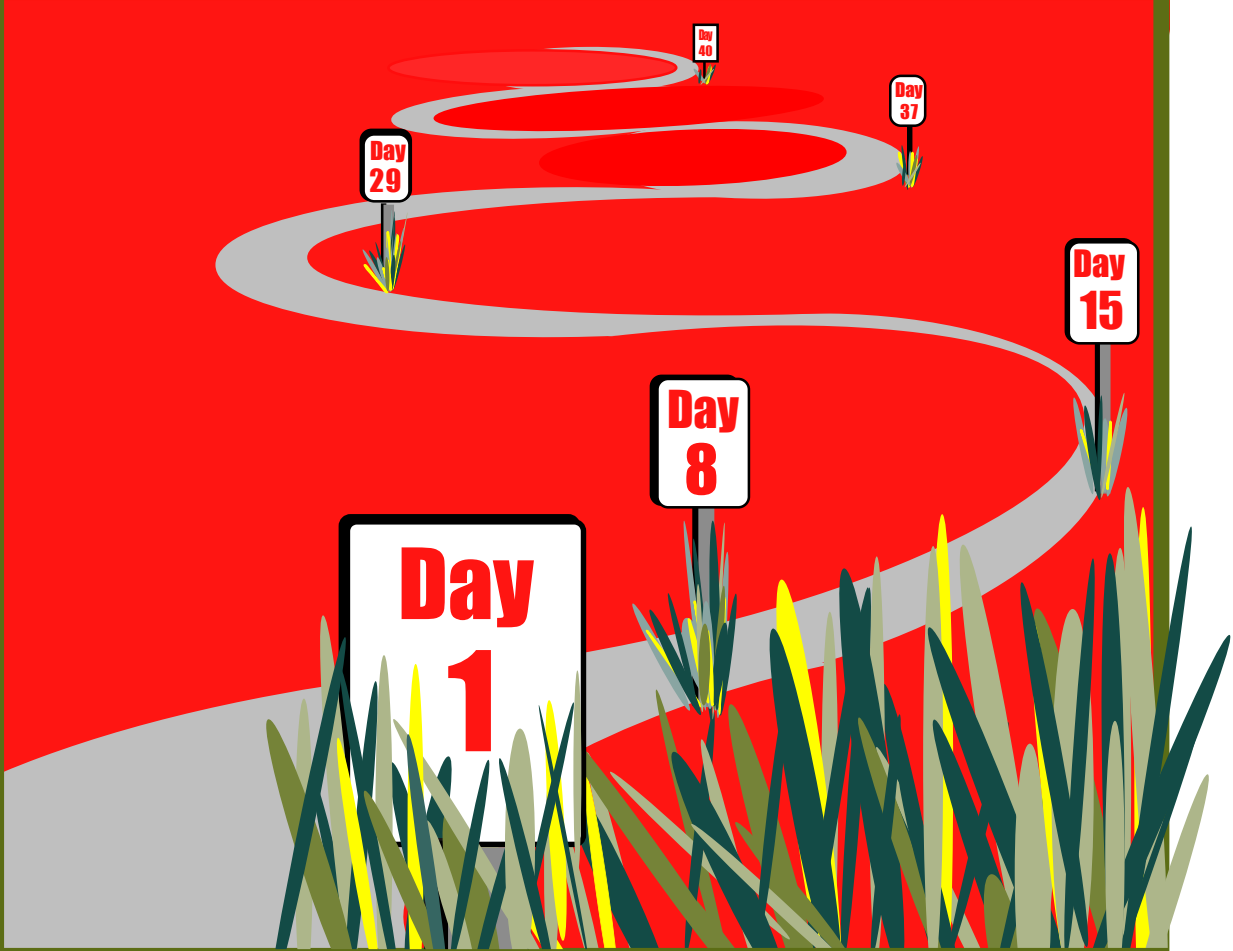


**REAL MEN TALKING**

**LIVING WITH PURPOSE**

*Inspiring Today's Young People  
To Be Their Best!*



# CURRICULUM AND FACILITATION GUIDE



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"Living With Purpose" (LWP)  
Curriculum and Facilitation Guide

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First Edition, 2006  
Printed in the United States of America.  
ISBN: 978-0-9791104-3-6

Published by Success By Choice, Inc.  
11700 Monticello Avenue  
Silver Spring, MD 20902

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*“A vision without action  
is just a dream.*

*Action without a vision is  
merely a passing of time.*

*But a vision with action  
can change the world.”*

- Success By Choice motto

# Greetings!

**Congratulations** on answering the call to become a mentoring facilitator who will implement this 40-day “Living With Purpose” curriculum.

We appreciate your commitment to excellence!

This leadership curriculum has been designed to help today’s young people realize and maximize their potential as they fulfill their true purpose.

You, as the mentoring facilitator, are the primary change agent.

The way in which you interact with your students, the example you set, the skill you demonstrate in presenting this material, and your commitment to facilitating each session will determine the success of this 40-day program.

This is your “Living With Purpose” Curriculum and Facilitation Guide. It includes the material you will be presenting and a lesson plan for each of the 13 sessions. This facilitation guide is designed to give both the structure and the content of each module. The duration of each session is 55 minutes. However, there is tremendous power in having all of the participants share their insights. So if possible, do schedule more time for everyone to be involved in the discussions.

Because we know that every community is different, feel free to customize each session to meet the specific needs of your students.

We appreciate you and thank you for joining our international team of leaders committed to making a difference in the lives of today young people and their communities.

Feel free to stay in communication with us, sharing your insights, breakthroughs, questions and suggestions so that we may improve the impact of this “Living With Purpose” curriculum.

We welcome your feedback because we believe in the principle of C.A.N.I. (Constant And Never-ending Improvement). Our email address is [purpose@successbychoice.com](mailto:purpose@successbychoice.com) and our office number is 800-321-2464

Remember, what we do today will dictate where we will be tomorrow.

Let’s make the most of today by inspiring our young people (who have the potential to be tomorrow’s leaders) to make the right choices as they *live with purpose*.

Stay Blessed,



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## The Critical Need

Many of today's young people suffer from low self-esteem, lack positive direction, and make unwise choices. Their choices generate family challenges, internal conflict, academic failure, and even crime. Such obstacles can lead to a spiral of painful consequences from which they believe there is no way out.

The crisis among today's young people is alarming. While there is a plethora of programs to address various problems, statistics indicate that the overall situation is unabated:

- Approximately 43% of US children live without their father; 90% of homeless and runaway children are from fatherless homes; 80% of rapists motivated with displaced anger come from fatherless homes; 71% of pregnant teenagers lack a father; 63% of youth suicides are from fatherless homes; 85% of children who exhibit behavioral disorders come from fatherless homes; 90% of adolescent repeat arsonists live with only their mother; 71% of high school dropouts come from fatherless homes; 75% of adolescent patients in chemical abuse centers come from fatherless homes; 70% of juveniles in state operated institutions have no father; 85% of youth in prisons grew up in a fatherless home. Fatherless boys and girls are: twice as likely to drop out of high school; twice as likely to end up in jail; four times more likely to need help for emotional or behavioral problems (Guilty Until Proven Innocent, 2006)
- 42% of African-American boys fail an entire grade level at least once. (Census data 2004)
- Almost 12 percent of adolescent drinkers (about 1.2 million 7th-12th graders) engage in alcohol-related physical fighting. (NCADD)
- 39 percent of high school boys say it is acceptable to force sex with a girl who was drunk or high. (NJDOC, 2005)
- Nearly 30% of 17-year-old students have used a tobacco product in the past 30 days. (SAMHSA)
- 61% of black high school students are likely to have sexual intercourse at an early age and have more than four sexual partners, making them six times more likely to contract STDs than other ethnic groups. (Census data 2004)
- Traffic crashes are the number one killer of teens and over one-third of teen traffic deaths are alcohol-related. (National Traffic and Highway Safety Patrol)

To meet the challenges faced by today's young people, RMT International was formed in 2004. This partnership between Success By Choice, Inc. (14 years experience in educational consulting) and Justice Productions (16 years in music, film and video production) is a synergistic joint venture to help empower today's young people be successful in life. By learning leadership principles and success strategies, young people become more accountable and responsible for their actions. RMT International achieves this objective via television, stage and theater, music, educational / motivational (edutainment) mediums including inspirational multimedia productions, motivational student assemblies, educator workshops, parent sessions, and train-the-trainer curriculum programs.

The "REAL MEN TALKING" multimedia stage production is designed to inspire today's young people and families of all ages, spiritual beliefs and socio-economic status to fulfill their true potential. This production highlights accountability, family, education, health, emotions and success. This multimedia stage production will have you laughing, thinking, crying and reflecting. But most of all, you will be inspired to make a difference in your life as well as for others.

"REAL MEN TALKING" was launched at the 2004 National Conference of the National Alliance of Black School Educators (NABSE) in Dallas, Texas. Since the debut in 2004, "REAL MEN TALKING" has received standing ovations from audiences throughout the United States in: Washington DC, Philadelphia PA, Chicago IL, Fairfax VA, San Jose CA, Las Vegas NV, Paterson NJ, Norfolk VA and Virginia Beach VA.

TRUE change is not a one-time event, but a process. Having this perspective, the RMT consultants developed the "Living With Purpose" curriculum to empower communities long after the production has concluded.

The "Living With Purpose" curriculum is designed to empower teachers, parents, mentors and administrators with more effective ways to reach and impact ALL students, especially those not performing up to their true potential.

### **The 40-Day "Living With Purpose" Curriculum**

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The "Living With Purpose" curriculum is an interactive discussion-based program designed to help young people engage in a reflective journey as they learn and reinforce leadership principles and success strategies. During this 40-day program, participants will be given the opportunity to hear insights from famous, contemporary figures to everyday men via the DVD video segments. Exposing young people to positive role models is a tremendous benefit that will expand their minds to what is possible with focus, commitment, and dedication.

## “Living With Purpose” Outcomes

### Students will:

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1. Accept accountability and responsibility for their life.
2. Improve their self-esteem and self-awareness.
3. Understand strategies for taking action in spite of fear.
4. Realize the power of their choices.
5. Gain clarity on their long-term and short-term goals.
6. Participate in interactive exercises stimulating all learning styles.
7. Enhance their critical thinking skills by answering empowering questions.
8. Develop their personal mission statement.
9. Create a *Goals Affirmation Collage* to maintain focus.
10. Identify their strengths and improvement areas.
11. Realize that success is not a destination but rather a journey.
12. Understand the *Wheel of Life* and how to have more balance in life.
13. Reinforce success strategies and leadership habits.
14. Receive continuous encouragement from a supportive team.

## “Living With Purpose” Curriculum Overview

The power of the “Living With Purpose” curriculum lies in the fact that students are engaged to THINK about their future and where they are heading. By participating in group activities, completing individual assignments, listening to wisdom shared from positive role models (via the DVD video segments included in the curriculum), and contributing to classroom discussions, students are empowered to assume greater responsibility for their lives.

The classroom sessions are designed to emphasize the connection between action and consequence so that today’s young people will think first, rather than act impulsively or take blind action. This empowering curriculum has been developed to motivate young people to become excited about their future as they apply specific leadership principles.

A holistic and systemic process of reinforcing positive behaviors among students will be experienced within the “Living With Purpose” (LWP) sessions.

To assess the students’ growth, the *LWP Questionnaire* will be completed during the first and last session of this 40-day “Living With Purpose” program.

The required A/V equipment, supplies and materials are:

- Television
- DVD player
- “Living With Purpose” workbooks for students
- Two (2) LWP Questionnaires for each student
- One (1) index card per student
- Two (2) envelopes per student
- Inspirational CD soundtrack
- CD player (for playing music)
- Old magazines (If possible, 3 different magazines per student)
- One (1) Glue stick to be shared by 3 students
- One (1) Pair of Scissors to be shared by 3 students
- Two (2) Poster boards for each student
- One (1) box of Magic Markers to be shared by 10 students
- One (1) piece of paper for each student
- One (1) pen for each student
- One (1) box or other container to shuffle the envelopes
- One (1) “Living With Purpose” certificate for each student

# LWP Questionnaire

NAME \_\_\_\_\_

DATE \_\_\_\_\_

1. Do you have a clear and specific mission statement for your life? Yes \_\_\_\_\_ No \_\_\_\_\_
2. Are your goals written down? Yes \_\_\_\_\_ No \_\_\_\_\_
3. Do you review your goals everyday? Yes \_\_\_\_\_ No \_\_\_\_\_
4. Do you allow fear to hold you back from taking action? Yes \_\_\_\_\_ No \_\_\_\_\_
5. Do you write in a journal where you track your daily successes? Yes \_\_\_\_\_ No \_\_\_\_\_
6. On a scale of "1" to "10" (with "1" being terrible and "10" being outstanding), how do you rank where you presently are in your life? \_\_\_\_\_
7. On a scale of "1" to "10" (with "1" being terrible and "10" being outstanding), how balanced is your life? \_\_\_\_\_
8. On a scale of "1" to "10" (with "1" being terrible and "10" being outstanding), how excited are you about your future? \_\_\_\_\_
9. On a scale of "1" to "10" (with "1" being terrible and "10" being outstanding), how well are you managing your time? \_\_\_\_\_
10. On a scale of "1" to "10" (with "1" being terrible and "10" being outstanding), are you living your life with purpose? \_\_\_\_\_
11. Have you been exposed to many positive role models? Yes \_\_\_\_\_ No \_\_\_\_\_
12. Do you inspire others to make the right choices and be their best? Yes \_\_\_\_\_ No \_\_\_\_\_
13. Do you allow others to negatively influence your decisions? Yes \_\_\_\_\_ No \_\_\_\_\_
14. Do people consider you to be a positive role model? Yes \_\_\_\_\_ No \_\_\_\_\_
15. Are you doing your best to learn new information everyday? Yes \_\_\_\_\_ No \_\_\_\_\_
16. Do you consider yourself to be a leader? Yes \_\_\_\_\_ No \_\_\_\_\_
17. When you experience challenges, do you maintain a positive attitude? Yes \_\_\_\_\_ No \_\_\_\_\_
18. Yesterday, did you have more positive thoughts than negative thoughts? Yes \_\_\_\_\_ No \_\_\_\_\_
19. Are you taking consistent action to achieve your goals? Yes \_\_\_\_\_ No \_\_\_\_\_
20. Are you having fun and enjoying life? Yes \_\_\_\_\_ No \_\_\_\_\_

## Guiding Principles

### For LWP Mentoring Facilitators

*“People do not care how much you know until they know how much you care.”*

#### Values

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As facilitators of the “Living With Purpose” curriculum, we understand the importance of our core values:”

1. **Integrity** – we walk the talk.
2. **Honesty** – with self and others.
3. **Respect** – for self and others.
4. **Empathy** – we take time to understand others.
5. **Dedication** – we are totally committed to giving 100% to the students.
6. **Accountability** – we never blame but always seek to make a difference.
7. **Excellence** – in all that we do.
8. **Positive Attitude** – we will always see the good in others and strive to bring it out.
9. **Fun** – we value laughter and a good sense of humor.
10. **Accepting** – we value honest opinions.

## Facilitation Tips

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**1. Discover, don't tell:**

Create an experience that will cause your students to discover the truth or concept that you desire to teach. If you just tell the truth or concept to them, it will not mean as much and they will probably forget it.

**2. Personalize it:**

Make every lesson personal and relevant to the students. If the concept you are teaching is just seen as theory that applies only to some people, it will not impact the students' lives. If it is seen as something that affects the students personally in a real way, then they will implement the suggestions.

**3. Provide a mirror:**

Get the students to look at themselves. Many individuals have a natural tendency to point the finger – blaming others or saying that this applies to someone else and not me. Create an environment where students may be honest and share their desire to improve certain areas of their life.

**4. Use role models:**

People identify with real-life examples far more than with concepts. Get your students to see how these principles have worked in someone's life that they admire so they will apply what they have learned.

**5. Access the emotions:**

The more emotionally involved the students become as they relate to the lessons, the more likely they are to remember the lesson and apply what they have learned.

**6. Be sensitive:**

Know your students. Seek to understand from where they are coming. Do not offend or hurt. Rather, be real, understanding and relevant.

## Critical Success Factors

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In order for the “Living With Purpose” curriculum to be successful, each mentoring facilitator will:

- Work with dedication and determination.
- Live a life that reflects what s/he is teaching, and thus be a true role model to the students.
- Be thoroughly prepared to facilitate each of the 13 leadership sessions with a deep understanding of the curriculum material and the desired outcomes.
- Be aware of his /her own personal strengths and improvement areas, realizing that all of us are on a journey of personal growth and discovery.
- Treat the students with respect and dignity.
- Accept the students. Never condemn. When necessary to correct, do so with sensitivity and assertiveness.
- Empathize with the students. Whenever possible, put yourself in their shoes and see life from their perspective.
- Win the trust of the students, never breaking their confidence.
- Continue to develop the personal skills as a facilitator, coach, mentor and role model.

## About the Contributors...

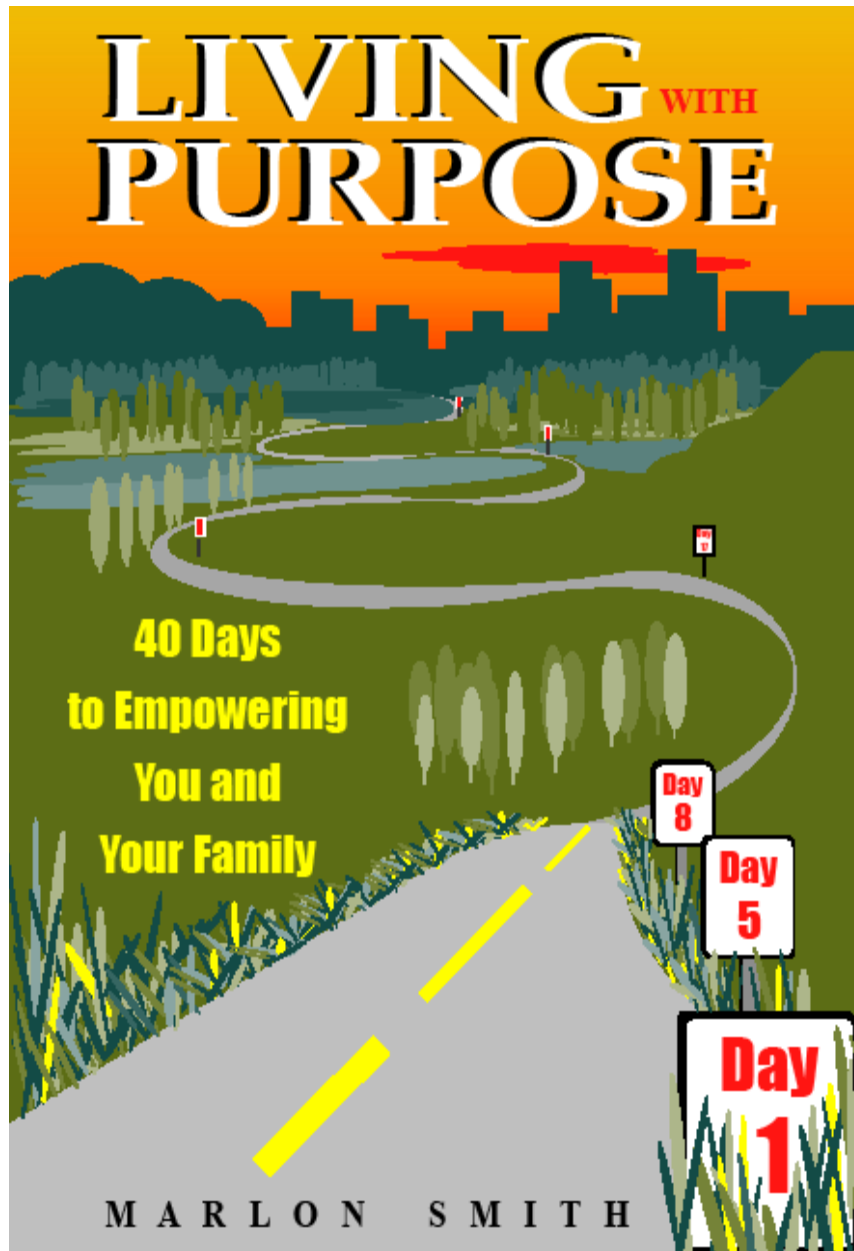
**Dr. Divine Pryor** grew up experiencing all the pitfalls bestowed upon any young black male in America. Born in Brooklyn, New York, he was raised in the roughest areas of Manhattan and the South Bronx. Before ever attending a formal institution, Dr P (as he is intimately known) acquired his very first degree from the “school of hard knocks” with a Ph.D. from the prestigious UCLA. That is “the University on the Corner of Lenox Avenue” in New York City. In the years to follow, he would go on to successfully complete his undergraduate and graduate studies at the State University of New York and finally acquire his Ph.D. in Criminal Justice from Suffield University. He is currently the Executive Director of the Nu Leadership Policy Group which is the world’s first and only national, university based criminal justice institute and public policy think tank whose leadership and faculty is comprised exclusively of formerly incarcerated professionals.

**Marlon Smith** is a young man who is on a mission. He earned a Bachelor of Science in Electrical Engineering from the University of Virginia. As a college student, Marlon’s proudest moment came when he founded Street Academics, a high school outreach program. His corporate experience includes working at two Fortune-500 corporations, IBM and Hewlett-Packard. Marlon has been blessed with an opportunity to inspire, entertain and motivate thousands of individuals in 45 states, including Alaska. And because his message is so timely, he has traveled abroad on numerous speaking tours throughout the former Soviet Union (in Moscow, Gorney-Altay, Kazakhstan), Canada, Mexico, Japan, England, the Caribbean, Botswana, LeSotho, Ghana, Swaziland, and South Africa. Marlon’s work is also included in the best selling book, “A Second Helping of Chicken Soup For The Soul.” In South Africa, Marlon produced the “Motivational Mondays” television series and the national “Success is Your Choice” radio program. In November 2004, he was featured in ESSENCE Magazine as one of the top motivational speakers.

**Flemuel “Fleetwood” Brown, III** is inspired to be one of Philadelphia’s most prolific creative minds to hit the scene. As a producer, songwriter and director, he is so unique that people are paying close attention to his vision. To listen to his music reveals a range of music genres and styles so diverse, it’s difficult to believe the songs and production could actually come from the same person, yet they do. That veracity for creating music has allowed Flem to gain major notoriety as a producer and songwriter. Along with his vast knowledge of music arrangements and music technology, he has worked with various recording artists such as Boyz II Men, C-Knowledge of Digable Planets, Roy Ayers, Mystical and Gerald Levert, just to name a few. He had a top-ten single on Billboard charts as well as on European charts. Flem has his sights set on having a successful hand in every facet of the entertainment industry. His vast track record shows that he is indeed on his way to achieving those goals.

*Inspiring Today's Young People  
To Be Their Best!*

CURRICULUM AND FACILITATION GUIDE



# LIVING WITH PURPOSE

Day	Session Title	Interactive Exercise
1	#1: Uncovering The GREATNESS Within You!	“Line of Choices”
4	#2: Being Your Best!	Index Card Questions
8	#3: Moving Through FEAR!	Glass of Water
11	#4: Taking Action With Passion	Is Fear Real?
15	#5: Getting Clear On Your Goals	Brainstorm Goals
18	#6: Developing Your Goals Affirmation Collage	Goals Collage
22	#7: Claiming the Power of Your Thoughts	“Find Color Blue”
25	#8: Thinking Positive	3-minute Speech
29	#9: Living Your True Mission	“Change Partners”
32	#10: Maximizing Your True Potential	Share Mission Statement
36	#11: Enjoying a Balanced Life	Balanced Life Grouping
40	#12: Improving Your Life	“Wheel of Life”
43	#13: Celebrating Your Victories	LWP Questionnaires

Contact Information

Success By Choice, Inc. is an educational consulting firm specializing in motivational keynote presentations, leadership curriculum programs, on-line empowerment courses and “Edutainment” life-skills multimedia. For more information on Success By Choice, Inc., visit [www.successbychoice.com](http://www.successbychoice.com).

To help inspire more people through the entertainment medium, one division of Success By Choice, Inc. has partnered with Justice Productions LLC to develop the “Real Men Talking” multimedia stage productions, music soundtracks, film and movie projects.

Traveling throughout the United States, different men were interviewed about what it means to be a “REAL” man. These interviews were edited into video clips for the “Real Men Talking” multimedia stage production and DVD-based curriculum. For more information on the “Real Men Talking” movement, visit [www.realmentalking.com](http://www.realmentalking.com).

What happens when 5 African American men,  
(all different ages and life experiences)  
get together to watch the game?  
The TV mysteriously malfunctions,  
And they're forced to have conversation for the next two hours!!!



RMT International presents

# REAL MEN TALKING

The Multi-Media Stage Play

DIRECTED BY FLEMUEL "FLEETWOOD" BROWN III



with video appearances and conversations with the man  
next door to some of America's highest profile celebrities



RMT INTERNATIONAL presents a SUCCESS BY CHOICE and JUSTICE PRODUCTION  
starring MARK SIMMONS MARLON SMITH

"REAL MEN TALKING" RODERICK SLOCUM JOSEF MITCHELL and introducing ANTHONY HEARD with WADUD AHMAD as the VOICE OF REASON  
script layout CATHY DANCE music supervisor FLEMUEL BROWN, III director of photography WALTER WIMBERLY lighting design CATHERINE MONT-  
GOMERY digital graphics JOHN TAYLOR digital editing RICK GRAY executive producer and producers MARLON SMITH and FLEMUEL BROWN, III  
written by MARLON SMITH and FLEMUEL BROWN, III directed by FLEMUEL "FLEETWOOD" BROWN, III

This multi-media stage production will have you laughing, thinking, crying and reflecting.  
But most of all, you will be inspired to make a difference in your life as well as in the lives of others.

visit us on the web @REALMENTALKING.COM

For more information, contact:  
RMT International

1702 North 62nd Street Philadelphia, PA 19151

215-877-8172 FAX: 215-877-0788

showtime@realmentalking.com

www.realmentalking.com

## **“Real Men Talking Is A Must-See!”**

*Dr. Cornel West*

Professor of Religion and African American Studies, Princeton University

*“This production is an affirmation of  
the things I have been speaking on.”*

The New Jersey Forum

*“A funny, informative, well-thought and presented play...  
a performance most deserving of the red carpet.”*

Solomon Jones

Entertainment Columnist, Philadelphia Weekly

*“A phenomenal production for everybody.”*

*Common*

Hip Hop Artist (Geffen)

*“I’m glad to be a part of something this positive.”*

Chuck D

Hip Hop Pioneer and Intellectual

*“What these brothers are doing is what we need.”*

Dyanna Williams

Founder and President, International Association  
of African American Musicians

*“A brilliant performance and production.”*

Dr. Delores Saunders

National President, National Alliance of  
Black School Educators (NABSE)

*“What a stellar performance.  
It’s just what our young boys and men need.”*

Ozzie Jones

World-renowned Director and Creative Director,  
Walt Whitman Arts Center, New Jersey

*“An amazing performance by an amazing cast and director.”*