

Lift The Weight

① Challenge: Why do you need resistance to become stronger?

② Choice: What is expected of you?

③ Balloon: What have you given up on?

④ Time + Effort: Where is your energy going?

⑤ Brain: Why does this need to be your strongest muscle?

Hard - "Resistance"

Easy - "No Resistance"

- 1.
- 2.
- 3.

Responsibility & Self-Discipline Student Gameplan

Instructions

Take a look at the Lift The Weight image while you work through this sheet. The questions below match the numbered flags on the image — they're designed to help you understand how our responsibilities and expectations, rules, expectations, and self-discipline can be hard and seem like something negative but in reality they are the opposite. You can write your answers on this sheet or directly on the image if there's space. Be real, be honest — this is about understanding how these things can help us to build our strength and become more resilient when we face challenges.



I Can Be Resilient By:

- Becoming stronger through following rules.
- Meeting expectations even when it's difficult.
- Practicing self-discipline to build opportunity, freedom, and self-respect.

Name: _____

Date: _____

Introduction to the Lift The Weight Visual Metaphor

What if the things in life that feel the hardest... are actually making you the strongest?

Look at the visual metaphor of the weightlifter and think about this: When a person hits the gym and lift heavy weights, it's tough. Their muscles ache, they sweat, and sometimes it hurts. But that resistance—the strain—is what helps them grow stronger. If they just sat around all day doing nothing, their muscles would get weaker. No resistance = no growth.

Now flip that into your real life.

Rules. Expectations. Responsibilities. They can feel heavy, annoying, even unfair. It's easy to see them as something negative. But what if they're actually your mental gym?

Every time you follow through—even when it's hard—you're training your brain. You're building your ability to stay strong under pressure, stay focused, and push through. That's the kind of strength that leads to freedom, respect, and real opportunities in life.

The guy in the picture? He's lifting a barbell that's got two sides: On one end: Heavy weights—representing rules, expectations, and responsibilities. On the other end: a balloon—light, easy, but going nowhere. Which side do you want to build your life on?

This gameplan is your chance to explore what you're lifting, where your strength is going, and how to shift your mindset so the hard stuff becomes **the good stuff**. Let's dive in!

Lift The Weight Questions



Challenge: Why do you need resistance to become stronger?

Look closely at the weightlifter's strong side—the arm holding the heavy weights. What are some things in your life that feel like “resistance” or feel heavy?

How might those challenges help you grow stronger, like building muscle?



Choice: What is expected of you?

In the picture, the weight represents rules and expectations that must be lifted.

- Which rule feels the hardest to follow? Why?

3 Balloon: What have you given up on?

The balloon side of the bar requires no effort, strength, or discipline.

- What's something you've stopped lifting or given up on?

- Why is doing the easy thing not always the best choice?

4 Time + Effort: Where is your energy going?

The lifter's strength depends on practice and effort. What do you practice most? Write down 3 things you spend the most time and effort doing:

1. _____ 2. _____ 3. _____

Look back at the picture. Do you spend more time doing the hard work of lifting weights—things that require effort, self-discipline, and commitment—or the easy, no-resistance actions like lifting the balloon?

- If your time goes toward the “heavy weights,” how can you keep lifting or do even more?

- If your time goes toward the “balloon - easy things,” what can you change to add some harder things?

Rate how well you're using your energy (1 = not well, 10 = very well): _____

5 Brain: Why does this need to be your strongest muscle?

Look at the head in the picture. Your brain makes the decision to lift the weight or to take the easy way.

When you face something hard, what thoughts or messages tend to pop into your mind?

Write a positive statement to yourself that will help you lift the weight next time and not give up if things get difficult.

Responsibility & Self-Discipline - Gameplan

One Big Thing I Learned
