

# THEME 2: MY AIM AND PURPOSE IN LIFE

CMECS

## Lesson 1: Life Has An Aim

This lesson is written to raise awareness among our students that they need to have a direction in life. This is very important for their wellbeing, even if their goals are rather short-term for the moment.

Next they need to realize that they are actually free and therefore responsible for the direction they take in life. Finally, we hope they realize that an aimless life leads to boredom and frustration.

This lesson utilizes the 5-why theory which means that we keep asking why of something until we arrive at this root – the real cause or reason. This is to unearth the real thinking or motivation why our students are in school, why they have chosen a particular path in life etc. The intention is to help them make their decision or direction in life at present, conscious and truly their own.

## Lesson 2: To Achieve My Aim Requires a Plan and Commitment

In a simple way in this lesson students develop a deeper appreciation of their unique place in the world and the need to commit to a direction. This is done by developing a personal motto which they should adopt.

In the final part of the lesson we look at role models and look at the effort they have put in to achieve their dreams.

In this way we intend that students see the need to take personal responsibility for developing a purposeful life for themselves.

There is a continuous refrain in these lessons that happiness is not about having lots of options but about a vision, a direction. With that comes commitment and dedication to achieve the dream.

## Lesson 3: My Life Aim is Achieved in Bonding and Solidarity with Others

This lesson is rather counter cultural for our schools. We have designed the lesson to stress the importance of working with others. Working in teams, collaboratively and with a sense of community.

We emphasize community and solidarity as the contexts for success, rather than individualism and competition. We insist that the fulfilment of one's life depends on how we work in harmony and solidarity with others.

This is the third and last session for Theme 2 where we connect their aim and purpose in life to a community, a class group, a family and to society. We are not meant to achieve on our own and we are unable to achieve without being part of a community.

