



# **Week 1 – Purpose Driven**

## **Day 2**

### **Processionary Caterpillars**

John Henry Fabre, the great French naturalist, conducted a most unusual experiment with processionary caterpillars. These caterpillars each blindly follow the one in front of them. Hence, the name “processionary.” Fabre carefully arranged them in a circle around the rim of a flowerpot, so that the lead caterpillar touched the last one, making a complete circle. In the center of the flowerpot, he put pine needles, which is the favorite food for the processionary caterpillars. The caterpillars started around this circular flowerpot. Around and around they went, hour after hour, day after day, night after night. For seven full days and seven full nights they went around the flowerpot. Finally, they dropped dead of starvation and exhaustion. With an abundance of food less than six inches away, they literally starved to death.

Do not confuse activity with accomplishment. Many people have the opportunities for a healthy active life within their reach and refuse to grasp what is available. Set your goal and develop your plan and enjoy the life that is available to us all.

**Write/tell about a day in the life of a human processionary caterpillar.**

**How do your weekly goals help you keep from becoming a processionary caterpillar?**

**Helen Keller was asked what is worse than being blind. Her reply, “Having no vision.” How does this define a person with no purpose?**

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## **Day 3**

### **Florence Chadwick – The Fog**

In 1952, Florence Chadwick attempted to swim the 26 miles between Catalina Island and the California coastline. As she began, she was flanked by small boats that watched for sharks and were prepared to help her if she got hurt or grew tired. After about 15 hours a thick fog set in. Florence began to doubt her ability, and she told her mother, who was in one of the boats, that she didn't think she could make it. She swam for another hour before asking to be pulled out, unable to see the coastline due to the fog. As she sat in the boat, she found out she had stopped swimming just one mile away from her destination.

Two months later, Chadwick tried again. This time was different. The same thick fog set in, but she made it because she said that she kept a mental image of the shoreline in her mind while she swam.

**What is your fog?**

**How do you get through your fog?**

**Why is it important for you to see your goal?**

# **Week 1 – Purpose Driven**

## **Day 4**

### **Basketball – Goals**

Read this illustration of the importance of daily goals by looking at the scene of the deciding game of a basketball championship series. The teams have taken the warm-up shots and are physically ready to play the game. The adrenaline is flowing and it's obvious the players feel the excitement that goes with the championship game. They return to their dressing rooms and the coach gives them the last "shot in the arm" before action begins. He may say, "It's now or never. We win or lose it all tonight. Nobody remembers the best man at a wedding, and nobody remembers who came in second. The whole season is tonight."

The players respond. They are so charged up they almost tear the doors off the hinges as they rush back to the court. As they get to the court, they stop short and in complete confusion, which gives way to frustration and anger, they point out that the goals have been removed. They angrily demand to know how they can play a game of basketball without goals. They know that without goals, they would never know the score, never know whether they hit or missed, never know how they stacked up against the competition and never know whether they were on or off target.

It would be silly to play the game of basketball without goals. How about the game of life? How are you doing?

**What do you learn from the goals in basketball?**

**How does that transfer to your weekly goals?**

**What is the important thing to learn from missing the basketball goals and life?**

# Week 1 – Purpose Driven

## Day 5

### Evaluate Your Week

We've been focused on "Purpose Driven" this week, how did you do? For every goal not met, explain what happened and what you can do differently next week to have success.

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If you completed goals, what did you learn?

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Write down in complete sentences, something that you learned about "Purpose Driven" this week.

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Of the three stories, "Processional Caterpillars", "Florence Chadwick", "Basketball Goals", which had the most impact on you? Why?

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### Demonstration:

For each day of the week, give yourself either "+" if you demonstrated this quality or "-" if you did not.

M \_\_\_\_\_ T \_\_\_\_\_ W \_\_\_\_\_ Th \_\_\_\_\_ F \_\_\_\_\_ Sa \_\_\_\_\_ Su \_\_\_\_\_