



Name: .....

Date: .....

# Setting the Bar High: Independent Learning Guide

The role models in the video "[Setting the Bar High](#)" discuss goal setting and always striving to do your best work. They explain the importance of giving your all and really investing your best self into everything that you do.

Watch the video "Setting the Bar High" at least once. Then read each statement below. Think carefully about each question before you answer it.

- 1. One role model said, "It's important to remember that whatever you are doing, you should do it well. Do it to the level that you'd be proud of it when you look back."

What things in your life do you look back on and feel proud? Why? How can you ensure that you can look back on the things you are doing now and feel proud?

---

---

---

---

- 2. Striving to do your best isn't only about doing your best at school or work.

Where else in your life might it be important to do your best? Why?

---

---

---

---



- 3. Listeners learned that one important thing they can do in their lives is to surround themselves with people who are the best at what they do.**

Why do you think it is important to surround yourself with people who are the best? What might this mean at school? In sports?

---

---

---

---

- 4. One role model told us that "not being the best person around is okay, as long as you are working to get there and you're seeking that as a goal."**

What goals do you have in your life? What steps are you taking to move towards achieving those goals?

---

---

---

---

- 5. Setting the bar high for yourself takes discipline.**

What does it mean to "set the bar high"? Why is it hard to achieve this? How might self-discipline help?

---

---

---

---



**6. You may have heard the saying, "The only difference between ordinary and extraordinary is that little extra."**

What is that "little extra"? How can you strive to give that "little extra" in your life at school? At home? While pursuing your hobbies?

---

---

---

---