

Base Module

SPEAKING TRUTH

Watershed Moments in Global Leadership
*High School Curriculum
for Young Leaders*



Fund for the Future of our Children

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Speaking Truth: Watershed Moments in Global Leadership, is a curriculum that provides students and teachers with the opportunity to explore what motivates a person to act on his/her beliefs, when that action is fraught with challenges. Each **Speaking Truth** module explores the influences, motivations, choices and moral foundations of global change agents as inspirations for activism.

Over 1,300 proposals were submitted to the National Council for the Social Studies for the 2014 annual conference. **Speaking Truth** was selected as a workshop option for participants. With more than 4,500 attendees and exhibitors from across the U.S. and around the world, the Fund for the Future of our Children (FFC) had the opportunity to share this curriculum with an international audience as a model for introducing activism to young people, extending the legacy of leadership established by leaders from different continents, ethnicities, religions and social movements, including Congressman John Lewis, Malala Yousafzai, Wangari Maathai, Chico Mendes, Pete Seeger, Thich Nhat Hanh and other inspirational leaders. FFC envisions today's youth as tomorrow's leaders for peace and sees its mission as nurturing those future leaders. **Speaking Truth** is a tool that educators can use to introduce students to what inspired activism in others and to facilitate student reflection on their own inspirations.

In collaboration with FFC, June Murray created the module format which highlights watershed moments, role models, faith and the arts as influences for action in the lives of global leaders explored in each unit.



June Murray has been a social studies teacher for over 25 years. A graduate of Villanova University (BA) and Simmons College (MA), June has taught in a variety of locations from Boston, Massachusetts, to Cali, Colombia. For the last eighteen years she has taught World Cultures at Hudson High School in Hudson, MA. World Cultures, an elective Social Studies class for 10th, 11th, and 12th graders, was created by June when her students requested that she design a course that would engage them in study of the world beyond the limits of a Eurocentric World History curriculum.

June has coached students through the development of a student led initiative, Schools for Sudan, that raised over \$10,000 to build a high school in South Sudan and brought Emmanuel Jal, Sudanese musician and philanthropist to Hudson High School. Moved by their study of human trafficking, June's students raised \$2,000 designing t-shirts and holding assemblies as part of their How Much Am I Worth campaign.

She leads student trips to the Peruvian Amazon and Costa Rica, delivering school and medical supplies to rural villages and exploring the impact of ecotourism on a land and its people, and believes there is no greater joy than watching the spark of curiosity burn brightly in the young people with whom she works.

In 2013 June received the William Spratt Award from the Massachusetts Council for the Social Studies for excellence in teaching secondary social studies. She was also honored by Hudson Public Schools with the Superintendent's Award for Curriculum and Instructional Leadership for her guidance in retooling the 8th grade social studies program.



Fund for the Future of our Children (FFC)

Since 1993, FFC has worked to fulfill its mission of nurturing youth leaders in their efforts to create a more peaceful world while supporting collaborative projects committed to developing non-violent expression, global interactions, and cross-cultural understanding among youth.

With one of FFC's foundational programs, Youth Leadership Grants, applicants research the Abrahamic religious traditions, investigating topics related to peace, leadership, and social justice, and then apply the wisdom from this study to develop a creative project to benefit their community, their nation, or the world. Through their grant projects, students learn the practical skills needed to change society for the better. This endeavor has been a meaningful experience for both FFC and the grant recipients as we have watched grantees grow and inspire others, while their projects bloom into moving examples of social change.

With the celebration of our 20th Anniversary in September 2013, we wanted to further expand our reach for a lasting and thoughtful impact on tomorrow's leaders. Thus, FFC has been developing the Speaking Truth curriculum. Many young people are searching, with open hearts and minds, for grounding and inspiration. They want to make a positive difference in their world, and they are capable of viewing the world in a new and different way from generations past. Using examples from the past and present, Speaking Truth seeks to help young people fill that gap, find grounding and courage that crosses traditional boundaries, and step into their roles as future leaders for peace.

The curriculum features a number of modules, each focusing on the life and work of one great agent of change, delving into that person's influences, motivations, choices, and the role of faith in their lives. The inaugural module features civil rights leader, and now U.S. Congressman, John Lewis. Additional modules highlight the lives of additional leaders with lasting impacts from across the world.

Through this curriculum, FFC aims to hold up examples and teach about the ways in which young people have and continue to stand up against injustice, work for peace, and speak truth. The open hearts and minds of youth recognize that truth has no boundaries, and Speaking Truth provides a way to nurture young people in their quest to build a better world.

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SPEAKING TRUTH:

Watershed Moments in Global Leadership

High School Curriculum for Young Leaders

Using examples from the past and present, Speaking Truth: Watershed Moments in Global Leadership seeks to help young people find their voices and step into their roles as future leaders for peace. Taking a stand for peace and justice is difficult and requires great courage and conviction. Students will reflect on how different leaders for social good have stayed strong in the face of discouragement, frustration, and even danger? The answer lies in their belief that they are part of something greater than themselves.

Curriculum Goals

- Highlight models of courageous leadership for peace and justice.
- Explore the sources of inspiration for action.
- Develop and deepen an understanding of how faith/conviction can inform social and political action.
- Introduce concrete skills for young leaders who wish to become agents for change.

How People Confront Situations in Dark Times with Action

Confronting difficult situations requires faith. Where does faith come from? Throughout history people have acted deriving strength from their beliefs. Watershed moments, role models and inspiration from the arts have strengthened their resolve. This FFC curriculum provides students and teachers the opportunity to look at some of the world's greatest change agents and the source of their strength; a belief in something bigger than themselves.

There are points along the way in each of their journeys when these leaders have confronted darkness with the light of faith.

Essential Questions

- Where does faith come from?
- What role does faith play in your (people's lives) life?
- Despite the consequences, why do some people have the courage to act on their convictions?

Introduction

Introductory Lessons: Circulate Faith, Inspiration Stations, Journaling from the Soul Modules

Each module highlights a person who, through his/her actions and faith, has had a transformative impact on their world.

Within each module, lessons on Watershed Moments, Role Models, Faith, and Activism highlight these concepts in the lives of the people profiled.

The culminating lesson of each module is a call to action, encouraging students to take all that they have learned from the Speaking Truth curriculum and implement that learning to make a difference. Fund for the Future of Our Children (FFC) has supported student activism and examples of student-led initiatives can be found at www.futureofchildren.net.

The following standards from the **Common Core** are addressed in the Speaking Truth curriculum.

Key Ideas and Details

CCSS.ELA-Literacy.RH.9-10.1 Cite specific textual evidence to support analysis of primary and secondary sources, attending to such features as the date and origin of the information.

CCSS.ELA-Literacy.RH.11-12.2 Determine the central ideas or information of a primary or secondary source; provide an accurate summary that makes clear the relationships among the key details and ideas.

Craft and Structure

CCSS.ELA-Literacy.RH.9-10.4 Determine the meaning of words and phrases as they are used in a text, including vocabulary describing political, social, or economic aspects of history/social science.

CCSS.ELA-Literacy.RH.11-12.6 Evaluate authors' differing points of view on the same historical event or issue by assessing the authors' claims, reasoning, and evidence.

Integration of Knowledge and Ideas

CCSS.ELA-Literacy.RH.9-10.8 Assess the extent to which the reasoning and evidence in a text support the author's claims.

CCSS.ELA-Literacy.RH.9-10.9 Compare and contrast treatments of the same topic in several primary and secondary sources.

CCSS.ELA-Literacy.RH.11-12.7 Integrate and evaluate multiple sources of information presented in diverse formats and media (e.g., visually, quantitatively, as well as in words) in order to address a question or solve a problem.

Curriculum Overview

CSS.ELA-Literacy.RH.11-12.9 Integrate information from diverse sources, both primary and secondary, into a coherent understanding of an idea or event, noting discrepancies among sources.

National Governors Association Center for Best Practices, Council of Chief State School Officers

Common Core State Standards ELA 9-12

National Governors Association Center for Best Practices, Council of Chief State School Officers, Washington D.C.

Copyright Date: 2010

Content Objectives

Students will begin to think about the concept of faith and its influence on human behavior.

Students will share their ideas of faith as they relate to the ideas of others.

Synopsis of Lesson

Students will each reach into a hat or basket and select a quotation. The teacher will start to play music (some suggestions: “You Got To Have Faith” by George Michael, “Wavin’ Flag” by K’Naan, “It’s Not My Time” by 3 Doors Down).

Students will begin walking around the room. When the music stops they must find partners, read each quotation to one another, and determine whether they are going to keep their quotations or exchange them. Have the students do 3- 5 rounds of this exchange activity and then ask them to come together in a circle with their quotations.

Ask each student to share why they kept the quotation they did and what that quotation means to him/ her.

Once students have had an opportunity to discuss their quotations write the word FAITH on the board. Invite each student to come to the board and put down a word, phrase that they associate with FAITH from the class discussion. If the word he/she was going to write is already on the board, he/she should put a check mark next to the word.

End class by having students write a definition of the word based on the class activities.

Quotes (17)

“I learned that courage was not the absence of fear, but the triumph over it. The brave man is not he who does not feel afraid, but he who conquers that fear.” – Nelson Mandela

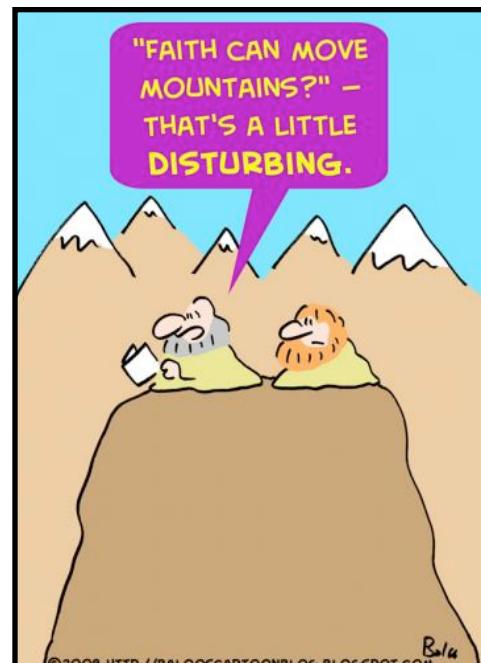
“Pilgrims are persons in motion- passing through territories not their own seeking completion and clarity; a goal to which only the spirit’s compass points the way.” – Richard Niebuhr

“To believe in something, and not to live it, is dishonest.” – Mahatma Gandhi

“What you seek is seeking you.” – Rumi

“Action may not always bring happiness, but there is no happiness without action.” – William James

Circulate Faith

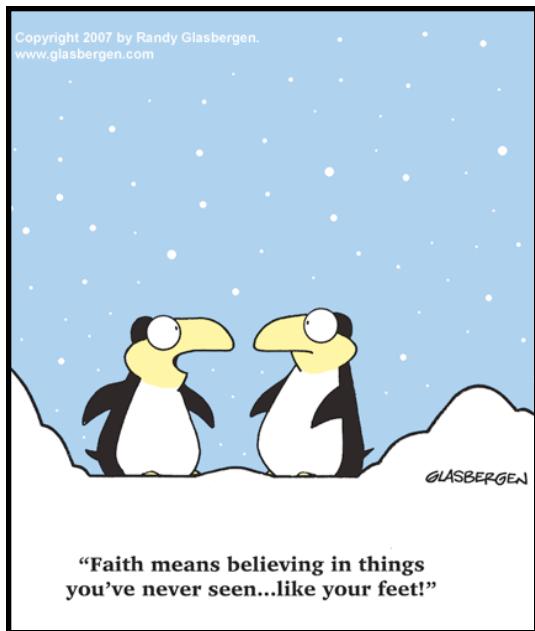


"The reason birds can fly and we can't is simply because they have perfect faith, for to have faith is to have wings." – J.M. Barrie, *The Little White Bird*

"Preach the Gospel at all times, and when necessary, use words." – St. Francis of Assisi

"Some things have to be believed to be seen." – Madeleine L'Engle

"I have been driven many times upon my knees by the overwhelming conviction that I had nowhere else to go. My own wisdom and that of all about me seemed insufficient for that day."
– Abraham Lincoln



"Work without love is slavery." – Mother Teresa

"Faith consists in believing when it is beyond the power of reason to believe." – Voltaire

"Faith is the bird that feels the light and sings when the dawn is still dark." – Rabindranath Tagore

"Faith is not Desire. Faith is Will. Desires are things that need to be satisfied, whereas Will is a force. Will changes the space around us." – Paulo Coelho

"Faith is taking the first step even when you don't see the whole staircase." – Martin Luther King, Jr.

"To one who has faith no explanation is necessary. To one without faith, no explanation is possible." – St. Thomas Aquinas

"You block your dream when you allow your fear to grow bigger than your faith." – Mary Manin Morrissey

"Faith is a knowledge within the heart, beyond the reach of proof." – Kahlil Gibran

**Faith is taking the first step even when
you don't see the whole staircase.**

- Martin Luther King, Jr.

Content Objectives

Students will share their thoughts on concepts related to inspiring action.

Students will come to mutually agreed upon definitions of faith, belief, role models, duty and the arts.

Students will relate faith, belief, role models, duty and the arts to “fueling” activism.

Inspiration Stations

Synopsis of Lesson

Write each of the following concepts on a large piece of paper or a white board. Place the papers around the room so that students will have space to congregate at each station.

Faith

Belief

Role Model

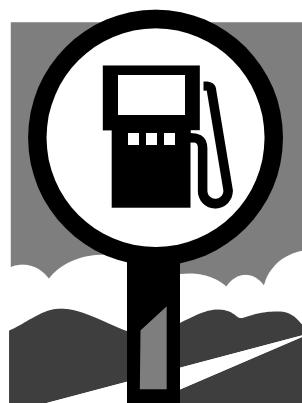
Duty

Arts

Divide students into 5 groups and have each group start at a different station. Ask each group to discuss the concept on the paper they are assigned and to brainstorm words, examples, and ideas associated with that term. Remind them to think about how these words impact their lives. Make markers available at each station.

Have the groups move around the room spending 1-2 minutes at each location. If a student agrees with a word/phrase that has already been written on the paper, he/she can place a check mark next to that word/phrase.

When the groups have visited each station and are back where they began, ask each group to look at what has been written and then share with the class what has been recorded about each concept. Encourage students to look for commonalities and to see if a definition of the concept emerges from the terms people wrote down.



Once the groups have reported out, ask the class how these concepts are related. Then share the following quote by Martin Luther King, Jr.

“Faith is taking the first step even when you don't see the whole staircase.”

Use the quote to begin a class discussion on action and activism and how a person finds the courage to take that first step. How do the concepts the class just discussed encourage taking that step?

Students will capture their interpretation of the meanings of the words: Faith, Doubt, Purpose, Values, The Present.

In addition to exploring these words through writing, students will spend a week photographing their lives capturing the manifestation of these words in their day to day experiences.

Content Objectives

Students will create personal narratives related to each prompt.

Students will document their journaling with photos.

Synopsis of Lesson

Begin class with a writing prompt written on the board and a 10-15 minute free write. Students will share their pieces with each other. At the end of the chapter students will select their favorite pieces and create a class journal/video/document.

Faith

“The function of prayer is not to influence God, but rather to change the nature of the one who prays.” — Søren Kierkegaard

What do you have faith in and why?

Doubt

“Doubt isn't the opposite of faith; it is an element of faith.” – Paul Tillich

What things do I believe in that I cannot see?

Purpose

“He who has a why to live for can bear almost any how.” – Friedrich Nietzsche

If there were only three things I could do in my life, what would they be?

Values

“Your beliefs become your thoughts,
Your thoughts become your words,
Your words become your actions,
Your actions become your habits,
Your habits become your values,
Your values become your destiny.”

— Mahatma Gandhi

List the 5-7 values most important to you. Then ask yourself, if these are my values, am I honoring them? If the answer is yes, great! If there is room for improvement, what could you change so that you were living more in alignment with what you value?

Journaling from the Soul



The Present

“The present moment is the substance with which the future is made. Therefore, the best way to take care of the future is to take care of the present moment. What else can you do?” – *Thich Nhat Hanh*

How you are living right now will make what you hope for a reality. What are you doing know that will lead you to where you want to be?

During the course of the *Speaking Truth curriculum* students will be tasked with capturing these words in images, through photographing their experiences. As a culminating project students may compile their writing and photographs into a journal- either print or video.

Pedagogical Overview

Spiritual intelligence is a set of abilities people use to apply, manifest, and embody spiritual resources, values, and qualities in ways that enhance daily functioning and wellbeing (Amram, 2007). People have these abilities to a greater or lesser degree.

These abilities are grouped into five broad domains: Consciousness, Grace, Meaning, Transcendence, and Truth.

This assessment can be used to engage students in conversation about what spiritual intelligence is and how it can influence decision making and leadership skills. This assessment was administered to business executives and a correlation between effective leadership and spiritual intelligence was determined. A score of 4 or more in any area is a strength.

After taking the assessment students will be able to reflect on their strengths and weaknesses and engage in a conversation about how spiritual intelligence develops.

Frontloading may be required depending on how familiar students are with the vocabulary used in the assessment.

There are items that are “reversed scored.” Upon completing the assessment, have students adjust their scores on those items before totaling their scores.

This approach offers students an opportunity to see the role that Spiritual Intelligence can play in leadership.

Integrated Spiritual Intelligence Scale Assessment

The Integrated Spiritual Intelligence Scale

Zohar and Marshall define Spiritual Intelligence as “...the intelligence with which we address and solve problems of meaning and value, the intelligence with which we can place our actions and our lives in a wider, richer, meaning-giving context, the intelligence with which we can assess that one course of action or one life-path is more meaningful than another.” (p. 3)



Wolman (2001) defines spiritual intelligence as “the human capacity to ask ultimate questions about the meaning of life, and to simultaneously experience the seamless connection between each of us and the world in which we live” (p. 83).

Spiritual intelligence is a set of abilities people use to apply, manifest, and embody spiritual resources, values, and qualities in ways that enhance daily functioning and wellbeing (Amram, 2007). People have these abilities to a greater or lesser degree.

These abilities are grouped into five broad domains: Consciousness, Grace, Meaning, Transcendence, and Truth.

Working across each grid in numerical order, score all the items on a scale from 1 to 6 based on the general frequency of your behavior over the past 6 to 12 months:

- 1 - Never or almost never
- 2 - Very infrequently
- 3 - Somewhat infrequently
- 4 - Somewhat frequently
- 5 - Very frequently
- 6 - Always or almost always

After you have scored all 70 behaviors, you will complete the spiritual intelligence score by finding your average score for each domain.

Consciousness

This domain reflects the ability to raise or shift consciousness, to tap intuition, and to synthesize multiple points of view in ways that enhance daily functioning and well-being.

Consciousness is divided into three capabilities: **Intuition**, **Mindfulness**, and **Synthesis**.

Intuition:

- 1. I pay attention to my dreams to gain insight to my life.
- 2. I remember to consider what is unspoken, underground or hidden.
- 3. I listen to my gut feeling or intuition in making important choices.
- 4. I listen deeply to both what is being said and what is not being said.

Mindfulness:

- 5. During an activity or conversation, I monitor and notice my thoughts and emotions.
- 6. I live and act with awareness of my mortality.
- 7. I look for and try to discover my blind spots.
- 8. In arguing or negotiating, I am able to see things from the other person's perspective, even when I disagree.

Synthesis:

- 9. In meetings or conversations, I pause several times to step back, observe, and re-assess the situation.
- 10. I can hold as true and integrate seemingly conflicting or contradictory points of view.
- 11. Even in the midst of conflict, I look for and find connection and common ground.
- 12. To solve problems, I draw on my ability to hold, accept and go beyond paradoxes.

Grace

This domain reflects inner-directedness (combining discernment and freedom) and love for life, drawing on the inspiration, beauty and joy inherent in each present moment to enhance functioning and well-being.

Grace is divided into six capabilities: **Beauty**, **Discernment** (ability to judge well), **Freedom**, **Gratitude**, **Immanence** (seeing the divine in the material world), and **Joy**.

Beauty:

- 13. I notice and appreciate the beauty that is uncovered in my work.
- 14. I appreciate the sensuality and beauty of my daily life.
- 15. I find ways to express my true self creatively.

Discernment:

- 16. My actions are aligned with my soul.my essential true nature.
- 17. I am aware of my inner truth, what I know inside to be true.
- 18. My actions are aligned with my values.

Freedom:

- 19.Because I follow convention, I am not as successful as I could be. (reverse scored)
- 20. I have a good sense for when my purpose requires nonconformity, out-of-the-box thinking, or taking an unpopular stand.
- 21. I have a hard time going against conventions, expectations, or rules. (reverse scored)

Gratitude:

- 22. My life is a gift, and I try to make the most of each moment.
- 23. I remember to feel grateful for the abundance of positive things in my life.

Immanence:

- 24. I am mindful of my body's five senses during my daily tasks.
- 25. In my daily life, I am disconnected from nature. (reverse scored)
- 26. I spend time in nature to remind myself of the bigger picture.
- 27. I enjoy the small things in life-such as taking a shower, brushing my teeth, or eating.

Joy:

- 28. I bring a feeling of joy to my activities.
- 29. Even when I seem to have very few choices, I feel free.
- 30. I am frustrated by my inability to find meaning in my daily life. (reverse scored)

Meaning

This domain reflects the ability to experience meaning, link activities and experiences to values, and construct interpretations in ways that enhance functioning and well-being even in the face of pain and suffering.

Meaning is divided into two capabilities: **Purpose** and **Service**.

Purpose:

- 31. I hold my work as sacred.
- 32. In my day-to-day activities, I align my purpose with what wants to and needs to happen in the world.
- 33. I see financial rewards as being the primary goal of my work. (reverse scored)
- 34. I see advancing my career as the main reason to do a good job. (reverse scored)
- 35. I derive meaning from the pain and suffering in my life.

Service:

- 36. I feel that my work is an expression of love.
- 37. My work is in alignment with my greater purpose.
- 38. In my daily life, I feel my work is in service to the larger whole.

Transcendence

This domain reflects the ability to align with the sacred and transcend self with a sense of relatedness and holism in ways that enhance functioning and well-being.

Transcendence is divided into five capabilities: Higher self, Holism (viewing things as a system rather than the individual components), Practice, Relatedness, and Sacredness.

Higher Self:

- 39. I draw on deep trust or faith when facing day-to-day challenges.
- 40. I am aware of a wise or higher-self in me that I listen to for guidance.
- 41. I seek to know only what is provable and avoid the mysterious. (reverse scored)
- 42. My goals and purpose extend beyond the material world.

Holism:

- 43. To gain insights in daily problems, I take a wide view or holistic perspective.
- 44. I feel like part of a larger cosmic organism or greater whole.
- 45. Seeing life's processes as cyclical gives me useful insights to daily challenges.

Practice:

- 46. I have a daily spiritual practice such as meditation or prayer that I draw on to address life challenges.
- 47. In difficult moments, I draw on stories, quotes, teachings, or other forms of time-proven wisdom.
- 48. I have daily and weekly times set aside for self-reflection and rejuvenation.
- 50. I use rituals, rites, or ceremonies during times of transition.
- 51. I use objects or places as reminders to align myself with what is sacred.

Relatedness:

- 52. I work toward expanding other peoples' awareness and perspectives.
- 53. I draw on my compassion in my encounters with others.

Sacredness:

- 54. Experiences of grace or awe give me insights or direction in dealing with daily problems
- 55. I live in harmony with a force greater than myself, a universal life force, the divine, or nature
- 56. In my day-to-day tasks, I pay attention to that which cannot be put into words.

Truth

This domain reflects the ability to be present, to love and peacefully surrender to truth. This includes manifesting openness, presence, humility, and trust in ways that enhance daily functioning and well-being.

Truth is examined in six capabilities: **Egolessness, Level-headedness, Inner wholeness, Openness, Presence, and Trust.**

Egolessness:

- 57. Being right is important to me. (reverse scored)
- 58. When looking at others, I tend to focus on what they need to do to improve.(reverse scored)
- 59. I want to be treated as special. (reverse scored)

Level-headedness:

- 60. When things are chaotic, I remain aware of what is happening without getting lost in my experience.
- 61. I get upset when things don't go the way I want them to go. (reverse scored)

Inner Wholeness:

- 62. I am my own worst enemy. (reverse scored)
- 63. I accept myself as I am with all my problems and limitations.

Openness:

- 64. I resist events that I don't like, even when they need to occur. (reverse scored)
- 65. I hold resentment towards those who have wronged me. (reverse scored)
- 66. I strongly resist experiences that I find unpleasant. (reverse scored)

Presence:

- 67. My mind wanders away from what I am doing. (reverse scored)
- 68. I find it upsetting to imagine that I will not achieve my desired outcomes. (reverse scored)
- 69. I tend to think about the future or the past without attending to the present moment. (reverse scored)

Trust:

- 70. I am driven and ruled by fears. (reverse scored)
- 71. I have faith and confidence that things will work out for the best.

To score, average the item scores in each domain after correcting for reverse scored items (i.e. the score of a reverse scored item of 6 becomes 1, 5 becomes a 2, 4 becomes a 3, 3 becomes a 4, 2 becomes a 5 and a 1 becomes a 6).

Consciousness Grace Meaning Transcendence Truth

Average the scores from each domain to get overall Spiritual Intelligence Score.

Spiritual Intelligence Score

Amram, Yosi & Dryer, Christopher (2008). [The Integrated Spiritual Intelligence Scale: Development in Preliminary Evaluation \(pdf\)](#). Paper presented at the 116th Annual (August 2008) Conference of the American Psychological Association, Boston, MA.

Available on www.yosiamram.net/papers/.

Spiritual Intelligence and Leadership

There is a clear consistency between spiritual values and practices such as honesty, integrity, humility, listening responsiveness, showing concern for others, and effective leadership.

Effective leaders manifest greater self-awareness and self-knowledge.

Current leadership constructs find that empathic and compassionate interpersonal relationships, inspirational motivation, inner-directedness based on self-knowledge, discernment, articulation, embodiment of values, and the mobilization of meaning are central for effective leadership (Bass, 1990, 1997, 2001; Bennis, 2000, 2001, 2007; Kouzes & Posner, 2007; Sternberg, 2007).

Excerpts from: Amram, Y., Luskin, F., Posner, B., & Shapiro, S. (2010). *The Contribution of Emotional and Spiritual Intelligence To Explaining Leadership.(pdf)* ITP, Stanford, & Santa Clara University Working Paper, Palo Alto, CA.

What do these domains have to do with leadership? How might Spiritual Intelligence impact a leader's effectiveness? How do you think your spiritual intelligence influences your actions?

Spiritual Intelligence can also play a significant role in the creation of positive societal change, as one directs inner strength, compassion, and knowledge to an external recipient. Spiritual intelligence emerges at the intersection of one's beliefs and how those beliefs inform our actions and leadership - especially to influence and inspire social change.

Content Objectives

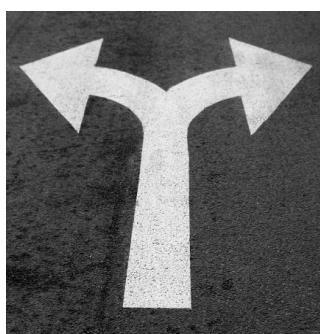
Students will define and apply the concept of a watershed moment to their lives with reflection on taking action when feeling unprepared and learning more about the motivations of others during their own watershed moments.

Synopsis of Lesson

Begin class by having students reflect on the following question. This can be done in writing or through class discussion..

Have you ever had to act when you weren't ready, when you knew that something had to be done but you really wished someone else would do it?

Build a definition of the concept **Watershed Moment**. Below are a definition and two literary excerpts on the concept:



A watershed moment is used to refer to a critical defining moment at a point in time, a turning point (Ask.com).

"Every life has a **watershed moment**, an instant when you realize you're about to make a choice that will define everything else you ever do, and that if you choose wrong, there may not be that many things left to choose. Sometimes the wrong choice is the only one that lets you face the end with dignity, grace, and the awareness that you're doing the right thing. I'm not sure we can recognize those moments until they've passed us." – Mira Grant, *Feed*¹

One never knows when that watershed moment will come. One never knows if there will be just one...or many.

It's easy to be virtuous, when virtue isn't challenged. It's easy to be faithful when faith is simply an abstraction. It's easy to be chaste, when no one's there to tempt us. It's easy to sacrifice...when that's your only option. We believe we are who we say we are...and all is fine and good...until that fateful watershed moment.

A watershed moment demands a decision, compels action.

A watershed moment can't be bypassed or sugarcoated with words.

A watershed moment demands that we reveal our true selves... our essence.

In that watershed moment, in the blink of an eye, we reveal our true character. From that moment on, from that decision forward, we are who we demonstrated ourselves to be. From that point on, words no longer define us.

When all is said and done...we are what we do.¹

Watershed Moments

¹ <http://attwilightblog.blogspot.com/2007/11/watershed-moment.html>

Where do you turn when things become difficult but you know you must keep going?

Family, Friends, Religious Beliefs, Artistic Expressions (poetry, drawing, music), School

Examine the lives of one or more of the Speaking Truth activists. What were their watershed moments? How did they respond when faced with challenges? How does this compare to where you derive your strength and inspiration?