Accelerate

A Guided Playbook for Young Dreamers, Scholars, Artists, and Athletes

By

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Workbook

Questions and Exercises
Chapter 1: Life is a Ladder

Questions:

Consider that our ladder represents life and each rung on the ladder indicates where you are on your life’s journey. The irony is that sometimes you slip or continue to repeat various steps of your journey up the ladder. One of the many questions you need to continuously ask yourself is where am I on this ladder? What rung am I on?

- Where am I going?
- Do I have enough resources to help me get there?
- Am I climbing at the right pace?

What rungs on the ladder do you think each of the Thomas’s in the story are on?

Thomas 1. __________________________________________________
Thomas 2. __________________________________________________

What does being successful mean to you?
______________________________________________________________________________
______________________________________________________________________________

How do you think will you achieve success?
______________________________________________________________________________
______________________________________________________________________________

What do you think you will have if you are successful?

- A great job?
- A lot of money?
- A happy relationship or family of your own?
- A beautiful home or fancy car?
- Doing something powerful and positive that makes a difference in the world?

Your Answer:
______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________
So, what do you think the story of the two Thomas’s is trying to tell us?
______________________________________________________________________________
______________________________________________________________________________

Do you think that Thomas 1 has a chance of becoming a doctor? ______
Is he living in reality? __________
Is he engaging in real life events that will lead him to that career? __________
What about his values? What do you think he values most?
______________________________________________________________________________
______________________________________________________________________________

Is he becoming a doctor for the right reasons? __________

Thomas 2 sees being a doctor as far more than a career. He sees it as something that defines a big part of who he wants to be.
Can you understand the difference? __________

What do you think he values?
______________________________________________________________________________
______________________________________________________________________________

**Chapter 1 Exercises:**

What goal do you think you want to achieve?
______________________________________________________________________________

What rung are you on based on what you have done to move toward your goal?
______________________________________________________________________________

What can you do to move up a few rungs?
______________________________________________________________________________
Draw yourself on the ladder now. Draw what rung you think you can get to this year, next year, in two years.

Write down three possible career paths you think you might enjoy taking:

1. ________________________________
2. ________________________________
3. ________________________________

Now explore each of those paths.
What are the advantages of each career? (Ex. Good pay, lots of room to grow)
______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________

What are the disadvantages? (Ex. Years of study, not many job opportunities)
______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________

Pick any of these career possibilities. Name three things you could do to help you climb the rungs of the ladder towards achieving your career goal they way that Thomas 2 did.

1. ________________________________________________________________
2. ________________________________________________________________
3. ________________________________________________________________
Chapter 2: Finding your Groove

Questions:

High school offers you a great opportunity to figure yourself out.

- What are you interested in?

- What are you good at?

- What do people consider your best talents?

- What do you love to do or hate to do?

When you take the time to look at yourself from different angles, you start to see a variety of pictures of who you are and who you might become. Try this. Find a picture that’s hanging on any wall. Stand ten feet away from the picture. Now stand five feet away. Now two then one foot away. Get as close to the picture as you can. Take time to really see it. Now move to one side and then the other. Look at the picture from every distance and angle you can. Interesting right? The picture is different from every position. You see different elements. Yet, it’s the same picture, right?

That’s you.

Can you see your future in your mind?

What does it look like?

Do you have self-doubts? _____________
Chapter 2 Exercises:

Answer the Following Questions:

What do you suck at that you hate?
______________________________________________________________________________
______________________________________________________________________________

What do you suck at but like/enjoy doing and wish you were better at or would like to learn more about?
______________________________________________________________________________
______________________________________________________________________________

What are you good at but aren’t that interested in or don’t like or care about much?
______________________________________________________________________________
______________________________________________________________________________

What are you good at and love doing?
______________________________________________________________________________
______________________________________________________________________________

Now, create a diagram of those things and where they intersect – Somewhere in there is your possible future.

Name 5 things and/or people that are the biggest influencers in your life. This can be a person like a teacher or relative, it could be a type of music you listen to, or the kinds of movies you watch.

1. __________________________________________________________________________
2. __________________________________________________________________________
3. __________________________________________________________________________
4. ____________________________________________________________
5. ____________________________________________________________

What are the first 5 things that come to mind when you hear the word stress?

1. ____________________________________________________________
2. ____________________________________________________________
3. ____________________________________________________________
4. ____________________________________________________________
5. ____________________________________________________________

What is the one thing you want most from your parents?

___________________________________________________________
________________________________________________________________
________________________________________________________________
________________________________________________________________
________________________________________________________________
Chapter 3: The “What If’s?”

Questions:

*Dream job, dream life. What does it look like?*

Once you’ve eliminated some things, listed some possibilities, and considered what might be a potential path, can you describe what your life might be like?

______________________________________________________________________________

______________________________________________________________________________

______________________________________________________________________________

What kind of job will you have?

______________________________________________________________________________

______________________________________________________________________________

What kind of family life?

______________________________________________________________________________

______________________________________________________________________________

Where will you live?

______________________________________________________________________________

______________________________________________________________________________

What will make you happy, proud, and successful.

______________________________________________________________________________

______________________________________________________________________________

______________________________________________________________________________

Focus on progress, not perfection

What’s your why, something or someone that is the reason you do anything?

______________________________________________________________________________

______________________________________________________________________________

______________________________________________________________________________

What motivates you and gets you up and moving?

______________________________________________________________________________

______________________________________________________________________________

______________________________________________________________________________

What is your passion, the thing that excites you?
Your happiness?

Your fun?

Your dream? (Go big on this. Shoot for the moon)

Your goals, small and big, short term, and long range?

Your definition of success?

Once you know your why, you need to write it down.

You need to write down the goal, the big picture you’re trying to get to. You need to write down your why, the reason or reasons for wanting to achieve your goal. And you need to keep it somewhere where you can reach it, look at it to help keep you on track. Then you need to focus on the how. Consider keeping a journal.
Chapter 3 Exercises:

Name something you really want to do but don’t think you can accomplish.
______________________________________________________________________________
______________________________________________________________________________

Why? What are the obstacles that, in your mind, keep you from this goal?
______________________________________________________________________________
______________________________________________________________________________

What can you do to change your perception?
______________________________________________________________________________
______________________________________________________________________________

Name 3 things about yourself that you truly dislike?

1. __________________________________________________________________________
2. __________________________________________________________________________
3. __________________________________________________________________________

Now turn those around to something positive.

1. __________________________________________________________________________
2. __________________________________________________________________________
3. __________________________________________________________________________

Examples:

Negative: I talk too much  
Positive: I’m a good communicator with a lot to say.

Negative: I don’t get as good grades as my sister does  
Positive: I am self-aware and know that while I have a lot to learn, I have the desire to do so.
Chapter 4: Creating Your Brand

Questions:

What do you think makes a person buy a certain product or use a certain service?
______________________________________________________________________________
______________________________________________________________________________

What have you bought or wish you could buy because their marketing makes you want that product?
______________________________________________________________________________

Why?
______________________________________________________________________________
______________________________________________________________________________

Chapter 4 Exercises:

What Social Media do you use and participate in?
______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________

How do you use those platforms?
______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________

Research domain names. There are many places where you can buy a domain name for less than $15 (often a lot less). See if your own name is available. If you have an unusual name it might be, and you can ask your parents if you can buy that domain name for future reference. If you are tech savvy, you might want to start a website and share your talents or write blogs about what you are interested in.

If you are 16 or older, sign up for LinkedIn and create an account. If you are younger than 16, work with your parents to start an account. Find three groups on LinkedIn that share some interest of yours. Begin to connect with people that share those interests. Always keep your parents and mentors aware of your social media interactions to help guide you and keep you safe.
Chapter 5: Mindset, Learnability, Talents, and Skills

Questions:

How do you like to study?

Do you like to study alone in a quiet room? __________

Do you prefer to study with other people in a group setting? __________

Some people can only learn with the TV on for mindless noise in the background. Other people need to have complete silence. What works best for you?

______________________________________________________________________________

______________________________________________________________________________

Do you think you have a fixed or a growth mindset? ____________________________

Chapter 5 Exercises:

There are three basic types of learning: Visual, Auditory, and Kinesthetic.

It’s important to identify the way you absorb information best. Some people need to see information. This means they will likely learn by reading or watching demonstrations. Some need to hear the information. Books on tape, lectures, work best for them. Others are kinesthetic learners meaning they learn by doing.

Do you know what your best way or ways of learning are? Once you figure that out, you will save a lot of time and effort when studying and choosing classes that suit your learning skills.

1. How do you learn best?

- By reading? ______
- By listening to someone talk – teacher lectures? ______
- By watching videos? ____________
- Alone or in a group? ____________
- In class, at a library or at home? ____________

What other factors help or hinder your ability to learn? Ex. noise, where you sit etc.
Do you learn in one or more of these ways?

- Experiential (by experiencing things) ______
- Visually ______
- Auditory ______

2. What can you do to improve your mindset about a subject you don’t like or think you are good at?

3. Find someone that is struggling with a subject you are really good at. Offer to help them improve.

4. Take the High 5 Test

Go to the website below and take this free test; the High 5 Test. This test was created to help people discover what they’re naturally good at. Over a million people have taken it.

https://high5test.com/ 100 questions and free to take!

Extra exercise for students already in or entering high school:

Research colleges that offer subject majors that you think you’re good at and like.
Chapter 6: The Three R’s Relationships, Relationships, and Relationships

Questions:

What subject area(s) would you like to learn more about? Examples: science, acting, fly fishing — anything that interests you.
___________________________________________________________
___________________________________________________________
___________________________________________________________

Who do you see as successful in the area or subject you want to learn about or might even see as your future career like Thomas did with the doctor?
___________________________________________________________
___________________________________________________________
___________________________________________________________

How can you access that person or persons?
___________________________________________________________
___________________________________________________________
___________________________________________________________

You may read his or her books or blogs, follow them on social media. You might be able to connect with them through those social media accounts.

Make a short video or write a heartfelt note and tell the mentor that seems unreachable how much their books and blogs move you. Message them, write them from their websites. Ask for their help. They might turn you down, but they might surprise you.
Chapter 6 Exercises:

Name 5 people living you wish you could talk to about your future. This can be realistic or as far-fetched as possible.

1. ______________________________________________________________
2. ______________________________________________________________
3. ______________________________________________________________
4. ______________________________________________________________
5. ______________________________________________________________

What kinds of questions would you ask each of them?

______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________

Think about 5 people in your life that you can reach out to and ask to mentor you. You only need one to say yes.

______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________

Seek one thing you can volunteer for that will help others and get involved.

______________________________________________________________________________

Look for internships that might fit your interests and if it’s possible, apply for a few.
Chapter 7: Distraction is Your Only competition

Questions:

Has anyone ever taught you how to focus or concentrate? __________

On a scale of 1 to 10, 1 being bad and 10 being excellent, how would you rate your concentration skills? ______________

Did your parents or a teacher teach you that skill? ______________
Did you learn it on your own? __________________

Chapter 7 Exercises:

Make an intention to learn self-awareness about distraction and time sucks.

Get a small notebook and a pen or pencil and keep it with you for a whole day from the time you rise till you are about to fall asleep. Note the time when you get up and the time when you get in bed to go to sleep when all devices are put away.

- Every time you look at your phone during those hours, make a tick mark on a page in the book and mark the time you picked the phone up and the time you put it down.
- Every time you play a video game, mark the time you start and stop.
- Every time you play around on any social media platform on laptop or phone, mark the time you start and stop.

The next day, count up the minutes and hours you noted and subtract that number from the total number of hours you were awake. Do the math to see the percentage of your waking hours that you were distracting yourself. Ask your parents and friends to try this exercise too. I think it will be enlightening for a lot of people.

Next, get out that same notebook and a pen or pencil and keep it with you for a whole day from the time you rise till you are about to fall asleep. This time, write down every single thing you do from morning till night, what time you started and stopped each activity. It won’t be easy so make a game of it. Challenge yourself to keep up with it ALL DAY.

I promise you; these two activities can be life changing.
Chapter 8: Values and the Word Valuable

Questions:
What’s important to you? Make a circle around all those things that apply.

- Friendship
- Money
- Status
- Being liked/loved
- Being accepted
- Being smart
- Being funny
- Being true to yourself
- Your family
- The earth
- The environment

List other things that are important to you.

Have you ever been bullied? _____________
Do you think you have ever bullied someone else? _____________
If so, who? ___________________________________________
How does being bullied or bullying someone make you feel?

________________________________________________________________________________
________________________________________________________________________________
________________________________________________________________________________
Do you think of that bully as your enemy? _____________
How have you reacted to being bullied?
Do you have someone you consider to be a real friend? If you have more than one, you are very lucky.

Do you have an inner voice that sometimes tells you that you aren’t capable, smart, or good enough?

If so, what do you do to quiet that voice?

Chapter 8 Exercises:

Make a spreadsheet or list of as many people you are in contact with as possible. School mates, friends, teachers, mentors.

- What category are they in – Enemy, Friend, Frienemy, Alliance?
- Are any of them in more than one category?
- How do they influence your decisions?
- What value do they bring to your life?
- How does this knowledge help you to go forward toward success?

Talk to the people on the friends list or members of your family. Discuss your values and your personal boundaries with them. Ask them about theirs but don’t judge them if theirs differ from yours.

There are lots of ways to think, live, and behave. Everyone has a right to choose their own values and beliefs.
Chapter 9: The Big Gig Economy

Questions:

What are your hobbies?

______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________

What do you enjoy doing that’s out of the scope of schoolwork?

______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________

Chapter 9 Exercises:

Do you have a hobby you wish you could earn a living at? __________

What is that hobby or hobbies?

______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________

Would it be a side hustle to your full-time job? __________

Could it be a full-time job? __________

Research other people who are doing what you want to do or have similar interests. Use the power of Google.

Look up young entrepreneurs and see if any of them inspire you. Reach out to them through social media and ask if they might help you with your ideas.

Don’t be afraid to ask questions. Mentors are everywhere. You just need to muster the courage to reach out to them.
Chapter 10: Honing Your Superpower

Questions:

What makes you special and even different from the people in your life?
______________________________________________________________________________
______________________________________________________________________________
Are there ways in which you think you might be super?
______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________
What do you think are the differences between Superman and Batman?
______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________
Do you think you can learn a superpower or are you just born with them like Superman?
______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________

Chapter 10 Exercises:

List and describe at least one thing you think is your superpower. (more if you have a few)
______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________

What can you do because of that superpower(s)?
______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________
Identify 5 classes, courses, or videos that will help you sharpen your superpower or skills.

1. ___________________________________________________________
2. ___________________________________________________________
3. ___________________________________________________________
4. ___________________________________________________________
5. ___________________________________________________________

Watch at least 3 Ted Talks that sound interesting to you.

If you could do a Ted Talk, what would the subject be?
________________________________________________________
________________________________________________________
________________________________________________________
Chapter 11: What’s Your Vibe?

Questions:

When you think of energy, what comes to mind?

______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________

Chapter 11 Exercises:

Meditation exercise:

Start with 3 minutes of meditation. Do that for one week.
Week two: Expand that to 5 minutes.
Week three: Meditate 10 mins per day.
Build the meditation muscles that will allow you to meditate regularly.

What things are you taking more responsibility for in your own life?

______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________

How do you see your life as an adult?

- Where would you live if you could live anywhere and why?
  ____________________________________________________________________________
  ____________________________________________________________________________

- What kind of home would you live in?
  ____________________________________________________________________________
  ____________________________________________________________________________

- What kind of car would you drive? __________________________________________
  ____________________________________________________________________________

- What kind of food would you eat?
  ____________________________________________________________________________
  ____________________________________________________________________________
Chapter 12: The Real F Word

Questions:

Have you ever failed at anything?
______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________

How did that make you feel?
______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________

Do you think you have:
- Grit ______________
- Perseverance __________
- Resilience _____________
- The Ability to Self-Soothe ____________

Final exercises:

Write your own Story - you are the narrator, the star...
______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________

Be a star in your own Production. What movie will you write If you think of your life as a script?
______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________