

Power Tool #8: Training Spirit (Zest)

Step 1: Words to Know

Directions: Review and master each term before watching the video.

TERM	DEFINITION
Enthusiasm	having a lively interest in something
Expectations	things people look forward to or anticipate will happen
Performance	the way a person works, acts, or uses his or her skills
Vitality	outstanding physical strength or mental power
Motivating	providing a cause or reason to do something
Strategizing	making a plan of action
Optimal	most favorable; best

Step 2: Watch the Video: Power Tool #8 - TRAINING SPIRIT (ZEST)

Directions: Access the video from the Crossover Training web site: www.crossovertraining.org. Go to Power Tools and then click on Power Tools Units.

Step 3: Memorize Power Pledge Verse

Directions: You must memorize this verse of the Crossover Power Pledge.

I have Training Spirit. My **enthusiasm** can **change** the world.

Step 4: Take the Power Tool #8 - TRAINING SPIRIT (ZEST) Quiz

Directions: Access the quiz from the Crossover Training web site: www.crossovertraining.org. Go to Power Tools and then click on Power Tools Units. There are two quiz levels. Junior quizzes are for elementary grades through sixth grade. Pro quizzes are for grades seven through high school.

Step 5: Recite Power Pledge Verses Learned So Far

Directions: You must successfully recite all the verses of the Power Pledge you have learned so far to a Crossover tutor or staff member in order to have it signed off on your Power Tools Log.

Hints: I am a powerful person ... I have GRIT ... I have OPTIMISM ... I have RESILIENCE ... I have SELF CONTROL ... I have GRATITUDE ... I have SOCIAL INTELLIGENCE ... I have CURIOSITY ... I have TRAINING SPIRIT ...

At the end, you must add:

I am a **powerful person**. I will use my power for **good**.
(WHAT?!) (Then repeat 3 times, getting louder and louder.)