“I am grateful for all my victories, but I am especially grateful for my losses, because they only made me work harder.”

- Muhammad Ali

**THE ACT OF CONTINUALLY COMMITTING ONE'S ENERGY, EFFORT AND ABILITIES TO A TASK OR GOAL**

**Lesson Number Six**

**Activity Two**

“**This is ME!”**

**Instructions:** Choose a medium that you believe will best allow you to express your sense of dedication to something you value. You can write an essay, compose a poem or a song, paint a picture, or film a video of yourself. Whatever you do, it should be your statement to the world that you are willing to devote all of your energy, effort and, abilities to this task.
Directions: Use the space below to create your very own, Muhammad Ali bookmark! Cut them out and share with your friends and family! Share your designs with the Muhammad Ali Center by emailing education@alicenter.org or tagging us on social media: Facebook @Muhammad Ali Center or Instagram @alicenterlou.

“I am the Greatest!”

“Champions Aren't Made in Gyms.”

“Float like a butterfly, sting like a bee!”
**Giving a Compliment**

One of Muhammad Ali’s 6 Core Principles is **Giving**. The definition of **Giving** is “to present voluntarily without expecting something in return.” We can all **give** something to help someone else. An easy way to brighten someone’s day is to **give** a compliment. Use this sheet to give a compliment to the people in your life! Write your compliments below and then share them in-person, by text, by web call, or email.

<table>
<thead>
<tr>
<th>Family Member, Friend, Teacher, Neighbor</th>
<th>My Compliment</th>
</tr>
</thead>
<tbody>
<tr>
<td>Example: Mom</td>
<td>Example: I like your shirt. It is really pretty.</td>
</tr>
</tbody>
</table>

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“I Am the Greatest!”

Muhammad Ali once said “I am the greatest! I said that before I knew I was.” We all have greatness inside ourselves. Read Muhammad’s poem aloud and then write your own poem that describes how you are “The Greatest!” Perhaps, you’re the greatest at a sport or perhaps you’re the greatest at a school subject. Perhaps you’re the greatest at music or dance. Maybe you’re the greatest at being compassionate or helping others? Write and share your poem with people in your home or through your social media channels.

I Am the Greatest!

This is the legend of Cassius Clay
the most beautiful fighter in the world today.
He talks a great deal and brags indeedy
of a muscular punch that’s incredibly speedy.
The fistic world was dull and weary;
with a champ like Liston
things had to be dreary.

Then someone with color,
someone with dash,
brought the fight fans
a running with cash

The brash young boxer is something to see
and the heavyweight championship is his destiny...

Cassius Clay, 1963
I Am the Greatest!
I Am the Greatest!

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Share your poem with the Ali Center! Email education@alicenter.org or tag us on social media: Facebook @Muhammad Ali Center or Instagram @alicenterlou.
One of Muhammad Ali’s favorite poems was “If” by Rudyard Kipling. Read or read aloud the poem below. How does the poem make you feel? Are you inspired? Draw a picture or write brief essay that describes your reactions to this poem.

**If by Rudyard Kipling**

If you can keep your head when all about you
Are losing theirs and blaming it on you;
If you can trust yourself when all men doubt you,
But make allowance for their doubting too;
If you can wait and not be tired by waiting,
Or, being lied about, don’t deal in lies,
Or, being hated, don’t give way to hating,
And yet don’t look too good, nor talk too wise;

If you can dream - and not make dreams your master;
If you can think - and not make thoughts your aim;
If you can meet with triumph and disaster
And treat those two imposters just the same;
If you can bear to hear the truth you’ve spoken
Twisted by knaves to make a trap for fools,
Or watch the things you gave your life to broken,
And stoop and build 'em up with wornout tools;

If you can make one heap of all your winnings
And risk it on one turn of pitch-and-toss,
And lose, and start again at your beginnings
And never breath a word about your loss;

If you can force your heart and nerve and sinew
To serve your turn long after they are gone,
And so hold on when there is nothing in you
Except the Will which says to them: "Hold on";

If you can talk with crowds and keep your virtue,
Or walk with kings - nor lose the common touch;
If neither foes nor loving friends can hurt you;
If all men count with you, but none too much;

If you can fill the unforgiving minute
With sixty seconds’ worth of distance run -
Yours is the Earth and everything that's in it,
And - which is more - you'll be a Man my son!
Vocabulary:
- Poetry—artistically putting words in such a way as to stir intense emotions or Ah! Ha! experience to the reader
- Imposter—fakers, cheaters, pretenders
- Triumph—victory, win
- Knaves—criminals, someone you can’t depend on
- Sinew—strength, toughness
- Virtue—goodness, honor
- Foes—enemies, rivals
- Master—one who has power over you

Share your drawing or essay with the Muhammad Ali Center. Email education@alicenter.org or tag us on social media:
  Facebook @Muhammad Ali Center
  Instagram @alicenterlou
“Leroy Neiman”

Through the decades, Leroy Neiman painted countless major figures in the arts, politics, and sports. One of his most famous sports subjects, Muhammad Ali, became a lifelong friend. Neiman became the athletic world’s most renowned artist as he took his brush to capture the throbbing competition in basketball, boxing, hockey, gymnastics, swimming, cycling, shotput, billiards, and more. Today, you can visit the “LeRoy Neiman Gallery” at the Muhammad Ali Center that features works selected by Mr. Neiman and his curator that record several well-known Ali bouts as well as more personal and emotional portraits. LeRoy Neiman passed away in 2012.

Take some time to explore Neiman’s gallery of work through the Leroy Neiman Foundation, [https://www.leroyneimanfoundation.org/gallery/](https://www.leroyneimanfoundation.org/gallery/). Then, create your own art work in the style of Leroy Neiman!

Share your artwork with the Muhammad Ali Center. Email education@alicenter.org or tag us on social media:
- Facebook @Muhammad Ali Center
- Instagram @alicenterlou.
Life Plan Assignment

Creating Our Future
Muhammad Ali Center: Character Education Course

Now that you have completed *Creating Our Future*, the Muhammad Ali Center Character Education Course, you are ready to begin working on your life plan. While life may not always go according to plan and goals may change over time, it is a good idea to start thinking about your future. Let’s explore what you can do now to be well prepared for the opportunities that await you. In this activity you will imagine the life you want for yourself in the future and make a plan for how you could achieve your goals. You may use the attached work sheets to help you develop your life plan.

Imagine yourself in four years.

1. Who do you want to be? Consider:
   a. What do you want to be doing career-wise?
   b. If you plan to be a student, what will you be studying?
   c. How do you want to be able to describe yourself?
      i. Your personal qualities
      ii. Yourself in relation to others
   d. What hobbies/interests will you have?
   e. Who will be important in your life?
   f. How will you contribute to your community/ the wider world?
   g. What will you be looking forward to in the near future?

2. Set three specific, reasonable, time-bound goals for yourself that will help you prepare now for who you want to be in four years.
   a. For each goal, list specific things you must do over the next four years to achieve the goal. Be as detailed as possible.
   b. Are there any behaviors you must change to help you reach your goals? If so, how will you go about making those changes?
   c. Are there things you must learn to achieve your goals? How will you acquire the skills/knowledge?
   d. Who can be helpful to you? How can you enlist the help of those people?

3. How will you utilize respect, confidence, conviction, dedication, spirituality and giving to achieve your goals?
Life Plan Assignment

Now imagine yourself at the age of 25. That might seem like a long time from now, but you’ll be there sooner than you think.

1. Who do you want to be? Consider:
   a. What do you want to be doing career-wise?
   b. If you plan to be a student, what will you be studying?
   c. How do you want to be able to describe yourself?
      i. Your personal qualities
      ii. Yourself in relation to others
   d. What hobbies/interests will you have?
   e. Who will be important in your life?
   f. How will you contribute to your community/the wider world?
   g. What will you be looking forward to in the near future?

2. What could you do now to help you create the future you want for yourself at age 25?

3. Who can be helpful to you? How can you enlist the help of those people?

4. How will you utilize respect, confidence, conviction, dedication, spirituality and giving to achieve your goals?
LIFE PLAN ASSIGNMENT

Character

Career

Hobbies and Interests

What I’m Looking Forward To

Me in 4 Years

Important People

Contributions to Community

MUHAMMAD ALI CENTER

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LIFE PLAN ASSIGNMENT

My Life Plan
Four Years from Now

GOAL #1: ________________________________________________________________
________________________________________________________________________

Things I must do over the next four years to reach my goal (Be as detailed as possible):

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13. ________________________________________________________________
14. ________________________________________________________________
15. ________________________________________________________________
LIFE PLAN ASSIGNMENT

My Life Plan
Four Years from Now

GOAL #2:  ____________________________________________________________

_____________________________________________________________________

Things I must do over the next four years to reach my goal (Be as detailed as possible):

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2._________________________________________________________________

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15._________________________________________________________________
LIFE PLAN ASSIGNMENT

My Life Plan
Four Years from Now

GOAL #3: ____________________________________________

________________________________________________________________________

Things I must do over the next four years to reach my goal (Be as detailed as possible):

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2. ____________________________________________

3. ____________________________________________

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14. ____________________________________________

15. ____________________________________________
LIFE PLAN ASSIGNMENT

Behaviors I Must Change to Reach My Goals

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Things I Can Do to Help Me Foster More Positive Behaviors

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Knowledge/ Skills I Must Master to Achieve My Goals

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________________________________________________________________________
LIFE PLAN ASSIGNMENT

What I Will Do to Acquire the Knowledge/Skills I Need to Achieve My Goals
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Who Will Help Me Achieve My Goals
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How I Will Enlist Help from People
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________________________________________________________________________
________________________________________________________________________
How I Will Use the Six Core Values in My Life to Help Me Achieve My Goals

Respect

Confidence

Conviction

Dedication

Spirituality

Giving
LIFE PLAN ASSIGNMENT

Character

Career

Me at Age 25

Contributions to Community

What I’m Looking Forward To

Hobbies and Interests

Important People

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My Life Plan
Me at Age 25

Things I Can Do Now to Help Me Create the Future I Want for Myself at Age 25

1. 
2. 
3. 
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11. 
12. 
13. 
14. 
15.
**LIFE PLAN ASSIGNMENT**

Who Will Help Me Achieve My Goals

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How I Will Enlist Help from People

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________________________________________________________________________
LIFE PLAN ASSIGNMENT

How I Will Use the Six Core Values in My Life to Help Me Achieve My Goals

Respect

Confidence

Conviction

Dedication

Spirituality

Giving
Vision Board Activity

Instructions: A great way to keep focused on your goals and life plan is to create a vision board. A vision board is a visual representation of your dreams and ambitions. In this exercise, you will create a poster board with images that reflect your Life Plan and affirmations that will remind you to stay positive and keep reaching for your goals. By surrounding yourself with images of who you want to become and what you want for your life, you can be inspired constantly to stay on track and “keep your eyes on the prize.” You may focus your vision board around your general vision for your life, a specific goal, or a particular theme.
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For questions about the use of Creating Our Future, visit the Muhammad Ali Center at www.alicenter.org or call 502-584-9254.