



The Success Book Project

Workshop for Students

Gary A. McAbee

The Success Book is a working document that each student can design for themselves. The idea behind the book is to provide motivation for achieving goals. Its contents should serve as visual reminders for the students. Teachers are encouraged to help their students add to their books in future lessons. This serves the purpose of helping the student continuously update their success book as they continue to mature and develop.

Part one of this workshop defines motivation and gives reasons why being motivated will lead to success. A key component of motivation is visualization. People have the unique ability of being able to see their future before it becomes reality. Their vision then leads them toward their objective. During the session, students are required to think about goals they want to accomplish and formulate mental pictures associated with their desires.

Part two of this workshop is an explanation of how to create The Success Book. It is a project based on visual images and words to help them accomplish their goals. It serves as a reminder of what we want in life. The project consists of six parts that can be introduced as a future class project or created during the presentation.

What are they saying about this presentation...

"Your words helped me to not become discouraged at the thought of failure and, to be honest, it gave me hope and motivation to continue doing well in school." -Francesca F., Student at Montclair State University

For more information about The Success Book Project workshop, contact Gary today...

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The Success Book workshop is based on the concept of visualization...

Visualization is a process that can be used to achieve goals and become successful. It involves seeing the desired result before it actually materializes. Many of today's students are visual learners who model behaviors they see. They are bombarded with images that they study, memorize, and recall. Therefore, an easy way for students to use visualization is to create memorable projects that they can use throughout their lives.



Gary A. McAbee created Motivation for the World, which is the platform for his motivational speaking and writing. He is the proud author of two self-help books: Wake Up! 42 Ways to Improve Black America Now! and Rise Up! 42 Additional Ways to Improve Black America Now!

**Motivation for
the World: One
person at a
time!**