

WE ARE THE ONES

A SHORT FILM BY PAUL HOPKINS

SELF STUDY GUIDE



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WELCOME

Welcome to We Are The Ones

About the Self Study Guide

Thank you for your interest in *We Are The Ones*. We hope you enjoyed the short film. This self study guide, which includes detailed concept information from the program, as well as thought provoking questions, will help you utilize what you learned into your everyday life. The self study guide directly follows the training guide and is appropriate for both group and individual training.

Concept Review

This Is The Hour

The introduction to *We Are The Ones* states:

“We have been telling the people that this is the Eleventh Hour.

Now you must go back and tell people that this is the hour.

There are things to be considered.

Where are you living?

What are you doing?

What are your relationships?

Are you in the right relation?”

This extremely powerful introduction encourages us to evaluate ourselves and our organization. By evaluating our situations, there is less likelihood of becoming indifferent. By asking these difficult yet important questions, we develop a better understanding of what actions we need to take in our personal lives, in our organizations, and with our families and communities.

Do Not Look Outside Yourself For a Leader

Once we have an understanding of our reality, once we understand what needs to be accomplished, the next step is to take action. To step up and make a change.

And change is not easy. In fact, for most people it is quite frightening. Personally or professionally, effective change likely means more work and new challenges. It is easy to slip into the mentality that someone else will initiate the change. To think: “What can I do, I am only one person?” Instead, be the one to take yourself and your organization into the future. Even the smallest change can have a positive impact.

Every individual has a unique ability to make a difference. From initiating an office recycling program to organizing a community event, make the decision to personally take action.

As the program states, “Do not look out side yourself for a leader.”

Celebrate

“See who is in there with you and celebrate.

At this time in history, we are to take nothing personally.

Least of all ourselves.

For the moment that we do,

Our growth and our journey comes to a halt.”

In order to take action and influence change, it is also critical to create a community and build a strong support network. These strong networks can encourage us to achieve our goals and recognize our vision, whatever it may be. These teams will support us through our accomplishments, as well as our setbacks.

Additionally, it is easy to take negative feedback personally. To let it deter you from moving forward. Instead of taking it personally, experiencing greater stress, and letting it hold you back, enable yourself to move forward. Celebrate what you have done and what you are trying to accomplish. While it is important to be open-minded to different ideas, it is also important to harness your momentum, understand your destination, and celebrate your journey.

Questions:

1. *We Are The Ones* asks us to evaluate our current situations and consider the following questions:

“Where are you living?”

What are you doing?”

What are your relationships?”

Are you in the right relation?”

What does this mean to you personally or professionally?

2. In part, *We Are The Ones* is about change. What are some recent changes that have happened within your organization? How were they received? What do you believe needs to be changed within your organization? How can you help make this change happen?

3. In your opinion, what does the statement “Do not look outside yourself for a leader” mean? If you do not currently consider yourself a leader, what are some steps you can take to become more confident in your leadership abilities?

4. What is the difference between being a leader and displaying leadership, if any? As a group, discuss different leadership styles.

5. How can you maintain your momentum and complete your projects if you receive negative feedback? How can you incorporate negative feedback into your project to make it better?

6. How do you create an organization where team members believe in the vision? Is it possible for an organization to be successful if the team members do not believe in the vision?

7. How can creating a community help you and your organization better achieve your goals? How do you thank people who work with you and support you?

8. Consider the impact of the following statements from *We Are The Ones*:

- We have been telling the people that this is the Eleventh Hour. Now you must go back and tell people that this is the hour.
- Create your community. Be good to each other. And do not look outside yourself for a leader.
- See who is in there with you and celebrate.
- All that you do now must be done in celebration.
- We are the ones we've been waiting for.



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