

Name of Program:

Mamba Mentality: A Blueprint For Success

Author:

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Target Audience:

All classes

Strategy for Implementation:

Video and Presentation

Time of Year to Implement:

Any

Relevant Learning Goal:

Goal 2: Life Skills

Goal 4 : Intrapersonal Intelligence

Specific Lesson Outcomes:

Students will gain a framework for determining personal values and goal and gain a basic understanding of the mindset and mental skills required to successfully achieve their goals.

Purpose:

The purpose of this program is to help students develop a mindset and habits that will facilitate success in pursuing their interests.

Introduction:

Kobe Bryant played professional basketball for 20 years for the Los Angeles Lakers and became one of the greatest, and most decorated basketball players ever to step on the hardwood. Beyond basketball, he achieved success as a businessman, investor, and filmmaker. Bryant died in a helicopter crash in 2020, but his unparalleled work ethic, obsessive pursuit of greatness, and incredible success continue to inspire many to this day. The video we are going to watch takes excerpts from an interview with Kobe Bryant in which he shares some of his "Mamba Mentality", the mindset that allowed him to reach the heights he attained during his illustrious career. Once we've watched it, I will share with you five takeaways that you can apply to your own success in whatever you choose to pursue.

Body of Program:

[Mamba Mentality: A Blueprint For Success](#)

Facilitation Notes:

- Depending on your time constraints, it may be advantageous to assign the video as pre-work for the students so you do not need to take time watching it during the program.

Suggested Reflection Questions:

1. At this point in time, in what area or field are you most interested in achieving a high level of success?
2. Name one person who has been successful in your chosen field that you can talk to about their experiences.
3. What is one thing you can do today to set yourself up for future success in your field?

Sources:

<https://www.youtube.com/watch?v=VSceuiPBpxY>

<https://www.basketball-reference.com/players/b/bryanko01.html>

<https://www.youtube.com/watch?v=ciVgrFUrbHg>