



# FINDING YOUR WHY

Part of CIC's One Clear Path Initiative

## *A Positive Approach to Substance Use Prevention*

Participants explore what is most important to them and learn how to cultivate their values into a personalized mission statement.

### VALUES

Finding their why helps young people build confidence, perseverance, and resistance to peer pressure.

### RESILIENCE

Focusing on their why compels youth to stay on the path to accomplish something that is both meaningful to them and consequential for the world beyond them.

### PURPOSE

- This workshop is designed for young people in grades 6-12.
- Workshop can be tailored to fit your time constraints.
- Taught at our space or yours.



### Perfect for

- High schools
- Middle schools
- Faith-based groups
- Scouts
- Sports teams



For more information or to schedule a presentation for your group, please contact:  
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