

# Summit To Success, Inc.

*With opportunity comes obligation. Together, we climb. One child, one community, one nation at a time.*

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## ***Life Skills Curriculum***

### **Module 2: Agency, Choice, and Responsibility**

**Updated: May 12, 2026**

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This module helps you understand what you can control, what you can influence, and how responsibility works even when life feels unfair or limited.

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#### **What This Module Is About**

This module teaches one core skill:

**How to take responsibility for your direction without pretending you control everything.**

Many students grow up in situations where:

- decisions are made for them
- expectations are set by others
- resources feel limited
- options feel unfair
- or confidence depends too much on approval

Over time, this can lead to two extremes:

- waiting for permission

- or believing responsibility does not apply

This module helps you learn how to:

- separate control from influence
- act deliberately within real limits
- take responsibility without self-blame
- move forward without waiting for perfect confidence or certainty

The goal is not to promise success.

The goal is to help you move deliberately instead of staying stuck waiting.

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### **The One Idea to Carry With You**

**You may not control your situation, but you are responsible for your direction.**

Students who understand this:

- act sooner
- depend less on permission
- build trust with themselves
- make progress even in difficult situations
- recover faster after setbacks

Everything in this module points back to that idea.

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### **How This Module Works**

This module uses three simple steps:

1. Clarify what is fixed and what is flexible

2. Choose deliberate actions instead of default reactions
3. Own responsibility without blame

There are:

- no grades
- no tests
- no forced sharing

Short answers are okay.

One or two sentences is enough.

Disagreement is okay too.

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## **Part 1: Control vs. Influence**

### **Exercise 1 — Fixed and Flexible**

Answer briefly:

- What are three things in my life that I cannot realistically control right now?
- What are three things I can influence through my choices, effort, or behavior?

Clarity about limits is a strength, not an excuse.

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### **Exercise 2 — “Difficult” vs. “Impossible”**

Answer:

- Where have I treated something as impossible when it was actually difficult?
- What stopped me from trying:
  - fear,

- embarrassment,
- effort,
- judgment,
- or waiting?

Difficulty does not remove responsibility.

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## **Part 2: Expectations and Permission**

### **Exercise 3 — Expectations Check**

Answer:

- What expectations do my family, school, friends, or community place on me?
- When I follow these expectations, am I choosing them — or avoiding conflict or judgment?
- What is one expectation I can respect without letting it fully decide my future?

Respect and agency can exist at the same time.

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### **Exercise 4 — Waiting vs. Acting**

Answer:

- Is there something I've been waiting to do "when the time is right"?
- Who or what am I waiting on:
  - permission,
  - confidence,
  - money,
  - certainty,

- approval,
- or the “perfect” moment?
- What is one small step I could take now without permission?

Waiting feels safe.

Acting builds direction.

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### **Part 3: Taking Responsibility in Real Life**

#### **Exercise 5 — One Responsible Action (Activity)**

Choose one small action you will take this week that is:

- within your control
- not dependent on approval
- aligned with where you want to go

Write:

- what action you chose
- when you will do it
- what “done” looks like

No perfection required.

Follow-through matters more than size.

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#### **Optional Activity — Acting Despite Discomfort**

This section is optional.

Choose one small action you normally avoid because of:

- fear of judgment,
- embarrassment,
- uncertainty,
- or fear of failure.

Examples:

- asking a question
- starting something imperfectly
- speaking up once
- applying for something
- practicing publicly
- sending a message you've been avoiding

Afterward, answer:

- What did I expect would happen?
- What actually happened?
- Did acting change how stuck or capable I felt?

Agency is built through action, not confidence.

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## **Part 4: Locking the Learning**

### **Exercise 6 — What Did Acting Change?**

After attempting your action, answer:

- What actually happened?
- What fear or assumption mattered less than I expected?

- Did acting change how capable or stuck I felt?
- What type of waiting keeps me stuck most often?

Progress often starts before confidence appears.

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### **You're Done When...**

You are finished with this module when you can honestly say:

- I understand the difference between what I control and what I influence
- I can name at least one place where I was waiting instead of acting
- I took one deliberate action without needing permission
- I understand that responsibility still exists even when circumstances are unfair
- I practiced acting despite discomfort or uncertainty
- I can describe how taking action affected my sense of direction

You do not need to succeed.

You do not need to feel confident.

If you chose, acted, and reflected — you are done.

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### **About How Long This Takes**

- Reading and writing: 60–90 minutes total
- Responsible action: one small step during the week
- Optional activity: one uncomfortable but manageable action

You can move at your own pace.

You can come back to it later.

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## **What This Module Is Not**

This module is not:

- punishment
- obedience training
- blame
- hustle culture
- denial of hardship

It acknowledges:

- unfairness,
- limits,
- pressure,
- and uncertainty —

while teaching you how to move forward anyway.

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