



# The MJR Podcast - a GPS for Life!

mjrpodcast

## Episode One: MJR Acronyms – If it is to be, it is up to me!

We challenge young listeners to look at their current habits. By using the powerful 10 worded sentence (made up of only 2 letter words) 'If it is to be, it is up to me!' we ask the teenagers to be 'Agents of Change'. The MJR philosophy is about raising resourceful and resilient young men and women who are striving for a successful, happy life – and this starts at home and at school. Interviews with young people and with teachers, challenge listeners that if they need to change, due to current poor habits, the time is NOW!

### AFTER LISTENING TO THE PODCAST HAVE FUN WITH THIS 3-2-1

#### THREE – Understandings/Questions

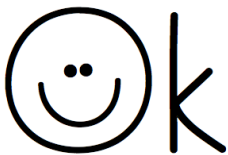
1. Name one thing in your life you would like to turn around or change.
2. Complete the following... To create a positive A\_\_\_\_\_, you need to focus, maybe ask someone for \_\_\_\_\_ and then p\_\_\_\_\_ them until they become a positive \_\_\_\_\_.
3. Did you try saying 10 thank you's with the person's name attached EVERY day for ten days? Why not or if you did tell someone about the affect it has on others.

#### TWO – Challenges

1. Look up or google the name – Eddie Jacu. He is a 'if it is to be, it is up to me!' person. <https://10daily.com.au/news/australia/a190424dwagb/eddie-the-happiest-man-on-earth-warns-were-going-backwards-20190427> . He turned 100 years of age recently. Your first challenge is to write down or journal one thing you have gotten from Eddie.
2. Can you make up a long sentence using only three letter words. I'm telling you this will start to bug you!

#### ONE – Activity

1. Draw or design your own 'O K' with a smile – here's one below:



Catcha Later,  
Marty

## I MADE UP THE FOLLOWING POEM ABOUT THIS TOPIC

### **If it is to be, it is up to me**

If it is to be, it is up to me

A short-worded sentence for all,  
Is about attitude, listening, developing habits  
That will allow US ALL to stand tall.

If it is to be, it is up to me

Ultimately starts with a choice,  
That I am responsible for what I say & do  
Which in turn, will give you a voice!

If it is to be, it is up to me

Means we can take advice from others  
But what we do with it in our lives  
Will affect all sisters & brothers.

SO, if it is to be, it is up to me,

Is a mantra for you to apply,  
Don't just say it, but really do it  
For success - just give it a try.

***Marty Ogle***