



iChoose XLR8

Module 2

Lesson 5: Teachability



*"Your desire to improve your life begins
with a teachable attitude."*

JOHN C. MAXWELL



AT THE END OF THE PRIORITIES LESSON, YOU WROTE AN ACTION STEP TO IMPROVE YOUR SELF-RATING.

Did you complete the action? ☐ Yes ☐ No Describe the results.

LEGEND:

Use the prompts throughout the lesson to guide you.



First person
read aloud.



Next person
read aloud.



Underline what's
important to you.



Share with
others.



Take
action.



HOW YOU CAN MAKE THIS LESSON EFFECTIVE FOR YOU AND OTHERS:

1. Form groups of 3-5 for a 30-45-minute time slot and 6-8 for an hour.
2. Respect and value each person in the group.
Encourage yourself and others as you share.
3. Take turns reading each section of the material out loud.
You may request to pass to the next reader.
4. Discuss openly. As you read, underline what is important to you.
5. Evaluate yourself. Review. Reflect. Apply. Have fun!

THE GOAL OF THIS LESSON:

**Choose to be teachable so you can
improve your life.**



01

Teachability is a Choice



Clay is a product that is easy to mold when wet and can be transformed into a beautiful piece of art. Your life, like clay, can be a work in progress. No matter what your clay looks like, it can be molded by your willingness to be teachable and receptive to the lessons that life has for you. This lesson will help you learn how your life can be shaped into the beautiful person you want to become.

TEACHABLE → MOLDABLE → BEAUTIFUL



What area in your life would you like to improve?



TEACHABLE PEOPLE ARE...

1. Humble — “I need to learn and improve more.”

If you are humble you know that life is difficult, and you cannot do everything on your own. You need a teachable spirit and the help of others. Pride is the opposite of humility.

Let’s compare the two.

Pride is independent.

Pride closes our minds to feedback.

Pride prevents us from admitting mistakes.

Pride is unteachable.

Pride limits our potential.

Pride says, “I know enough.”

Humility is dependent.

Humility opens our minds to feedback.

Humility allows us to face our mistakes.

Humility is teachable.

Humility expands our potential.

Humility says, “I need to learn more.”

REFLECTION:

Which represents you more? Pride or humility?



A large, empty rectangular box with a thin black border, intended for a person's written reflection on the prompt above.

TEACHABLE PEOPLE ARE...

2. Hungry — “I want to learn and improve more.”

If you really want to do something, you will find a way. If you don't, you will find an excuse. How do you know you are hungry to learn and willing to improve? By asking for feedback from those that can help you and care for you.





FEEDBACK QUESTIONS

Check those that apply to you.

POSITIVE RESPONSE TO FEEDBACK

- ☐ Am I vulnerable enough to know I need help from others?
- ☐ Am I grateful that someone cares enough about me to help?
- ☐ Am I open to listen, learn, and change, even if it hurts?
- ☐ Am I willing to make changes for improvement in my life?



NEGATIVE RESPONSE TO FEEDBACK

- ☐ Do I think I know more than others and don't need their help?
- ☐ Do I roll my eyes during constructive criticism?
- ☐ Do I feel ungrateful to those who care for me and want to help me?
- ☐ Do I walk away without taking time to reflect on what I have heard?



..... Review what you checked. How many were in the positive response section? How many were in the negative response section? Share.



REFLECTION:

HOW TEACHABILITY AFFECTS ME

..... What one change will I make to be more teachable?

A close-up photograph of a person's hands, covered in white clay, shaping a small, shallow clay bowl on a pottery wheel. The wheel is in motion, creating concentric rings on the clay. The background is blurred, showing more pottery and a person's arm.

**Today I will be teachable
and ask others for feedback.**



TEACHABLE PEOPLE ARE...

3. Hopeful — “I will learn and improve more.”

If you are not willing to learn and improve, no one can help you. If you are willing to learn and improve, no one can stop you. Teachable people are unstoppable! They have a beginner’s mindset; therefore, many possibilities lie before them. If you have a teachable spirit, you will approach each day as an opportunity to learn and improve. Your heart will be open. Your attitude will be expectant. You will learn from your mistakes.

Everyone makes mistakes. The questions are, “Did you learn from them? Did you change? Have you improved?” If the answers are “yes,” you can be hopeful of your future.



AUTOBIOGRAPHY IN FIVE SHORT CHAPTERS BY PORTIA NELSON

CHAPTER I

I walk down the street.
There is a deep hole in the sidewalk.
I fall in.
I am lost... I am hopeless.
It isn't my fault.
It takes forever to find a way out.

CHAPTER II

I walk down the same street.
There is a deep hole in the sidewalk.
I *pretend* I don't see it.
I fall in again.
I can't believe I am in this same place.
But it isn't my fault.
It still takes a long time to get out.

¹ Nelson, Portia. *There's a Hole in my Sidewalk: The Romance of Self-Discovery*. Beyond Words Publishing, 1993.

CHAPTER III

I walk down the same street.
There is a deep hole in the sidewalk.
I *see* it there.
I still fall in.... it's a habit... but,
my eyes are open.
I know where I am.
It is my fault.
I get out immediately.

CHAPTER IV

I walk down the same street.
There is a deep hole in the sidewalk.
I walk around it.

CHAPTER V

I walk down another street.



What was the most important thing you learned from the autobiography in 5 Short Chapters? Share.



TEACHABLE PEOPLE ARE...

4. *Helpful — “I will pass onto others what I learned and how I improved.”*

There are two kinds of sculptures. One is where you subtract and the other is where you add. Sculptures made of stone are created by chipping away and subtracting until a masterpiece is formed.

Sculptures made of clay are created by molding and layering of more clay until a masterpiece is shaped. You are like clay, being molded by a teachable spirit. As you learn and improve, you are helping by passing it on to others.



HOW MY TEACHABILITY AFFECTS OTHERS

Who will you share your teachable improvements with?





**Today I will help someone learn
and improve through my sharing.**

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**EVALUATE YOURSELF ON HOW WELL YOU DEMONSTRATE BEING TEACHABLE ON A SCALE OF
1 TO 5:** Select your answer. (1 is weak, 5 is strong)

☐ 1

☐ 2

☐ 3

☐ 4

☐ 5

Why did you give yourself this rating?



ACTION STEP:

What specific action can you take immediately that will improve your rating?





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