FORGE

A FORGE DORM CLASS

Youth Roundtable

Roundtable Journal

THIS JOURNAL BELONGS TO

Eight Roundtables. Your value, your voice, respect, your future, your people, and leading where you stand.

Our Opening Words

We say these together at the start of every Roundtable.

> *I came to this table with value nobody can take from me.*
>
> *I'll use my voice with respect, and I'll listen when it's not my turn.*
>
> *What's not positive stays at the door.*
>
> *I'm building a good life wherever I stand, and I'm leading where I am.*

These are a starting draft. If your group changes them, write your group's words here:

Welcome to the Table

Youth Roundtable is eight meetings around one table, one a week, an hour each. It's led by FORGE mentors, and it's built for the younger men in the dorm. Nobody talks at you here. Everybody at the table gets a voice.

1	**What Is Value?**	*What do I bring that nobody can take from me?*
2	**Finding Your Voice**	*What makes it hard to speak up, and how do I do it with respect?*
3	**Game Day: Leading a Team**	*How do we plan something real for the dorm, together?*
4	**The Lunch Meeting: Friendship and Healthy Relationships**	*Who's really with me, and who's using me?*
5	**Respect: Three Kinds**	*How do I respect myself, the man next to me, and people who aren't like me?*
6	**Your Future: Goals and Aspirations**	*Where do I see myself in five years, three years, one year?*
7	**Family Ties and a Work Ethic**	*Who am I staying connected to, and how do I show up every day?*
8	**Leadership Starts with You**	*Can I be a leader without a title?*

EVERY ROUNDTABLE

Opening Circle: the opening words, and a check-in.
The topic: a few minutes to set it up.
The Roundtable: open talk with the talking piece.
Journal: your page for the day, in this book.
Close: what you're taking with you, and the week's challenge.

TO COMPLETE

Come to at least 6 of the 8 Roundtables, including Roundtable 8, and take a real part in Game Day or one tournament. Playing counts. Helping run it counts more.

THIS BOOK IS YOURS

Nobody collects it or reads it without asking. If writing isn't your thing, talk your page through with a partner who writes for you, or draw it. That counts the same.

Our Agreements

The promises we made to each other in Roundtable 1 about how we treat each other at this table.

What's said at the table stays at the table. It doesn't become gossip in the dorm, and it doesn't get used against anybody. The limits: if someone shares something that is an immediate safety risk (a weapon, a plan to hurt someone, a plan to hurt himself, or someone being abused), the facilitators have to act on it. Outside of that, what you share here is yours.

ROUNDTABLE 1

What Is Value?

What do I bring that nobody can take from me?

My Value

Price is what you're worth on a given day in somebody else's eyes, and it can be taken. Value is what you bring that nobody can take. Write at least one thing in every box.

Talents
What comes natural to me

Skills
What I learned by doing it

Knowledge
What I know

Experience
What I've lived through, and what it taught me

Ethics
What I stand for

Character and Mannerism
How I carry myself

One value I want to build during these eight weeks

This week's challenge: tell someone the value you see in him. Who, and what did you say?

ROUNDTABLE 2

Finding Your Voice

What makes it hard to speak up, and how do I do it with respect?

One Thing I Wish People Understood About Me

One thing I wish people understood about me is

Why it matters to me

Who I wish understood it

What would change if they did

Four ways to say it. Passive: swallow it. Aggressive: blow up. Passive-aggressive: don't say it, but show it. Assertive: say it straight, calm, with respect.
The "I" statement: I feel _____ when _____ because _____.

My 'I' statement this week, and what happened

ROUNDTABLE 3

Game Day: Leading a Team

How do we plan something real for the dorm, together?

Game Day Plan

Approved by staff: when and where

Games and stations

Committees

Committee	Lead	Members

Games and Equipment · Schedule and Brackets · Rules and Referees · Sign-ups and Word of Mouth · Sponsors and Thank-yous · Set-up and Clean-up

My Role on Game Day

My committee

My job

What I need

Done by

Not up to us: staff approves every event. No betting, no gambling, no debts. Prizes and donations only through the approved channel. Winning is fine; humiliating isn't.

ROUNDTABLE 4

The Lunch Meeting: Friendship and Healthy Relationships

Who's really with me, and who's using me?

Events Calendar

The tournaments we run for the dorm in the weeks after Game Day. Put a star by any event you lead.

Event	When	Leads	What it needs	Approved?

Game Day: what went well

Game Day: what we'd do differently next time

Someone who stepped up, and what he did

Roundtable 4 · What a Real Friend Does

Friend: wants good things for you, even when it doesn't help him. Tells you the truth. Respects your no.
Associate: somebody you're around. That's fine.
Someone using you: needs something from you, and is gone when you stop giving it.

A real friend…

1. _____
2. _____
3. _____

Someone who's been a real friend to me, and what he did

_____

_____

_____

The kind of friend I want to be

_____

_____

_____

Private: one relationship I need to change, or step back from
Nobody reads this but you.

_____

_____

_____

ROUNDTABLE 5

Respect: Three Kinds

How do I respect myself, the man next to me, and people who aren't like me?

Respect Check

Self-Respect

Valuing your own well-being, health and personal limits by making positive choices.

How am I doing? 1 2 3 4 5

One time I showed it

One place I can do better

Interpersonal Respect

Listening, using good manners, and treating others kindly even when you disagree.

How am I doing? 1 2 3 4 5

One time I showed it

One place I can do better

Social and Cultural Respect

Accepting different customs, beliefs and backgrounds without causing offense.

How am I doing? 1 2 3 4 5

One time I showed it

One place I can do better

My respect challenge this week

ROUNDTABLE 6

Your Future: Goals and Aspirations

Where do I see myself in five years, three years, one year?

My 5-3-1

In 5 years I see myself...

In 3 years...

In 1 year...

One goal I want to accomplish this year

The first step I'll take this month

Who can help me

Roundtable 6 · My Vision Board

Words, drawings, pictures if they're allowed. What does the life you're building look like?

FAITH — FAMILY — EDUCATION

WORK — HEALTH — WHO I'M BECOMING

ROUNDTABLE 7

Family Ties and a Work Ethic

Who am I staying connected to, and how do I show up every day?

My Connections

The people I want to stay connected to: family, a friend, a mentor, a chaplain. Letters, calls, visits, messages, whatever is allowed. Only people you're allowed to contact.

Name	How we stay in touch	One step this month

One positive connection in this dorm

My Work Ethic

Rate yourself: 1 = not yet, 5 = every day.

Show up on time	1 2 3 4 5
Do it right when nobody's watching	1 2 3 4 5
Finish what I start	1 2 3 4 5
Take direction without an attitude	1 2 3 4 5
Help others	1 2 3 4 5
Keep my word	1 2 3 4 5

The one I'll work on

What I'll do

ROUNDTABLE 8

Leadership Starts with You

Can I be a leader without a title?

A Problem I Can Help Solve

The problem (in my dorm, my class, my family, or my community)

Why it matters to me

What I can do about it, without a title

Who could help

My first step

Roundtable 8 · What I'm Taking With Me

The most important thing I learned at this table

The value I said I'd build in Roundtable 1, and how it went

What's next for me

Another dorm class, FORGE, school, a job, mentoring, running the next Game Day

Notes

Notes

Notes

Notes