

Project Summary

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Purpose of Project:

I've been getting into making video content and I thought that I could make some sort of impact on the world by doing this project. I thought that if I could put my two cents in, it might affect someone. In this case, I'm trying to convey the message that we sometimes overthink things so much that it stops us from exploring outside of our little bubble and hinders us from doing something we want. Most of my thoughts in this area are based on the work of Matt Popovits in his book Tough Call. As I will state in my video, I am using his theory of three types of decision makers. My other main idea shows that people could often live more fulfilled lives if they just went for their goals. This concept is based on the work of Daniel Avidan and his numerous works, which can be found on Youtube. He also encourages personal responsibility and action as the route to contentment.

Relationship to Family and Community Related Careers and Standards:

This project focuses on multiple Family and Consumer Science Standards such as:

- 1.1 Analyze strategies to manage multiple roles and responsibilities (individual, family, career, community, and global).
- 1.1.6 Develop a life plan, including pathways to acquiring the knowledge and skills needed to achieve individual, family, and career goals.
- 1.3.6 Identify ways individuals and families can influence change in policies, agencies, and institutions that affect individuals and families.

Relevant Research/Background Information:

Popovits, Matt. *Tough Call: A Little Book on Making Big Decisions*. Matt Popovits Ministries 2016.

Avidan, Daniel. *Game Grumps (unknown episode)* Youtube (unknown year)

Goal of the Project:

Hopefully my project helps people see that they can get past their worry over making a decision and move toward realizing a goal. Kids in my school are able to access my video on our website and maybe it will start a conversation with their families. In my own family, we have had many conversations as I have been working through my script.