



The Journey Workshop - March 3, 2020  
 Tarrant County College, Energy Auditorium, Fort Worth, TX

- 4 = Exceeded expectations**
- 3 = Met my expectations**
- 2 = Somewhat met my expectations**
- 1 = Did not meet my expectations**

**SURVEY:**

**Number of Attendees**                      50

CATEGORY	4	3	2	1
The workshop's content was engaging	33			
Presenter's knowledge of content		8		
The workshop was engaging	32			

**COMMENTS:**

**1. What was your greatest takeaway from The Journey and how will it benefit you at TCC and in your life?**

- The Journey was amazing and I am very grateful for coming today. I can't wait to come to the next one. It really made me think about my goals and the things I want to accomplish in life. Thank you!
- I felt as if Mr. LeMons was speaking to what is currently going on in my life! So many things came up, we make so many excuses for our own mistakes and he put everything into perspective. Now I know what I need to do to reach my goals. I would be interested in attending more workshops like this. Thank you.
- Motivation to keep going despite the negativity that surrounds me.
- To stop passing over opportunities time after time...allow myself to follow new paths to attempt the new things that come my way. I would like if they change the food selection up.
- This workshop was confirmation that I'm on the right road, ensuring that I minimize my distractions. This workshop was great and extremely valuable.
- My takeaway from The Journey lecture is, "No matter your age or place in life the lecture was relevant." Each day we have to make the right choices. If not, we could find ourselves in compromising situations. This reinforced my desire and need to do declarations and affirmations. The Journey needs to be mandatory for all students.
- The practical was excellent!!! It was great to be able to select words to get through the visioning process. It was stimulating and accomplishing. Great opportunity for students to learn how to get rid of excuses that may thwart their dreams.
- I feel empowered and encouraged to never give up, and to reach my vision and goals. I realized that the only person stopping me from achieving my goals is me.
- My biggest takeaway was how to cut out distractions and overcome fears.
- The exercise where we imaged graduation and my future ignited my determination to finish class.
- My greatest takeaway from The Journey is being able to have a Vision & Goal-Setting Worksheet. I have been looking for this on the internet, YouTube, email, etc. I believe this is what I need to begin my journey towards a better life. This presentation will benefit me in life by directing me toward a vision that I can do and eventually become. IT WAS GREAT!!! KEEP IT GOING!!!

- The exercises were very help. It would help if you offered a day session.
- The workshop makes me more confident going into my field of study. Loved it!
- This is my much needed boost to help me keep my eyes on the 'prize.' I would compare this to the way people go to church on Sunday to get their daily word. I love how Mr. LeMons spoke about wasting your time and money going to the games and making other people rich.
- This workshop should be implemented in high school and middle school too. It should be implemented at retreats and on the job. This is ESSENTIAL INFORMATION! AWESOME JOB MR. LE MONS.
- The words and motivation were very amazing. Awareness was my benefit.
- You have to want it so bad you take risks and make sacrifices. I have to stop thinking that any goal is beyond me.
- The attitude and experience of just knowing that I wasn't the only one in the room that has been through something. The Journey really spoke to me and I really appreciate everything. Thank you for the opportunity and the time. I really learned something from this journey.
- The greatest thing I learned was what its like being successful. It'll benefit me in chasing my dream or getting out of the box and seeing what success truly is. I learned that every move I make counts, and it's the only thing that builds me up or puts me down. Thank you.
- I took away the fact that even though you hit rock bottom doesn't mean you will stay there. If you have the mindset to get back up you will. Mr. LeMons, you did amazing. Opened my eyes.

Communication. Eye opening. Opening your vision and seeing the overall aspect. Not just a small piece, but the bigger picture. Very eye opening. Shows how to change your perspective. The speaker was amazing.

- My greatest takeaway is that I know I can do so much in my life. This will benefit me to work harder at TCC and to evaluate my life. I will look at the bigger picture. At one point in the presentation I got a little emotional. Amazing speaker. Eye opening.
- The Journey has motivated me to keep trying to fulfill my dreams and goals. It also got me to think outside the box and dig deeper into each scenario in my life.
- My greatest takeaway was that I'm the only one in the way of my own vision, and it has everything to do with my mindset.
- It challenged my way of looking at my goals and now I plan on achieving them. This will benefit my life because it will be a reminder of changing my mindset and reality. Please keep this going!!
- I need to figure out what the hell I am going to do with my life. It showed me that I really need someone to talk to. I need help, man. I have so much turmoil and brokenness and it's holding me down. Can you please give me an email.
- My success depends on me changing my mindset. Awesome presentation.
- Everything about the workshop was inspiring.
- The video about the monkeys was interesting and very true.
- I loved the dynamic of Steven LeMons' motivational speech. He had high and explosive energy for certain topics, and low calm energy for the more serious topics. I almost left because I was hungry, but I stayed because I saw there was Chic-Fil-A. I'm glad I stayed.
- It was amazing and empowering. I learned a lot about myself and how I am not done with continuing to reach my goals.
- The greatest takeaway from The Journey was the advice about changing your circle. It will benefit me at TCC and throughout life, by helping me choose my circle more careful.
- I took away that thoughts and words create your reality. Love, love, love this workshop. I will return.
- My greatest takeaway would be understanding the fact that I have a lot of distractions and now, steps for minimizing them. This workshop was very fulfilling. It hit every aspect of my life and how to get through it.