

# 5 Ingredient Recipe

..... based off the film, “A Million Miles Away” (adapted and written by Amy Fox)

The film “A Million Miles Away” tells the story of José Hernández, a son of migrant workers who wants to become a NASA astronaut. At a young age, his father gives him advice on how to overcome obstacles and preserve and this advice is what he calls the “5 Ingredient Recipe”— it’s a recipe that José follows to become the first hispanic to become an astronaut and go to space.

## Ingredient 1- Find Your Goal

This is the obvious starting point. Know what you want so that you can build off of that. In the movie, José’s dad accuses him of not completing this ingredient because he didn’t actually know what he wanted.

...

## Ingredient 2- Know How Far You Are

The way José’s dad initially introduces this concept is by saying “Look where you’re standing. How far you still need to go”. This is the assessment portion of the process. Have you started your journey? Starting fresh? Almost done? This is where that will be determined.

...

## Ingredient 3- Draw A Roadmap

After determining where you are, it is important to create a path from there to where you want to go. This is where your community may come in to help support you on your path.

...

#### **Ingredient 4- If You Don't Know How, Learn**

This is such an important piece of advice no matter what you want to do. So many people are scared to say "I don't know". This is important for personal growth and improvement.

...

#### **Ingredient 5- When You Think You've Made It, You Probably Have to Work Harder**

This is how to always push yourself forward. This will prevent you from becoming stagnant while maintaining passion for what you do.

---

## DISCUSSION QUESTIONS & PROMPTS

---

### OPENING CLASS

We often think doubt is a bad thing, but sometimes it doubt that pushes us forward– it’s the very thing that has us dig deeper and reach higher than we ever thought we could. And that’s because the price we have to pay to encounter our doubt or risk failure isn’t as big as the price we pay to stay exactly where we are wondering what could have been if we tried.

### DURING CLASS

#### *After Telling the Story*

Sometimes our dreams and goals can seem like they are a “million miles away” and we wonder how we’ll get there or if we’ll ever get there. But what if instead of doubt and fear stopping us in our tracks, we used it as a springboard forward.

### CLOSING CLASS

Take one hand to your heart, one hand to your belly. Feel the rise and fall of your chest, the swell and empty of your belly. Notice your breath.

See if you can locate the subtle beating of your heart.

These two simple things, things we often take for granted because they automatically happen for us, are gifts, never the guarantee. None of us know if we have five years or five minutes from now. May you make the most of this moment.

May you celebrate and cherish what you already have in your life.

You are enough. You have enough. And where you are in this moment, is exactly where you are meant to be.

### EXTRAS

This “Recipe” is great to break up and tell over the course of class. Find moments of stillness where your students are engaged in a pose– passively or actively– to tell the nuggets of the story.