Lift the Weight: Lift the Weight (Hip Hop) Processing Questions

- The song says, "So I can see strength where I once was weak." What is a strength in your life that was once a weak area?
- One of the lines in the song states, "I want my brain to be my part that's most treasured, so I exercise my mind with every endeavor." What are some ways you can exercise your brain? Why do you think it is important to exercise your brain?
- When the song says, "It makes me stronger putting time into my talents, I meet resistance with effort and desire," it is saying that desire, time and effort help you to lift the weight. What is another analogy that we've talked about already that helps you to lift the weight? How?

Other discussion questions or ideas: _____