

The Big Idea

REUSE-REDUCE-RECYCLE means something. These unifying words enabled individuals and organizations to work together to make caring for the environment important and relevant.

THINK CARE ACT can mean something. These unifying words can motivate and empower us as individuals and organizations to make human thriving important and relevant.

As each of us know more, care more, and do more to prioritize human thriving, our homes, community, and world will be a better place regardless of our circumstances. So, with that goal in mind, let us start giving our growth, the time and effort it deserves.

Contact Us

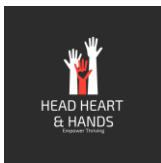
Want to learn more? Contact Head Heart & Hands at HHH4Good@outlook.com

THINK CARE ACT Lesson 1



HEAD HEART & HANDS

Understanding Our Life Matters



Head Heart & Hands
HHH4Good.org

Does our Life Matter?

Does our story fit into a bigger picture? In this lesson, we are going to explore how a Big Picture Perspective enables us to see:

We All Matter

Our choices impact our organizations, relationships, health, and environment. Therefore, we all play an important role in our home, community, and world. No matter what we have been through, no matter what others think of us, our life has value and dignity.



Making mistakes does not change our value. Doing good things does not change our value. Our human value does not change under any condition.

Our perspective can be defined as our point of view. Our perspective affects how we view our situation - our problems - our resources – ourselves - which affects how we see the world and our role in the world.

In a world of diverse human stories, there is a common element – CHOICE. Our choices have impact. In the human narrative, humans create problems and hardships. Humans also create solutions and improvements. We are part of this bigger narrative. When we:

- Are disrespectful when frustrated
- Degrade someone struggling
- Give up when a task is difficult
- Blame Others
- Are respectful when frustrated
- Help someone in need
- Persevere when a task is hard
- See the good in someone else



**Our Choices
often create
PROBLEMS**



**Our Choices
often create
SOLUTIONS**

So, whether we are at home, work, or play, our choices affect whether we are a problem maker or a solution creator.

What is our Next Best Step?

Right now, no matter what we are experiencing, we can choose to:

THINK- Remember that we all play an important role in our home, community, and world and evaluate our choices.

CARE- want to grow and improve our Social Impact.

ACT- Intentionally choose to do things that bring out our BEST and be aware of things that bring out our WORST.

As we gain the courage and skill THINK CARE & ACT, we will grow; making it easier to be our BEST and realign when we are at our WORST. Prepared to turn life's inevitable ups and downs into opportunities to make a positive impact, our story gets better under any circumstance.

Talk About It

ACKNOWLEDGE: Give each person the option to share a few things from their best and worst.

LOOK AHEAD: Discuss how it can be easier to turn your hardships and successes into opportunities to make a positive impact as you grow and become:

LESS



Write a few characteristics that describe you at your WORST.

MORE



Write a few characteristics that describe you at your BEST

COMMIT: Share what are you willing to do to improve how you:

THINK- Learn-Evaluate CARE- Hope- Aim ACT- Improve-Engage

If time permits practice making 3-point apologies.

A Big Picture Perspective

In life, many things are out of our control. Things go wrong. We make mistakes. When we encounter challenges, there will be things we can change and things we cannot. How we respond **OUTWARDLY** reflects our **INWARD** beliefs and attitudes. So, when things get tough, our perspective matters.

Those who intentionally position themselves to view their story, the good, the bad and the ugly, have what we call a “Big Picture Perspective.” A Big Picture Perspective helps us understand our lives matter. Seeing the positive and negative impact of our choices, helps us gain motivation to become a better version of ourselves and gives us the courage to learn from our mistakes and take the next best step.

A Big Picture Perspective can also help us gain clarity about how we see the world and our role in the world. As we grow, we see that our differences often help us create better solutions. Understanding that our rights, come with responsibilities we are motivated to show respect for others even when we do not agree.

3-POINT APOLOGY

When necessary, we can turn our worst self into our better self by acknowledging what we did and asking for forgiveness. Try out this effective three-point apology:

I am sorry (1st point) for _____ (2nd point). Will you please forgive me? (3rd point).

An example: “I am sorry for being disrespectful and using a harsh, bossy tone of voice. Will you please forgive me?”

As Humans,



Being human, we have the **INCREDIBLE** ability to:



As humans, we can choose to:

THINK



We can gain knowledge and learn new things. As we understand our value does not change under any condition and believe that we are uniquely positioned to make a positive impact, it gets easier to evaluate our situation and make wise choices.

CARE



We can develop hope and aim towards what matters most. As a result, our desire to make a positive impact grows and we stay motivated to pursue our goals and dreams with respect and compassion for ourselves and others.

ACT

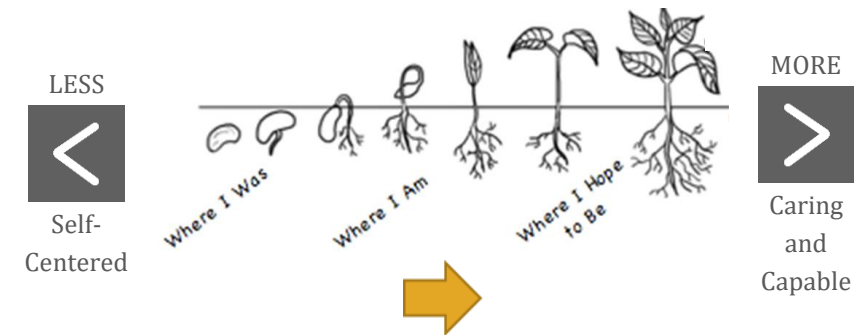


We can engage and improve our Social Impact by using our unique circumstances to be a force for good. As we create solutions that improve the human condition, we see that we all play an important role in our home, community, and world.

We have a Choice

Choice #1

When we choose to THINK CARE & ACT with positive intention, we grow INWARDLY & OUTWARDLY and become



Prepared to turn our hardships and successes into opportunities to make a positive impact, our story gets better under any circumstance.

Choice #2

When we choose to THINK CARE & ACT with selfish intention, we do not grow and remain self-centered.



Unprepared for life's inevitable ups and downs, our selfish choices add chaos and hardship to our story.

Therefore, what makes our life its best is not just the removal of hardships. Our story gets better as we choose to grow and get involved using our unique circumstances to be a force for good despite or even because of our circumstances.

Your Turn: My Best and Worst

Directions: Check 5-10 boxes for each prompt that best describe you.

At my WORST I am ...		At my BEST I am ...	
<input type="checkbox"/> a bad listener	<input type="checkbox"/> insecure	<input type="checkbox"/> a good communicator	<input type="checkbox"/> helpful
<input type="checkbox"/> annoying, irritating	<input type="checkbox"/> Irresponsible	<input type="checkbox"/> a good leader	<input type="checkbox"/> humble
<input type="checkbox"/> argumentative	<input type="checkbox"/> lazy	<input type="checkbox"/> a good listener	<input type="checkbox"/> joyful, hopeful
<input type="checkbox"/> boastful	<input type="checkbox"/> judgmental, critical	<input type="checkbox"/> accepting	<input type="checkbox"/> kind
<input type="checkbox"/> bossy, demanding	<input type="checkbox"/> rebellious	<input type="checkbox"/> adventurous	<input type="checkbox"/> out-going
<input type="checkbox"/> defensive	<input type="checkbox"/> self-centered, selfish	<input type="checkbox"/> compassionate	<input type="checkbox"/> patient
<input type="checkbox"/> disrespectful	<input type="checkbox"/> self-righteous	<input type="checkbox"/> confident	<input type="checkbox"/> perseverant
<input type="checkbox"/> envious, jealous	<input type="checkbox"/> uncaring, apathetic	<input type="checkbox"/> cooperative	<input type="checkbox"/> positive, optimistic
<input type="checkbox"/> greedy	<input type="checkbox"/> uncooperative	<input type="checkbox"/> hard-working	<input type="checkbox"/> punctual
<input type="checkbox"/> harsh, rude, sassy	<input type="checkbox"/> ungrateful, whiney	<input type="checkbox"/> encouraging	<input type="checkbox"/> respectful
<input type="checkbox"/> impatient, easily angered	<input type="checkbox"/> other _____	<input type="checkbox"/> focused	<input type="checkbox"/> sincere, honest
<input type="checkbox"/> inconsiderate	<input type="checkbox"/> other _____	<input type="checkbox"/> forgiving	<input type="checkbox"/> supportive
		<input type="checkbox"/> funny	<input type="checkbox"/> trustworthy-loyal
		<input type="checkbox"/> generous	<input type="checkbox"/> warm, friendly
		<input type="checkbox"/> gentle, calm	<input type="checkbox"/> other _____
		<input type="checkbox"/> grateful	<input type="checkbox"/> other _____
Situations that Can Bring Out My WORST		Situations that Can Bring Out My BEST	
<input type="checkbox"/> being tired	<input type="checkbox"/> daily demands- job, HW, chores	<input type="checkbox"/> getting enough rest	<input type="checkbox"/> having someone listen to me
<input type="checkbox"/> being hungry	<input type="checkbox"/> financial pressure	<input type="checkbox"/> good nutrition	<input type="checkbox"/> getting a hug
<input type="checkbox"/> being alone	<input type="checkbox"/> negative peer pressure	<input type="checkbox"/> encouraging words	<input type="checkbox"/> Hearing inspiring stories of other people
<input type="checkbox"/> being disrespected	<input type="checkbox"/> external pressure	<input type="checkbox"/> music or media	<input type="checkbox"/> serving or helping others
<input type="checkbox"/> being rejected	<input type="checkbox"/> internal pressure	<input type="checkbox"/> being in nature	<input type="checkbox"/> participating in groups or clubs
<input type="checkbox"/> being rushed/late	<input type="checkbox"/> too much free time	<input type="checkbox"/> reading	<input type="checkbox"/> practicing improving my skills
<input type="checkbox"/> being criticized	<input type="checkbox"/> too much unhealthy food	<input type="checkbox"/> time alone	<input type="checkbox"/> exercise
<input type="checkbox"/> disappointment	<input type="checkbox"/> lack of exercise	<input type="checkbox"/> good instruction	<input type="checkbox"/> challenging opportunities
<input type="checkbox"/> busyness, too much activity	<input type="checkbox"/> being distracted by technology	<input type="checkbox"/> praying, worshipping	<input type="checkbox"/> other _____
<input type="checkbox"/> when others disagree w/ me	<input type="checkbox"/> other _____	<input type="checkbox"/> receiving constructive feedback	<input type="checkbox"/> other _____
<input type="checkbox"/> not getting my own way	<input type="checkbox"/> other _____	<input type="checkbox"/> being around positive people	<input type="checkbox"/> other _____
<input type="checkbox"/> focusing on gaining approval of others	<input type="checkbox"/> other _____	<input type="checkbox"/> being prepared	<input type="checkbox"/> other _____