

# Exercise 4a: My Efforts Matter

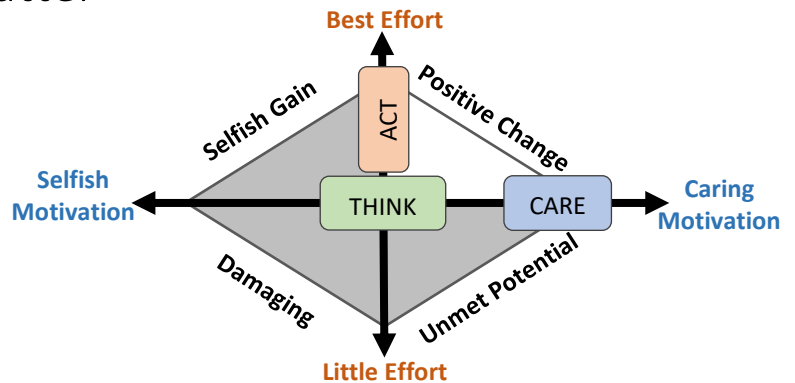
Directions: To develop the skill to realign how we THINK CARE ACT briefly describe a situation in which you were not at your BEST (e.g. you were disrespectful when frustrated, did not try your best). Then, evaluate how you chose to THINK CARE & ACT. Check any box that applies.

Situation:

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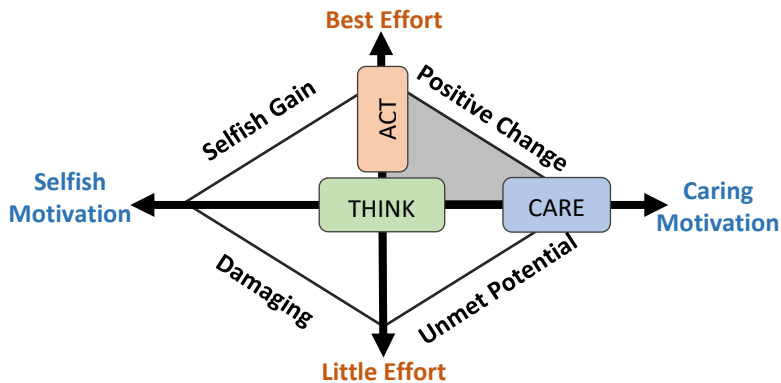


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<b>ACT</b>	
Evaluate your OUTWARD actions and attitudes. What did you do?	
<input type="checkbox"/> I was disrespectful <input type="checkbox"/> I used a rude tone of voice <input type="checkbox"/> I was bossy & demanding <input type="checkbox"/> I was judgmental or critical <input type="checkbox"/> I tried to control others <input type="checkbox"/> I was manipulative <input type="checkbox"/> I said or did hurtful things <input type="checkbox"/> I held a grudge <input type="checkbox"/> I complained or blamed <input type="checkbox"/> I interrupted (instead of listening) <input type="checkbox"/> I was defensive or argumentative <input type="checkbox"/> I lost focus <input type="checkbox"/> I got distracted <input type="checkbox"/> I was lazy or gave up	<input type="checkbox"/> I did not acknowledge what I did wrong <input type="checkbox"/> I did not ask for help <input type="checkbox"/> I avoided difficult situations <input type="checkbox"/> I avoided sharing ideas or feelings <input type="checkbox"/> I shut down emotionally <input type="checkbox"/> I rejected feedback <input type="checkbox"/> I was dishonest <input type="checkbox"/> I made reckless choices <input type="checkbox"/> I was rebellious <input type="checkbox"/> I was inconsiderate <input type="checkbox"/> I was impatient <input type="checkbox"/> I was prejudice <input type="checkbox"/> Other _____ <input type="checkbox"/> Other _____
<b>CARE</b>	<b>THINK</b>
Evaluate your INWARD concerns in that moment. What motivations were driving your actions?	Evaluate your INWARD attitudes about yourself in that moment. What thoughts were driving those motivations and actions?
<input type="checkbox"/> I wanted my way. <input type="checkbox"/> I wanted the approval of others. <input type="checkbox"/> I wanted to look important. <input type="checkbox"/> I wanted to be attractive. <input type="checkbox"/> I wanted to avoid pain, failure, or rejection. <input type="checkbox"/> Other _____ <input type="checkbox"/> Other _____ <input type="checkbox"/> Other _____	<input type="checkbox"/> It is not worth my effort. <input type="checkbox"/> This is a waste of time. <input type="checkbox"/> It is too hard. <input type="checkbox"/> I will never be good at _____. <input type="checkbox"/> I am unknown, invisible, or irrelevant. <input type="checkbox"/> I am not ____ (important, popular, smart...) enough <input type="checkbox"/> If I _____ (fail, get rejected, make a mistake, etc.), then I am _____ (a failure, a reject, a mistake, etc.) <input type="checkbox"/> It will take away my _____ (fear, pain, craving). <input type="checkbox"/> Other _____ <input type="checkbox"/> Other _____

# Exercise 4b: My Efforts Matter



Directions (Using your situation from 4a)

- 1) In the figure to the left, check which quadrant(s), describe your behavior when you were NOT at your BEST.
- 2) Using any combination of check boxes below, describe how you can (or did) improve how you THINK CARE & ACT.

THINK	CARE
What did or can you <b>THINK</b> to improve the situation?	What did or can you <b>CARE</b> about to improve the situation?
<input type="checkbox"/> I can do this. <input type="checkbox"/> Everyone has value, including me. <input type="checkbox"/> My circumstances uniquely position me. <input type="checkbox"/> I can help drive positive change. <input type="checkbox"/> My choices have impact. <input type="checkbox"/> My challenges are an opportunity to grow. <input type="checkbox"/> I can learn from my successes and failures. <input type="checkbox"/> Other _____ <input type="checkbox"/> Other _____	<input type="checkbox"/> Improving & growing <input type="checkbox"/> Reaching my full potential <input type="checkbox"/> Being a positive role model <input type="checkbox"/> Supporting others <input type="checkbox"/> Building healthy relationships <input type="checkbox"/> Creating solutions & winning together <input type="checkbox"/> Other _____ <input type="checkbox"/> Other _____ <input type="checkbox"/> Other _____
ACT	
What did or can you do to improve the situation?	
<input type="checkbox"/> be approachable and friendly <input type="checkbox"/> support those in need <input type="checkbox"/> be encouraging <input type="checkbox"/> be thankful and generous <input type="checkbox"/> be positive and optimistic <input type="checkbox"/> be cooperative stay focused <input type="checkbox"/> celebrate the success of others <input type="checkbox"/> forgive others <input type="checkbox"/> say I am sorry <input type="checkbox"/> be a part of the solution <input type="checkbox"/> help others <input type="checkbox"/> ask for help <input type="checkbox"/> persevere & not give up	<input type="checkbox"/> be responsible <input type="checkbox"/> be prepared & punctual <input type="checkbox"/> engage in civil conversations <input type="checkbox"/> I listened with empathy and compassion <input type="checkbox"/> be honest in my evaluation of myself <input type="checkbox"/> be considerate (even when I disagree with others) <input type="checkbox"/> be patient & respectful (even if others are not) <input type="checkbox"/> give helpful feedback <input type="checkbox"/> obey the rules <input type="checkbox"/> be honest, trustworthy <input type="checkbox"/> other _____ <input type="checkbox"/> other _____

## Exercise 4c: My Efforts Matter-Living with the End in Mind

If you continued to THINK CARE ACT as you described in Exercise 4a, how could it negatively impact your ability to drive Positive Change in the next:

10 minutes: \_\_\_\_\_

10 months: \_\_\_\_\_

10 years: \_\_\_\_\_

If you continued to THINK CARE ACT as you described in Exercise 4b, how could it help you maximize your potential and drive Positive Change in the next:

10 minutes: \_\_\_\_\_

10 months: \_\_\_\_\_

10 years: \_\_\_\_\_

### A 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).

Example: I am sorry for being harsh and judgmental when I was sharing my thoughts. Will you please forgive me?

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### *In a Small Group*

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1. Give each person the option of sharing their responses to Exercise 4c.
2. Discuss why you think choosing to align how you THINK CARE and ACT with positive intention can improve your situation over time.
3. Give each person the opportunity to practice making a 3-point apology based on an actual or imaginary situation.
4. Consider how "Growth is a choice, not an accident." Then give each person the option of sharing what are they are willing to do to this week to improve how they THINK- Learn-Evaluate CARE- Hope- Aim ACT- Improve-Engage.