

Exercise 1: My Best and Worst

Directions: To better understand the impact of our choices, let us explore our BEST and WORST and start developing a strategy for doing things that bring BEST. Check 5-10 boxes for each prompt that best describe you. Then write down a few of your BEST and WORST descriptors in the lines below.

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

A 3 Point Apology

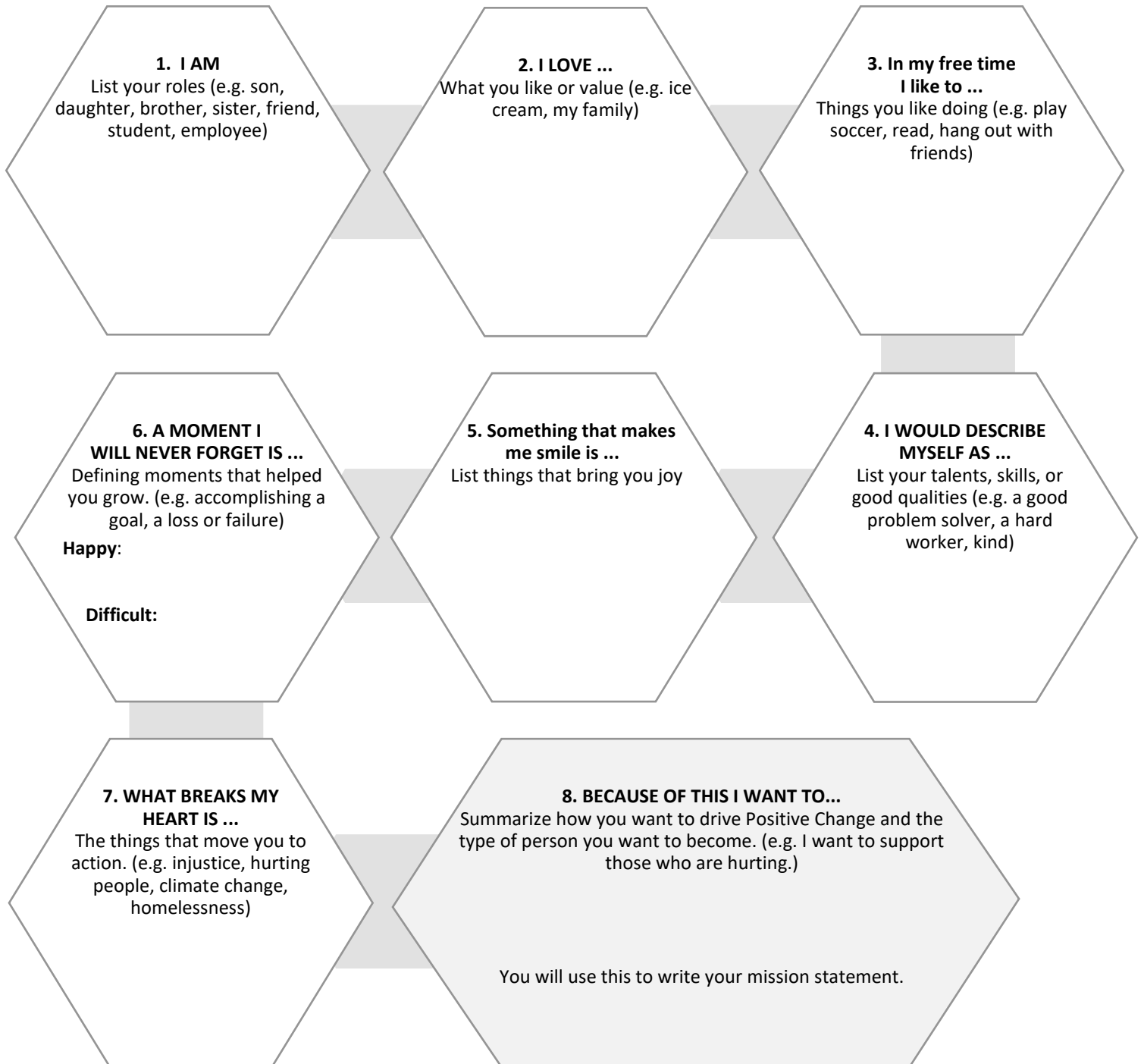
When necessary, we can turn our worst self into our better self by acknowledging what we did and asking for forgiveness. Try out this effective three-point apology:

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?

Exercise 2a: What Makes Me Special

Directions: To better understand how we are uniquely positioned to help drive Positive Change, let us consider what makes us special. Starting with number 1, use the prompts to list some of the things that make you unique.



Exercise 2b: What Makes Me Special- Positioned4Change

Pick a few of your answers to create an introduction that illustrates how you are uniquely positioned.

Hello, my name is _____ (first name only). I am a _____, _____, and _____ . I love _____, _____, and _____. In my free time I like to _____, _____, and _____. I would describe myself as _____, _____, and _____. One thing that always makes me smile is _____ . A moment I will never forget is _____ . What breaks my heart is _____ Because of this, I want to _____. WHILE THESE THINGS POSITION ME, THEY DO NOT DEFINE ME.

Exercise 3a: My Motivation Matters

Directions: To better understand how what we care about affects our story, let us explore how our motivations influence how we pursue our goals. Write down one of your roles and a goal for that role. Then check the boxes that apply to you.

Role _____ (e.g. student, athlete, son)

Goal: _____ (e.g. graduate from a university or to have a supportive family).

INWARD Attitudes and beliefs	
<p>Sometimes I am self-focused and want what I do, what I have, and what others think of me to bring me fulfillment. So, I am motivated to:</p> <ul style="list-style-type: none"> <input type="checkbox"/> gain approval or popularity <input type="checkbox"/> look important <input type="checkbox"/> look attractive <input type="checkbox"/> get my way <input type="checkbox"/> avoid pain, failure, or rejection <input type="checkbox"/> other _____ <input type="checkbox"/> other _____ 	<p>Sometimes I remember I play an important role in my home, community, and world and I CARE about helping drive Positive Change. So, I am motivated to:</p> <ul style="list-style-type: none"> <input type="checkbox"/> improve & grow <input type="checkbox"/> reach my full potential <input type="checkbox"/> be a positive role model <input type="checkbox"/> build healthy relationships <input type="checkbox"/> support others <input type="checkbox"/> create solutions & win together <input type="checkbox"/> other _____ <input type="checkbox"/> other _____
<div style="display: flex; justify-content: space-around; align-items: center;"> <h2 style="margin: 0;">OUTWARD Attitudes and Actions</h2> </div>	
<p>When I am focused on myself, I get frustrated when I encounter challenges. At times, I can add to the problems around me by:</p> <ul style="list-style-type: none"> <input type="checkbox"/> being disrespectful <input type="checkbox"/> using a rude tone of voice <input type="checkbox"/> being bossy & demanding <input type="checkbox"/> being judgmental or critical <input type="checkbox"/> trying to control others <input type="checkbox"/> being manipulative <input type="checkbox"/> saying or doing hurtful things <input type="checkbox"/> holding a grudge <input type="checkbox"/> complaining/ blaming <input type="checkbox"/> interrupting (instead of listening) <input type="checkbox"/> being defensive or argumentative <input type="checkbox"/> losing focus <input type="checkbox"/> getting distracted <input type="checkbox"/> being lazy or giving up <input type="checkbox"/> not acknowledging what I did wrong <input type="checkbox"/> avoiding asking for help <input type="checkbox"/> avoiding difficult situations <input type="checkbox"/> avoiding sharing ideas or feelings <input type="checkbox"/> shutting down emotionally <input type="checkbox"/> rejecting feedback <input type="checkbox"/> being dishonest <input type="checkbox"/> making reckless choices <input type="checkbox"/> being rebellious <input type="checkbox"/> being inconsiderate <input type="checkbox"/> being impatient <input type="checkbox"/> being prejudice <input type="checkbox"/> other _____ <input type="checkbox"/> other _____ <input type="checkbox"/> other _____ 	<p>When I am focused on my desire to make a positive difference, I remain caring when I encounter challenges. I typically improve situations by:</p> <ul style="list-style-type: none"> <input type="checkbox"/> being approachable <input type="checkbox"/> supporting those in need <input type="checkbox"/> encouraging others <input type="checkbox"/> staying focused <input type="checkbox"/> forgiving others <input type="checkbox"/> saying I am sorry when needed <input type="checkbox"/> creating solutions to the problems around me <input type="checkbox"/> helping others <input type="checkbox"/> asking for help <input type="checkbox"/> persevering & not giving up <input type="checkbox"/> celebrating the success of others <input type="checkbox"/> obeying the rules <input type="checkbox"/> being honest, trustworthy <input type="checkbox"/> being responsible <input type="checkbox"/> being prepared & punctual <input type="checkbox"/> engaging in civil conversations <input type="checkbox"/> listening to understand <input type="checkbox"/> being honest in my evaluation of myself <input type="checkbox"/> being considerate (even when I disagree with others) <input type="checkbox"/> being patient & respectful (even if others are not) <input type="checkbox"/> other _____ <input type="checkbox"/> other _____ <input type="checkbox"/> other _____ <input type="checkbox"/> other _____

Exercise 3b: My Motivation Matters



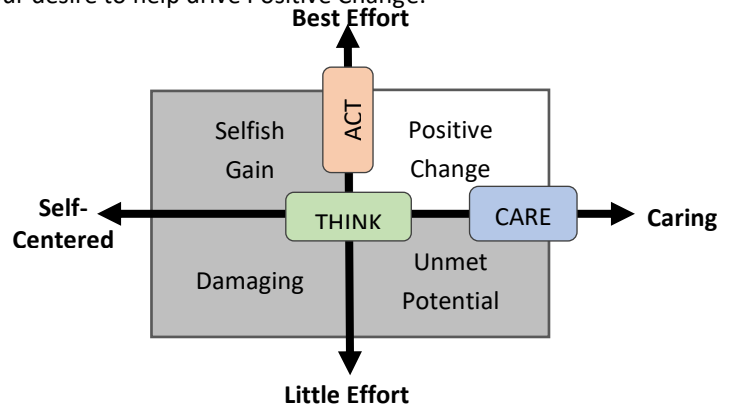
Rewrite your **MISSION** from Exercise 2 here. Does it include a desire to make a positive difference?
Adjust it if you want. _____

Exercise 4a: My Efforts Matter

To give our desire to growth the intention it deserves let's consider times we are not at our BEST and develop a strategy for realigning how we THINK CARE ACT with our desire to help drive Positive Change.

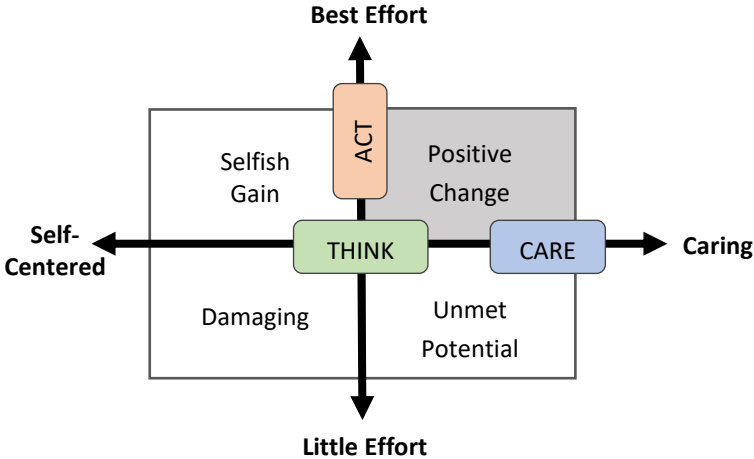
Directions: Briefly describe a situation in which you were not at your BEST (e.g. you were selfish, damaging, or did not live up to your potential). Then, evaluate how you chose to THINK CARE & ACT. Check any box that applies.

Situation: _____



ACT	
How did I ACT?	
<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 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 _____
THINK	CARE
What did I THINK?	What did I CARE about?
<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 ____ (attractive, popular, smart...) enough <input type="checkbox"/> If I _____ (fail, get rejected, make a mistake, etc.), 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 _____	<input type="checkbox"/> Gaining approval or popularity <input type="checkbox"/> Looking important <input type="checkbox"/> Being attractive <input type="checkbox"/> Avoiding pain, failure, or rejection <input type="checkbox"/> Myself (Getting my way) <input type="checkbox"/> Other _____ <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 I THINK?	What did I CARE about?
<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 can or did I 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: _____

Exercise 5a: My Priorities Matter

To better understand how to align our activities with our values, let us consider how we spend our time and develop a strategy for achieving our goals.

Directions: In the boxes below,

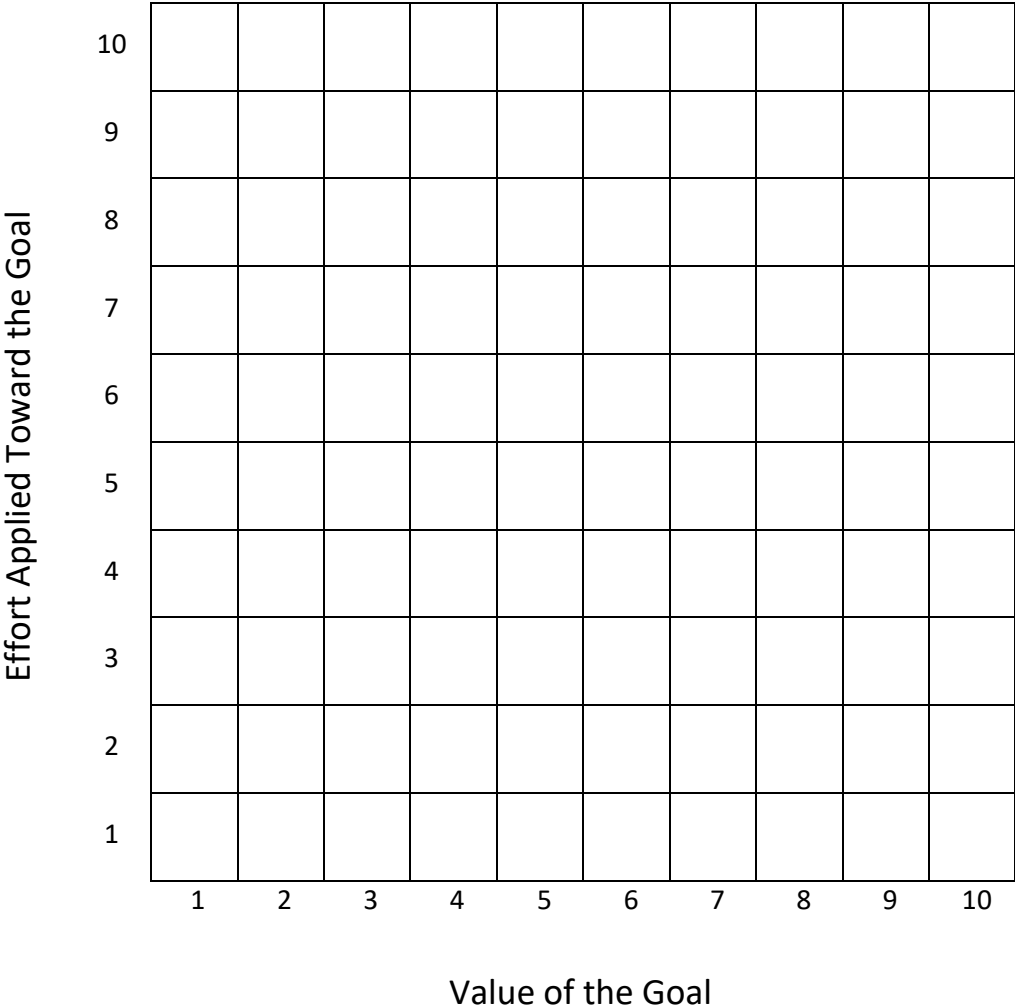
1. Write down 5 of your roles and goals you have for that role.
2. In the space for "Value" write a number between 1 and 10. 1 indicates the goal holds a low value to you. 10 indicates the goal holds high value.
3. In the space for "Effort" write a number between 1 and 10. 1 indicates that you put little effort towards that goal. 10 indicates you give it your best effort.
4. Write a list of actions you can do that will help you achieve that goal.

	Role:	Role:	Role:	Role:	Role:
	Goal:	Goal:	Goal:	Goal:	Goal:
	Value:	Value:	Value:	Value:	Value:
	Effort:	Effort:	Effort:	Effort:	Effort:
Actions you can do to pursue that goal.					

Exercise 5b: My Priorities Matter - Visualizing Priorities

Directions:

- 1. Mark a dot on the graph using the numbers you entered in for "Value" and "Effort" for each of your roles. Start by placing your pencil on the number you used for "Value" and then move your pencil up to the line for the number entered for "Effort." After you mark the dot, label the dot with the corresponding goal.
- 2. After you have finished plotting all dots, look at your graph. Are any of your higher value goals getting too little of your effort? "Circle the dots that represent the goals you would like to give more priority.



Exercise 5c: My Priorities Matter - Evaluating Activities

In life, many things are out of our control. There will be things we can change and things we cannot.

Directions: Consider previous exercises and the graph above. Using the questions below, evaluate the list of activities you made put a star next to the actions and activities in in Exercise 5a that you want to prioritize.

My Best and Worst Exercise

2. At my WORST I am...	1. At my BEST I am...
<input type="checkbox"/> a bad listener <input type="checkbox"/> annoying, irritating <input type="checkbox"/> argumentative <input type="checkbox"/> boastful <input type="checkbox"/> bossy, domineering <input type="checkbox"/> defensively <input type="checkbox"/> envious <input type="checkbox"/> greedy <input type="checkbox"/> harsh, rude, sassy <input type="checkbox"/> impatient, easily angered <input type="checkbox"/> inconsiderate <input type="checkbox"/> insecure <input type="checkbox"/> irresponsible <input type="checkbox"/> lazy <input type="checkbox"/> judgmental, critical <input type="checkbox"/> self-centered, selfish <input type="checkbox"/> pathetic <input type="checkbox"/> uncooperative <input type="checkbox"/> ungrateful, whiney <input type="checkbox"/> other _____ <input type="checkbox"/> other _____	<input type="checkbox"/> a good communicator <input type="checkbox"/> a good leader <input type="checkbox"/> a good listener <input type="checkbox"/> accepting <input type="checkbox"/> adventurous <input type="checkbox"/> compassionate <input type="checkbox"/> confident <input type="checkbox"/> cooperative <input type="checkbox"/> diligent, hard-working <input type="checkbox"/> encouraging <input type="checkbox"/> focused <input type="checkbox"/> forgiving, gracious <input type="checkbox"/> Funny, humorous <input type="checkbox"/> generous <input type="checkbox"/> gentle, calm <input type="checkbox"/> grateful <input type="checkbox"/> helpful <input type="checkbox"/> humble <input type="checkbox"/> joyful, hopeful <input type="checkbox"/> kind <input type="checkbox"/> loyal <input type="checkbox"/> obedient <input type="checkbox"/> persistent <input type="checkbox"/> punctual <input type="checkbox"/> respectful <input type="checkbox"/> sincere, honest <input type="checkbox"/> supportive <input type="checkbox"/> trustworthy, loyal <input type="checkbox"/> warm, friendly <input type="checkbox"/> other _____ <input type="checkbox"/> other _____
4. Situations that Can Bring Out My WORST <input type="checkbox"/> being tired <input type="checkbox"/> being hungry <input type="checkbox"/> being in a hurry <input type="checkbox"/> being in a bad mood <input type="checkbox"/> being in a bad place <input type="checkbox"/> being in a bad time <input type="checkbox"/> being in a bad company <input type="checkbox"/> being in a bad situation <input type="checkbox"/> being in a bad state of mind <input type="checkbox"/> being in a bad state of health <input type="checkbox"/> negative peer pressure <input type="checkbox"/> busyness, too much activity <input type="checkbox"/> when others disagree with my ideas <input type="checkbox"/> being criticized <input type="checkbox"/> not getting my own way <input type="checkbox"/> when I focus on winning the approval of others <input type="checkbox"/> too much unhealthy food or lack of exercise <input type="checkbox"/> being distracted by music, phones, media or computers <input type="checkbox"/> other _____ <input type="checkbox"/> other _____	3. Situations that Bring Out My BEST <input type="checkbox"/> getting enough rest <input type="checkbox"/> good nutrition <input type="checkbox"/> exercise <input type="checkbox"/> constructive feedback <input type="checkbox"/> having someone listen to me <input type="checkbox"/> being around positive people <input type="checkbox"/> getting a hug <input type="checkbox"/> hearing inspiring stories <input type="checkbox"/> challenging opportunities <input type="checkbox"/> being prepared <input type="checkbox"/> other _____ <input type="checkbox"/> other _____

Does the activity help me develop the courage and self-respect it takes to acknowledge when I am at my WORST?

Is there any activity that can bring out my WORST that I can limit or avoid?

Does the activity inspire me to be my BEST?

Does the activity empower me to:

- THINK CARE ACT with intention
- Build supportive relationships
- Maintain balance between being challenged and getting rest? Helping myself vs helping others? Helping at home vs in the community?

Does the activity motivate me to give my best effort because I want to maximize my potential to help drive Positive Change?

