

Activities

1. Name all of the emotions you can think of and write them down.
2. Go to the Emotions Sheet (p.) and put X on the emotions you rarely feel and circle the emotions you regularly feel.
3. Identify the top three most frequent emotions you've experienced in the past week and write them on the Emotions Worksheet (p.). Then use the worksheet to process the situations you experience those emotions in.
4. Based on this information, create a SMART goal you can make for managing these emotions.

LifeWork

This week (before the next meeting) practice identifying your emotions and observe your reactions or responses to them.

- Identify the trigger or circumstance of the emotion.
- Set a goal to deal with the emotions with a healthy response not reactive one.

Remember: even a failed attempt at a positive response can be considered a success if you recognize the emotional need!

Activities

1. Review the Coping Strategies Worksheet (p.***)
2. Create a personal list of coping skills that you can use in specific situations. (Think: If I feel_____, what can I do instead?)
3. Work with your LifeCoach to identify positive and negative triggers for your emotions and when to deploy your new coping strategy. Use the Relationships & Emotions Worksheet (p.) to identify specific relationships that bring up strong emotions and how you can use coping skills to manage your responses.

LifeWork

This week:

- Keep track of how you used your coping strategies throughout the week. Observe yourself and take notes (on paper or on your phone) of any major successes or any situations that you want to improve.

Remember: the first step is awareness and recognition, even if your coping strategy doesn't get put into play every time.

Emotional Development Wrap-up

Learning to manage and have healthy responses to your emotions is an area of life-long learning that can't be "mastered" in just one coaching session. But, it is important to celebrate successes in learning more about yourself and how your emotions affect how you view the world and others.

Reflection Questions

How has your life looked differently since you started using coping strategies to manage your emotions and responses?

If it doesn't look much different yet, what areas do you want to continue to improve?

Are the top 5 emotions you listed in Lesson One still the top 5 emotions you're experiencing most often or have they changed?

How have you seen the impact of a reaction vs. a response in specific situations?

What are you proud of yourself for today?

LifeWork

Take a moment to fill out the 3 Things Worksheet again and create a new SMART goal for things you want to improve or gain, including managing your emotions.

Discussion

What about your top five talent themes surprised you?

Can you see moments where your talents have come into play in your life?

How does your current self-image affect your day-to-day life?

Activities

1. Discuss your top five talent themes with your LifeCoach. What are your first impressions? Which words do you agree with? What surprised you? When can your talents become barriers or over-used?
2. Choose 2 or 3 words from your talent report that you strongly identify with. Put the words into the Positive Word Worksheet (p.***). Go over these words with your LifeCoach and tell them how and why this word connects with you.
3. Log into the StrengthsFinder® and download and print the Themes Worksheet. Use a highlighter to mark the positive descriptive words under each of your top five talent themes. Put a star by the words that you think best describe you.
4. Review your last 3 Things Worksheet. Now that you've learned about your top talent themes, what would you adjust or add to your "I hope" statement for Identity? Create a SMART goal to help you achieve growth in Identity Development.

LifeWork

This week (before the next meeting) take two or three of your top talents and become aware of when they show up in your daily activities.

- Track when and where you noticed you were using one of your talents.
- Identify how your unique talent helped you or was a barrier in each situation.

Remember

You are one of a kind and at this time in history, the world is just waiting for you to step into all you can be.

Emotion Checkup



Anger



Confident



Depressed



Excited



Happy



Scared



Hurt



Lonely



Loved



Frustrated



Worried



Jealous



Overwhelmed



Sad

Activities

1. Play the “2 Truths and a Lie” game with your LifeCoach. Take turns making three statements about yourself, two true and one lie. The other person has to guess which of the statements is a lie. Discuss how these truths or lies affect your identity.
2. Fill out the Identity Circle Worksheet (p.***)
3. Using words from your top five talent themes, create a vision board for yourself. Find pictures to give visuals to the new, positive labels you’re creating for yourself and consider how you could take next steps to grow this new identity in your life.

LifeWork

Review the Mirror Activity Worksheet (p.) and create a daily affirmation you can use to remember the new labels you’ve created for yourself. Put the affirmation somewhere you can see it every day, like your bathroom mirror, in a non-permanent marker tattoo, a card in your wallet, etc. Good affirmation prompts can begin with statements like “I am...(good, strong, worthy).” “I believe... (I am worthy, happy, capable).” “I will...(succeed, be fulfilled, achieve my goals).”

Emotion Checkup



Lesson Three

Your identity includes beliefs that define who you are. We call these values and character. They are the standards we use to understand who we are and to make decisions. It's important to identify the values you operate under to see how your values direct your decisions. Character is not just what you say, but it's also what you do when no one is looking. It's important to remember that your identity doesn't focus or depend on how you feel because feelings vary. Identity starts with finding key characteristics that are core to who you are.

Discussion

What are some values you think most people hold?

Do you have a set of values you live your life by?

Activities

1. Review the Values Worksheet (p.***) and then circle the words on the Values List (p.**) that reflect something you believe is important to you or should be. Then, narrow that list down to your top five values and write them on the worksheet.
2. Discuss with your LifeCoach why you chose those values. How do you think they affect your life, beliefs, and decisions? What new values do you want to add to achieve your goals? Write those in the New Values Worksheet (p.***)
3. After you've defined your values, sit down with your LifeCoach and review the Social Media Identity Worksheet (p.***). How do your profiles and posts reflect your new identity and values?

LifeWork

This week:

- Take notice of when you exercise your values or character in your life. Write down when it happens and how your new identity helped shape your decision or response in that moment.
- Create a new daily affirmation for yourself this week and put it somewhere you'll see it everyday. Remember the prompts: "I am...(good, strong, worthy)." "I believe... (I am worthy, happy, capable)." "I will... (succeed, be fulfilled, achieve my goals)."

Remember

"When your values are clear to you, making decisions becomes easier." - Roy E. Disney

Emotion Checkup



When we know who we are and how we contribute, we can begin to shape what we want our future to look like. This includes what we want to be known for or the legacy we want our life to be. Usually when we think of legacies, we think about presidents, poets, musicians, or actors. But your personal legacy can be just as world changing. What do you want your legacy to be?

Write at least three “known for” statements below. Focus more on how you would want to make people feel than how you want people to view you.

LifeWork

This week (before the next meeting) spend some time looking over your LifeMap and your Legacy “known for” statements. Write down a few things that you’d like to see happen in your future that will help make your legacy statements true someday.

Remember

It’s ok to have mistakes and things about your past you don’t like. You are the author of your own story and you have the power to write a new page each day.

Emotion Checkup



Legacy Statement

In my life, I want to be most known for....

When people remember me, I hope they remember....

When I'm 80 years old, I want to look back on my life and say..

Identity Development Wrap Up

The process of discovering and developing your identity is one that can be daunting, but should also be exciting as you get to pick up the pen in your own life story and craft a life centered around being your best-self. You have innate talents that are unique to you, parts of your story that have shaped you, and a dream for the future that is inspiring!

Reflection Questions:

- Have you been using your daily affirmations?
- Do you notice any positive change in your attitude and/or self-image?
- How have you noticed your talent themes showing up in your life?
- Have you been able to use one of your talent themes to accomplish something?
- What are you proud of yourself for today?

LifeWork

Take a moment to fill out the 3 Things Worksheet and set a new SMART goal for how you want to continue to improve your self-image, put your talent themes to work, or implement new values into your life and decision-making.

Emotion Checkup

Discussion

Which situations in your life are you happy with?

Which situations do you want to change?

How does knowing your top five talents impact your life situations?

Activities

1. Review your last 3 Things Worksheet and the goal you set for Situations. Based on your discussion with your LifeCoach, set a new SMART goal for managing situations in your life.
2. Review the LifeNetwork diagram you created in the Relationship Development Module (p.**) and identify five people that are influential in your life. Describe to your LifeCoach how these people make you feel. Which relationships are beneficial (positive) or harmful (negative) in your life?
3. Take the list of five people from your LifeNetwork and make a plan with your LifeCoach to spend more time with really positive people and less time with people who create negative emotions.
4. Describe “A Day in My Life” to your LifeCoach. What do you see when you first wake up? What do you eat? Where do you go? Who/what do you see throughout the day? Discuss with your LifeCoach how the everyday parts of your life could affect your decision-making in situations.

LifeWork

This week, be observant of the situations you’re in and practice being your best self by using coping skills to manage negative response situations. Keep a journal of these moments and how they went.

Activities

1. Talk with your LifeCoach about some of the situations in your life that have gone well and some that have not gone well. What was the difference in your thinking process when the situations went well? Do you think your Procedural self-talk made a difference in that situation, good or bad?
2. Think about a few situations in your life when you've known it was probably negative or unhealthy, but you participated anyway. Write these on the Gut Check Worksheet (p.**) and discuss with your LifeCoach how you can use gut-checks to make more effective and healthy decisions in the future.

LifeWork

Observe this week when situations in your life go well and when they go poorly. Create a plan with your LifeCoach to avoid negative situations, as well as a plan of escape from bad situations. Keep a journal of your personal observations about if and when you did avoid bad situations and how the escape plan worked. Also observe when positive situations occurred and what your key actions were that made it positive.

Remember

Gut-checks are not always about getting out of bad situations, but also about getting into good situations.

Emotion Checkup



Lesson Three

Sometimes situations become a part of our routines. We become so used to being around certain people, going to certain places, or doing certain things that they become habits in our lives. But, our habits are not always healthy and are sometimes fueled by urges. An urge is a strong desire or impulse to do something. Everyone has urges, and they're totally normal. But, when urges fuel dangerous or addictive habits or put us into bad situations, they need to be addressed. Urges can be relentless and create habits that are hard to break. If you've had an unhealthy habit for a long time, it may be unrealistic to think that you'll never have that urge again. But, it's totally possible to create coping strategies to break the habits tied to our urges so we're much less likely to fall into unhealthy habits again.

Discussion

Do you have any habits in your life fueled by urges?

How do you think your day-to-day life situations are affected by your urges?

Activities

1. Think of all urges you have, both good and bad, and write them down.
2. Discuss your urges with your LifeCoach and how your self-talk affects whether you act on those urges or not.
3. Review the Managing Urges Worksheets (p.**) with your LifeCoach. Make a coping strategy to help manage unhealthy urges in a healthy way.

LifeWork

This week, keep track of how you used your coping strategy to manage your urges throughout the week. Observe how you feel, what your self-talk sounds like, and what actions you took. Keep notes on any major successes or any areas you want to improve.

Remember

Urges are a normal part of life, but they don't have to control how we act or what we say.

Emotion Checkup



Situational Development Wrap Up

When you understand how you make decisions and how those decisions lead you into different situations in life, you grow in self-awareness. No one gets it right 100% of the time, but the more you practice, the more you learn how to live out your true identity and grow into your best self.

Discussion

How did you do making decisions to encourage positive influences and avoid negative influences?

If you have situations you want to improve in, what are they and why are they challenging to change?

What have you learned about yourself as you observed your self-talk?

Are the five relationships you listed still your most influential or have they changed since you've learned to manage situations and urges?

What are you proud of yourself for today?

LifeWork

Take a moment to fill out the 3 Things Worksheet again and update your “I hope to” statements to reflect how you want to continue improving in managing your urges, self-talk, and decision-making skills. Set a new SMART goal specifically for making better decisions in life situations you encounter often.

Discussion

- What do you see as the difference between social isolation and social capital?
- How do you think the LifeMap will be helpful to achieving your dreams?
- What are a few goals you think you want to include in your LifeMap that will help you increase self-sufficiency and social capital?

Activities

1. Work with your LifeCoach to create a current LifeMap for your life. Start by writing down some ideas for your desired destination in life and how you'll gain social capital along the way.
2. Plan with your LifeCoach a LifeMap achievement process plan (how you'll get from your current reality to your desired future).
3. Create a bucket list for your life. What are things you want to do or dream about doing? Think about how those could be incorporated into your LifeMap as you set goals for self-sufficiency and social capital.

LifeWork

Review the LifeMap Worksheet (p.***) and start creating your LifeMap. Set-up a next meeting with your LifeCoach and decide what you'll talk about to help you pursue your LifeMap milestones.

Remember

“A ship is always safe at shore, but that’s not what it’s built for.”

-Albert Einstein

Go for your dreams!

- **Borrowing:**
 - ◆ Credit (good vs. bad credit)
 - ◆ Credit cards (how interest rates can take your money quickly, paying upfront, and low minimums)
 - ◆ Payday loans (the truth about these kinds of places)
 - ◆ Rent to own (saving for items vs. rent to own)
 - ◆ Debt reduction (how reducing debt will save you a lot over time)
- **Planning/Dreaming:**
 - ◆ What is your first dream purchase?
 - ◆ Where would you like to travel?
 - ◆ Who would you like to surprise with a gift and what would it be?

Discussion

How do you feel like you're currently doing with finances? Are they holding you back or moving you forward?

If you were able to save 10% of your paycheck, how much would you have in six months?

Activities

1. Make an appointment with your LifeCoach and a Community Business partner to discuss your personal finances.
2. Work with the Community Business Partner to open a checking and savings account for yourself.
3. Create a Monthly Budget (p.**) with Community Business Partner that not only meets your needs, but sets you up to achieve your future goals.
4. Schedule your next meeting with the Community Business partner to follow-up on your budget.

LifeWork

With your new budget in hand, track your finances this week by writing down every time you spend or make money. Are you staying within your budget or are there places where you've spent more or less than you expected? How could you tweak your budget to better meet your financial needs and goals?

Discussion

- What do you think your current reading level is?
- Have you ever been tested or diagnosed with a learning or reading disability, such as dyslexia?
- What do you consider your strongest and weakest subjects in school?
- If you haven't achieved your high school diploma or HiSET yet, what options are there in your community to do so?
- If you have your high school diploma or HiSET, what does college/higher education or technical schooling look like in your community?
- If higher education is one of your LifeMap destinations, what scholarships, grants, or alternative funding options are available for you?

Activities

Work with your LifeCoach to create an education plan for your life based on your LifeMap destinations. Set a new SMART goal based on your first step in the plan.

LifeWork

- If you need to complete your high school diploma or HiSET, make an appointment with your school counselor or HiSET program director to see what specific steps you need to take to stay on track with your classes.
- If you are looking into higher education/college, take time this week to look at the Education Scholarships & Grants Resources (p.***) and highlight any that you think you may be eligible for. Then, look each one of them up and make a list of applications you need to submit with due dates.

Discussion

Talk through these questions with your LifeCoach to make sure you're prepared for all aspects of employment.

1. Transportation: How will you get to work?
2. No-Show: First, no excuses for missing work. But, how will you give notification of illness or other serious issues to miss work?
3. Punctuality: How will you plan to be on-time or early to gain positive attention?
4. Back-up plan: What will your backup plan be to get to work when unexpected situations happen (car breaks down, bus route changes, bike tire is flat, child is sick, etc.)?
5. Planning Ahead: How will you keep track of any work changes or opportunities?
6. Creating Routines: How will you create healthy habits that allow you to arrive at work on time and with a positive and happy attitude?

Activities

Talk through these questions with your LifeCoach to make sure you're prepared for all aspects of employment.

1. Work with your LifeCoach to create a resume of your work experience that highlights your best skills. Use the Sample Resume Worksheet (p.) as your guide. Don't forget about your online presence too! How will you adjust your social media profiles to match the job you want to have?
2. Fill out the Sample Job Application (p.) and have your LifeCoach review it with you to see if there are any areas you could strengthen.
3. Review the Mock Interview Questions (p.) and then role play a mock interview with your LifeCoach. Be open to constructive criticism on how you could answer a question more confidently or honestly.

LifeWork

1. Look online or in your local newspaper for employment opportunities in your area that you think you would be a good match for. Make a list of at least three places you want to apply.
2. Complete applications for the employers on your list. Be sure to check for spelling and grammar errors before submitting! (Tip: Type your application answers out in Word first so you can check your spelling and grammar. Then, re-write or copy and paste what you typed into the application.)
3. If you get called for an interview for one of the employment opportunities you applied for, great! Practice your interview questions the night before and plan to arrive early for your interview. If you haven't gotten any interview calls yet, continuing searching for opportunities and filling out applications.

Remember

Not every job you work will be your “dream job.” But, you can always learn something at any job, so focus on how you can grow your strengths and skills in every position so when your dream job comes along, you're ready.

Lesson One: Physical Exercise

Regular exercise is a boost for your mind and your body. It can help improve your memory, thinking, and skills. And, there are plenty of other good reasons to be physically active that have immediate and long-term benefits. Most importantly, regular physical activity can improve your quality of life. It can reduce your risk of developing heart disease, stroke, and diabetes. Exercise also send endorphins throughout your body, which are hormones that make you feel a “happy” jolt. Endorphins help fight depression, reduce stress, and ward off anxiety.

Discussion

Do you currently make physical activity a priority in your week? If you do, what activity do you currently do? If not, how can you make a priority in your schedule?

Activities

Try out a few simple ways to start moving your body like:

- Walking 15-20 minutes, 3 times per week
- Practice yoga for 30 minutes, 2-3 times per week
- Ride your bike for 15-20 minutes, 3 times per week
- Strength building- lift any weight (a gallon of milk, bag of potatoes, push ups, hand weight)
- Just get outside and do something!

LifeWork

- Make a few goals for yourself for exercise and what changes you'd like to see in your body. Write them down.
- Identify what steps you need to take to begin working toward those goals. Think small steps, not giant leaps. If you want to run a 5K, start by walking or jogging short distances everyday, and then increasing your distance little by little throughout the month.

Discussion

Write out a list of your favorite foods. Which food group do they each fall in?

Write out what everything you ate yesterday. How did you feel at the end of the day?

Do you feel that food is a source of escape or comfort for you?

Activities

Discuss with your LifeCoach a healthy eating plan and create a healthy meal plan for one week.

LifeWork

This week, follow the healthy meal plan you set with your LifeCoach. Keep a journal of everything you eat that week (even if you didn't stick with the plan 100%), and at the end of each day, write down how you felt and any results you experienced.

Discussion

- How many close relationships are you currently managing in your life?
- Which of your relationships do you feel are healthy and which are unhealthy? What makes the difference?
- How do you think setting relationship boundaries would help your relationships that are currently unhealthy?

Activities

1. Review your LifeNetwork in the Relationship Building Module (p.). Create an updated LifeNetwork sheet (p.) for your current network of relationships.
2. Looking at your new LifeNetwork, take a piece of paper and put a line down the middle. On the left side, make a list of who you have a healthy relationship with and can be let into your personal space. On the right side, make a list of who needs to be given a boundary to create a healthy relationship.
3. Define or set the boundaries you want for the people on the right side of your sheet and give yourself permission to live within those boundaries.
4. Work with your LifeCoach to discuss and determine how you'll follow through on these boundaries. Walk through these steps together:
 - a. Set relationship limits
 - b. What's your immediate gut check?
 - c. Be assertive and direct. Don't become passive
 - d. Give yourself permission
 - e. Practice self-awareness
 - f. Consider your past and present
 - g. Make yourself a priority
 - h. Acknowledge your LifeCoach and local family are supporting you
 - i. Realize that you are strong and you've got this
 - j. Take one step at a time

LifeWork

Now that you're ready to take control of the relationships that affect you closely, take your LifeNetwork again and add some people who aren't yet on the sheet. Make a list of all of the people who affect your life on a daily, weekly, and monthly basis. Then, classify those relationships into one of these three categories and write them on the Caution/Casual/Core Worksheet (p.):

1. **Core:** I trust them with my life. These are the people who affect you to the core-- the innermost part of your body, heart, soul, and mind. You have given them 100% trust. The most people in this category that one person needs is 10, with most people having 3-5 people in their Core group.
2. **Casual:** I'm cool hanging out with people in this group. These people are your casual friends, ones you hang out with, travel with, and generally do life with at various times. You're alright if you see them often or little. We also call these people "hi/bye" friends because you may see them all the time or not at all. This is usually the largest group of people in the three categories.
3. **Caution:** I don't feel comfortable around these people. People in this group can be harmful to your well-being. They can be toxic and bring havoc or chaos to your life. But, this doesn't mean that they are a big part of our lives. These individuals can be family members, spouses, distant relatives, close friends, co-workers, roommates, boy-friends/girlfriends, or just acquaintances we've met a few times. Whoever they are though, they are unhealthy for you. These people need to have limited or no access to you. Or, maybe for a season*, they need to be restricted or stay away from you until you resolve your differences and have a healthy, positive relationship to re-establish.

*We use the word season here so you can give yourself permission to let someone go through a natural season of spring, summer, fall, or winter to become a healthy influence in your life. If someone categorized as Caution goes through a season and is still toxic for you, you can allow them to go through another season until they become healthy, or decide that it's best if you both move on.

- There may be some individuals that you're still wondering if they're healthy or unhealthy in your life. Use the Guide to Healthy/Unhealthy Relationships Sheet (p.) to determine which category the person belongs in.

Discussion

Creating a boundary can be a step to freedom and self-protection.