

The cover features a dark blue background with abstract organic shapes. A large red shape is in the top left corner, and a yellow shape is in the bottom right corner. The title 'COURSE WORKBOOK' is centered in white, bold, sans-serif capital letters.

COURSE WORKBOOK

GLAD YOU'RE HERE

How do you make friends? How do you get what you want out of life? How do you bounce back from big and difficult situations and emotions? You probably aren't learning these things in math class. But there are the fundamental skills of life.

In the next 16 lessons, I'm going to show you the core tools skills that mature and successful people use to do all the things above. Some of them will be surprising to you. Some will make you roll your eyes. But they will all give you results if you do 1 thing:

Apply what you learn

Praying this course is meaningful and impactful for you.



WANTS

Choose 5 “I want”... statements below that are most important to you

(don't look at page 2 yet!)

- | | |
|--|---|
| 1. I want to always tell the truth. | 11. I want to believe things can get better. |
| 2. I want to do what's right, even when it's hard. | 12. I want to look for the good, even on bad days. |
| 3. I want to be myself and not pretend. | 13. I want to laugh and have fun. |
| 4. I want to care about people. | 14. I want to live for something important. |
| 5. I want to be kind to everyone. | 15. I want to take care of what matters most. |
| 6. I want to feel close to others. | 16. I want to notice and be thankful for what I have. |
| 7. I want to help make the world better. | 17. I want to let go of hurt and move on. |
| 8. I want to be good at what I do. | 18. I want to put my family first. |
| 9. I want to do things that matter. | 19. I want to leave something good behind. |
| 10. I want to keep learning and getting better. | 20. I want to give and receive love. |

VALUES

Find the value that has the same number as the “I want” statement you selected above

1. Honesty

11. Hope

2. Integrity

12. Optimism

3. Authenticity

13. Joy

4. Caring

14. Purpose

5. Kindness

15. Protection

6. Connection

16. Gratitude

7. Contribution

17. Forgiveness

8. Competence

18. Family

9. Achievement

19. Legacy

10. Growth

20. Love

Fault

Topic:

Control

Faults

Fishing

FOLD HERE

Not enough
time

Fishing friends
don't live near me

FOLD HERE

Control

Mindset: year
of learning spots

Time: overlap
time with kids

Tackle: Use what
you already have

Not enough
tackle

Not enough
money

Clothes aren't
right

FOLD HERE

Don't know
the area

FOLD HERE

Control

Mindset: year
of learning spots

Time: overlap
time with kids

Tackle: Use what
you already have

WHAT AM I FEELING?

E



A



R

Emotion

Action

Reality

NOTICE NAME





WHAT ARE THEY FEELING?

**NOTICE &
JUDGE**



**NOTICE &
WONDER**

SCENARIO

You are walking down the hallway. You hear a locker door slam shut and turn to see your friend, Josh, standing beside the lockers. His locker door is still shaking from the impact.

Josh's face is red, his eyebrows are furrowed together, and his fists are clenched. His shirt is untucked, and his books lay scattered on the floor by his feet.

Two people standing nearby are staring at Josh and whispering to each other. Another person is running away in the opposite direction of where Josh is standing.

NOTICE

Appearance

Actions

Environment

WONDER

What might have happened?

What might they be feeling?

DOORWAY VIBE CHECK

List at least 3 places you'll use the doorway vibe check this week. Think of places where you might otherwise walk in without thinking about the vibe

Doorway #1

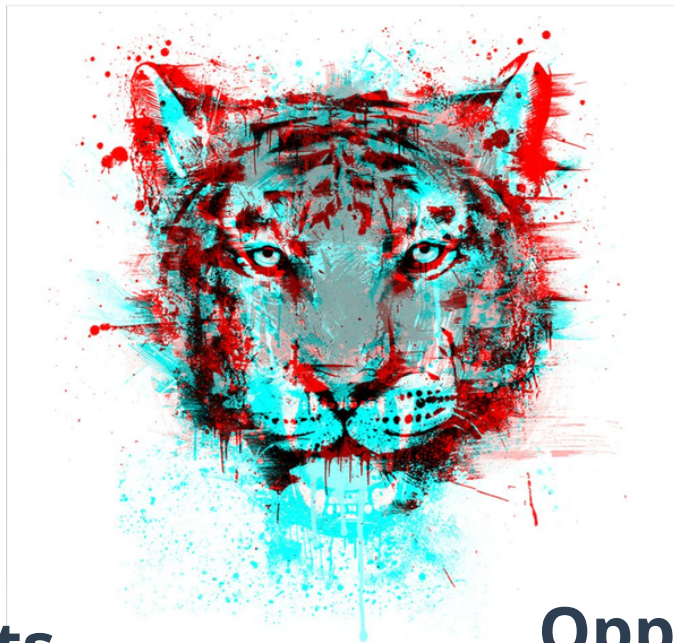
Doorway #2

Doorway #3

WHAT DO YOU SEE?

Yanny and Laurel Clip (see what others hear!)

Every Situation Has...



Threats

Opportunities



&



**You see more of what you train
your mind to see**

Wearing and Carrying

How many questions can you think of about this pen?



TOTAL # OF QUESTIONS

Write your questions here:

Wearing and Carrying



Name:

Name the character and then find as many things as you can to notice and wonder about. Remember, curiosity is raw and honest. We'll make these into kind and appropriate questions later

NOTICE

WONDER

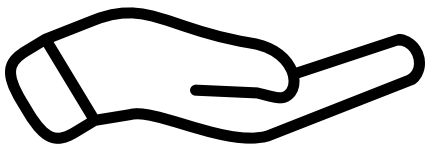
Kindness

Kindness

Helps

Cares

Brave

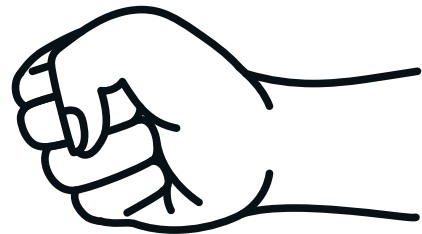


Cruelty

Hurts

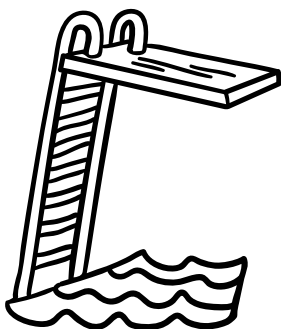
Crushed

Afraid



Courage

Knowing when to tell fear NO!



1. Know what you want
2. Notice and Name
3. Ask for support
4. Be Patient

Questions

We can do better than “why?”

Convert the following questions from a “why format” into an open ended question format. Start from a place of curiosity and convert the curiosity into an engaging and open ended question

Why did you sit with them today at lunch?



What happened today at lunch. I was looking forward to sitting together?

Why do you wear your hair like that?



How.....

Why do you like math so much?



How.....

Why did you do your project on that?



What....

Why don't you ever speak up in class?



What....

NOTICE - SHARE - ASK



Name:

Back to our Ai character!

Can you find something about her that you could notice (wonder), share and ask about?

NOTICE

Hoodie...

SHARE

I'm very attached
to my hoodies

ASK

What's the story
with that one?

Text, Call or In Person?

Each level has a different amount of “context.” Use your discernment, but in general, the table below is a good guideline for where each type of conversation should happen

Text	Audio/Video Call	In Person
• Quick Check-ins or updates	• Complex Questions	• Serious or Deep Topics
• Simple Questions	• Sensitive Topics	• Difficult Conversations
• Casual Conversations	• Long Distance Relationships	• Sharing hurts or deep feelings

Reflection Questions:

Have you ever texted when you knew it should be an in person conversation? How did that effect things?

Do you feel like your phone makes you feel *closer* to your friends?