1. IDENTIFY the Pain
   “No Pain - No Gain”
   - Why am I tired of falling and tripping over my hurdles?
   - What pain has my falling and tripping caused myself and others?

2. CREATE Options
   - What have I not tried in the past that might work now?
   - What have I tried before that I can put more effort into now?

3. GET Help
   - Who can I plug into when I need help?

4. TAKE Action
   - What specific observable behaviors do I need to STOP and START to jump my hurdle?
     Stopped Behaviors          Added Behaviors
     -                      -

5. BELIEVE In Change
   - On a scale from one to ten, how much do I believe I will change?
     “I believe”       “I believe I won’t change” “I don’t know” “I will change”
     1 2 3 4 5 6 7 8 9 10

6. JUMP Back Up
   - What will I and others LOSE if I don’t learn how to jump over this hurdle?
   - What will I and others GAIN if I truly learn how to jump over this hurdle?

What problem do I have that I really want to get over in my life?
_____________________________________________________________________________
_____________________________________________________________________________
_____________________________________________________________________________

What signs or clues are there that this is a real problem of mine?
_____________________________________________________________________________
_____________________________________________________________________________
_____________________________________________________________________________

What have I already jumped over?
_____________________________________________________________________________
_____________________________________________________________________________
_____________________________________________________________________________

Why should I try to jump my hurdles?
_____________________________________________________________________________
_____________________________________________________________________________
_____________________________________________________________________________
What is my self-talk as I continue to run the race?
_____________________________________________________________________________
_____________________________________________________________________________
_____________________________________________________________________________

What can I jump over?
_____________________________________________________________________________
_____________________________________________________________________________
_____________________________________________________________________________

What are my strengths?
_____________________________________________________________________________
_____________________________________________________________________________
_____________________________________________________________________________

**1. IDENTIFY** The Pain: “No Pain – No Gain”
Why am I tired of falling and tripping over my hurdles?
_____________________________________________________________________________
_____________________________________________________________________________
_____________________________________________________________________________

What pain has my falling and tripping caused me and others?
_____________________________________________________________________________
_____________________________________________________________________________
_____________________________________________________________________________

**2. CREATE** Options
What have I not tried in the past that might work now?
_____________________________________________________________________________
_____________________________________________________________________________
_____________________________________________________________________________

What have I tried before that I can put more effort into now?
_____________________________________________________________________________
_____________________________________________________________________________
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**3. GET** Help
Who can I plug into when I need help?
_____________________________________________________________________________
_____________________________________________________________________________
_____________________________________________________________________________
4. **TAKE** Action
What specific observable behaviors do I need to STOP and START to jump my hurdle?

<table>
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<tr>
<th>STOP</th>
<th>START</th>
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5. **BELIEVE** in Change
On a scale from one to ten, how much do I believe I will change? (Circle the number that best describes your thoughts.)

“I believe I won’t change”  “I don’t know”  “I believe I will change”
1  2  3  4  5  6  7  8  9  10

What would it take for this number to go up?

___________________________________________
___________________________________________
___________________________________________

6. **JUMP** Back Up
What will I and others LOSE if I don’t learn how to jump over this hurdle?

_____________________________________________________________________________
_____________________________________________________________________________
_____________________________________________________________________________

What will I and others GAIN if I truly learn how to jump over this hurdle?

_____________________________________________________________________________
_____________________________________________________________________________
_____________________________________________________________________________

**WEAK THINK: THE MAGICIAN**
A person who lifts this balloon is much like the Wizard of Oz. He/she can put on quite an impressive show with smoke and mirrors, but when the curtain is pulled back, it will reveal a little person who just doesn’t want to deal with the hard realities of life. I lift the Magician balloon when:

- I believe and act like problems and challenges have suddenly disappeared and are no longer an issue in my life.
- I make statements like, “I’ve learned my lesson already,” or “I know I won’t ever do that again,” even though I can’t answer what I’ve actually learned or what specific steps I need to take to avoid similar problems in the future.
**STRONG THINK: HARD WORK**
A strong person with Character & Heart knows that problems do not ever just magically go away and disappear by themselves! It takes HARD WORK, a lot of thought, and searching to understand why things happen and how to avoid the same problem in the future. Once a person gains true insight about the root of a problem, it then can become so small of an issue that it barely matters anymore. This, however, will never occur by simply thinking “Abracadabra! I’ll just wave a magic wand.” Change takes hard work, no shortcuts!

<table>
<thead>
<tr>
<th>How often do I find myself lifting the MAGICIAN balloon?</th>
</tr>
</thead>
<tbody>
<tr>
<td>□ Very Often</td>
</tr>
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</table>

A time I did the right thing with HARD WORK was when:

___________________________________________________________
___________________________________________________________

When and where do I need to do more of this?

___________________________________________________________
___________________________________________________________

---

**WEAK THINK: ASSUMING**
Assuming is easy – it requires no effort or action on my part whatsoever. This balloon fuels rumors, gossip, and creates a lot of anger between people – especially when I am looking for a reason to get mad or pick a fight. I lift the Assuming balloon when:

- I don’t “fact check,” ask questions, or verify information for myself, taking everything I hear at face value.
- I make statements like, “Hey, I just heard that…”; “Did you hear about so and so?” or “Yeah, that’s what I thought.”

**STRONG THINK: DO YOUR OWN HOMEWORK**
A strong person with Character & Heart waits to respond to a situation until they have done their homework – verifying the information, asking questions, and checking it out at more than one source. They are able to maintain an open mind and be receptive to information that may be contrary to what they first were told or heard. Just because someone else says something is true, does not automatically make it true.
How often do I find myself lifting the ASSUMING balloon?

☐ Very Often  ☐ Often  ☐ Sometimes  ☐ Not Much

A time when I didn’t assume and DID MY HOMEWORK was when:

___________________________________________________________
___________________________________________________________
___________________________________________________________

When and where do I need to do more of this?

___________________________________________________________
___________________________________________________________
___________________________________________________________

**ACTIVITY:** Some of the things I learned during the Jumping Hurdles class activities were:

__________________________________________________________________
__________________________________________________________________
__________________________________________________________________

**SPOT SOMEONE ELSE:** Teach one of the activities I learned in class to someone else. Who did I teach? What activity did I teach them?

__________________________________________________________________
__________________________________________________________________

**JOURNAL ACTIVITY**
What is the hardest physical thing I have ever done?

__________________________________________________________________

What is the hardest mental thing I have ever done?

__________________________________________________________________

Which was harder – mental or physical? Why?

__________________________________________________________________
**OBSERVATION ACTIVITY**

Put a penny in my shoe as a reminder to jump back up.

At the end of the day, how many times during the day did I think about the penny?

Find an object or make a small copy of a picture or symbol that will help remind me to jump back up when things are hard or difficult. Place it somewhere that I will see every day such as my wallet, or bathroom mirror.

**PLUG IN ACTIVITY**

My “Dream Team” of five people that have inspired me to jump back up: (Note: These people do not need to be people I have actually met or personally know. They can be people from history or people I have read about or studied.)

1. ______________________________________________________________
2. ______________________________________________________________
3. ______________________________________________________________
4. ______________________________________________________________
5. ______________________________________________________________

Three characteristics of why they (My “Dream Team”) are motivational to me:

1. ________________________________________________________________________________
2. ________________________________________________________________________________
3. ________________________________________________________________________________

**GAME PLAN ACTIVITY**

Create a list of people I know who have jumped back up from their challenges. (These people can be people from my dream team above.)

_____________________________________   _____________________________________
_____________________________________   _____________________________________

When I feel like giving up, I will look to these people for motivation. What might they have to say to me about my current challenge or situation?

_____________________________________________________________________________
_____________________________________________________________________________
_____________________________________________________________________________
_____________________________________________________________________________
_____________________________________________________________________________
_____________________________________________________________________________
PERSONAL REFLECTION
Identify a problem that I’ve said I overcame; yet still struggle with deep inside.
__________________________________________________________________
__________________________________________________________________
__________________________________________________________________
__________________________________________________________________
__________________________________________________________________
__________________________________________________________________
__________________________________________________________________

MOTIVATION QUESTION
What will motivate me to jump back up when I trip?
__________________________________________________________________
__________________________________________________________________

ACTION STEP
I will apply these six steps on ______________________ (problem/hurdle) within the next six days and be ready to report back.