Get Plugged In
Positive Connections That Make Me Stronger

1. **Spouse / Significant Other / Family**
   How much time am I communicating with my spouse / significant other / family? (I need to spend at least 30 minutes a day communicating with them – talk face-to-face, phone, letter, etc.)

   What is one conflict, argument, or power struggle that I can give up today that won’t hurt me and will help lower my spouse’s / significant other’s / family’s anxiety about me?

2. **Positive Friend**
   I know I have a real friend when I am with them and they do things that help, not hurt, themselves and me. What do I need to work on to become more of a positive friend to others?

3. **Counselor / Teacher / Officer / Other Professional**
   Who knows and believes in “The Real Me” because I have been honest with them and have shared what I really want to become and accomplish?

   What am I willing to do in order to get to know them better and allow them to get to know me better?

4. **Positive Mentor / Sponsor**
   Who do I know, or could get to know, who has overcome some of the same challenges that I have and accomplished goals and dreams similar to mine?

   Who am I willing to take a risk with and ask them if they are willing to help me?

   What are three qualities about them that I would like to develop more in myself?

5. **My Passion and Purpose Turned Outward**
   Who do I really want to share my passion and purpose with?

   What do I need to do to learn more and become even stronger in my passion and purpose?

These five connections will help turn on the “light” to see my future more clearly.
What am I willing to do in order to get to know them better and allow them to get to know me better?

_____________________________________________________________________________

Positive Mentor / Sponsor
Who do I know, or could get to know, who has overcome some of the same challenges that I have and accomplished goals and dreams similar to mine?

________________________   ________________________   ________________________

What is one conflict, argument, or power struggle that I can give up today that won’t hurt me and will help lower my parents’ / family’s / significant other’s / spouse’s anxiety about me?

_____________________________________________________________________________

Passion and Purpose Turned Outward
Who do I really want to share my passion and purpose with?

________________________   ________________________   ________________________

What do I need to do to learn more to become even stronger in my passion and purpose?

_____________________________________________________________________________

_____________________________________________________________________________

If I take these connections with other people and my Passion & Purpose seriously, how will all this help turn on the “light” to help me see my positive future more clearly?

_____________________________________________________________________________

_____________________________________________________________________________

WEAK THINK: BRAIN FREEZE
I lift the Brain Freeze balloon when I’m closed minded, not open to new ideas, and not willing to listen to other people. Signs I’m lifting this balloon include:

- I put my head down on the desk, refusing to acknowledge what is being taught or talked about around me.
- During lessons, I might fall asleep, slouch in my chair, stare off into space, or read instructions ahead of everyone else.
- I make statements like, “You got nothin’ to teach me that I’m interested in”; “Just leave me alone”; or “Man, this is boring.”

STRONG THINK: EXPLORE BRAVE NEW WORLDS
Often Brain Freeze occurs due to an underlying fear of consequences, potential loss, or that a personal vulnerability or weakness might be discovered by others. A strong person with Character & Heart has an open mind and is not afraid to hear other people’s perspectives, opinions, and
ideas. A person knows they’re getting stronger in life when they’re able to listen to someone who has very different ideas and perspectives than their own without shutting down or tuning out. This person is open to new worlds, new information, new ideas, and new possibilities, and doesn’t let the fear of new challenges stop them!

WEAK THINK: VAMPIRE
Hollywood’s version of vampires are fictional, mythical creatures. However, they demonstrate two characteristics that real people do possess in the world: 1) Vampires are selfish; they look at human beings as a mere source of food or entertainment, who exist only to meet their own wants and needs. 2) Vampires can’t see their own reflection in a mirror. They see everybody and everything else in a situation, but not themselves. I lift the Vampire balloon when:

• I never think I am responsible for problems – they are always the fault of someone or something else.
• I believe someone else’s main purpose is to meet my own needs and wants.
• I am unable to see or consider my part or contribution in a problem that is affecting me.
• I consider only, “What’s in it for me?” and am not interested in what happens to others based on my decisions.
• I can only see what others have done or said and do not consider my own responses in a problem situation.

STRONG THINK: LOOK IN THE MIRROR
A strong person with Character & Heart is able to stand in front of a “mirror” and take a good hard look at their own decisions, responses, and impact on others in any given situation. If I continue to blame others for my unhappiness and problems, I will remain in a miserable state of limbo as a Vampire. Whenever I seriously lift the weight of self-reflection in my life, I am becoming more and more human and less like a Vampire!
How often do I find myself lifting the VAMPIRE balloon?

☐ Very Often  ☐ Often  ☐ Sometimes  ☐ Not Much

A time I did the right thing and LOOKED INTO THE MIRROR was when:
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

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

ACTIVITY: Some of the things I learned during the Get Plugged In 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
List 6 social skills that are important for creating a healthy relationship.
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

What do others notice about me that they like? Make a list:
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
GAME PLAN ACTIVITY
Below is a list of people that I want to connect with for help in accomplishing my goals. I will get together with some or all of them and have them help me develop a positive game plan for my future.

____________________   ____________________   ____________________
____________________   ____________________   ____________________

MY POSITIVE GAME PLAN FOR THE FUTURE:
_____________________________________________________________________________
_____________________________________________________________________________
_____________________________________________________________________________
_____________________________________________________________________________
_____________________________________________________________________________
_____________________________________________________________________________

PERSONAL REFLECTION
Some good advice I was given in the past but refused to accept was:
_____________________________________________________________________________
_____________________________________________________________________________
_____________________________________________________________________________
_____________________________________________________________________________

MOTIVATION QUESTION
How will getting plugged into my positive sources make my life shine brighter?
_____________________________________________________________________________
_____________________________________________________________________________

ACTION STEP
Today I am plugged into _____ sources.
I will increase the number of my positive sources in the next six days by:
_____________________________________________________________________________