Limited View: When I stand so close and stare at “the wall,” what does my current view give me?

_____________________________________________________________________________

_____________________________________________________________________________

_____________________________________________________________________________

If I’m standing here, why are opportunity, freedom, and personal strength hard to see?

_____________________________________________________________________________

_____________________________________________________________________________

_____________________________________________________________________________

Why do I so often fail to see a way out of this position in my life?

_____________________________________________________________________________

_____________________________________________________________________________

_____________________________________________________________________________
WhyTry Game Plan Journal - Seeing Over the Wall

I believe my motivation will go up with each step that I climb. Why is this so?

_____________________________________________________________________________
_____________________________________________________________________________
_____________________________________________________________________________

Motivation Formula: I WILL transform my challenges into personal strength.
The most important aspect for me from the Motivation Formula metaphor was:

_____________________________________________________________________________
_____________________________________________________________________________
_____________________________________________________________________________

Lift the Weight: I WILL become stronger by following laws, rules, and expectations.
The most important aspect for me from the Lift The Weight metaphor was:

_____________________________________________________________________________
_____________________________________________________________________________
_____________________________________________________________________________

Tearing Off Labels: I WILL prove “The Real Me” and overcome my negative labels!
The most important aspect for me from the Tearing Off Labels metaphor was:

_____________________________________________________________________________
_____________________________________________________________________________
_____________________________________________________________________________

Jumping Over Hurdles: I WILL jump over my hurdles and win the race with positive solutions!
The most important aspect for me from the Jumping Over Hurdles metaphor was:

_____________________________________________________________________________
_____________________________________________________________________________
_____________________________________________________________________________

Desire, Time, and Effort: I WILL endure life’s difficult and confusing hardships until I succeed!
The most important aspect for me from the Desire, Time, and Effort metaphor was:

_____________________________________________________________________________
_____________________________________________________________________________
_____________________________________________________________________________

Defense Mechanisms: I WILL create a strong positive defense by focusing on what I control: my thoughts, feelings, and choices!
The most important aspect for me from the Defense Mechanisms metaphor was:

_____________________________________________________________________________
_____________________________________________________________________________
_____________________________________________________________________________
Climbing Out of the Pot: I WILL identify and hold onto positive family members and friends!
The most important aspect for me from the Climbing Out of the Pot metaphor was:
_____________________________________________________________________________
_____________________________________________________________________________
_____________________________________________________________________________

Get Plugged In: I WILL generate light for myself and others by staying plugged into positive connections!
The most important aspect for me from the Get Plugged In metaphor was:
_____________________________________________________________________________
_____________________________________________________________________________
_____________________________________________________________________________

Reality Ride: I WILL obtain opportunity, freedom, and personal strength on the harder track!
The most important aspect for me from the “Reality Ride” metaphor was:
_____________________________________________________________________________
_____________________________________________________________________________
_____________________________________________________________________________

Seeing Over the Wall: I WILL study and reapply these steps in my life!
The most important aspect for me from the Seeing Over The Wall metaphor was:
_____________________________________________________________________________
_____________________________________________________________________________
_____________________________________________________________________________

How has climbing the WhyTry steps created more options for me?
_____________________________________________________________________________
_____________________________________________________________________________
_____________________________________________________________________________

Only from standing on top of the wall will I achieve my goals and dreams!

REMEMBER: I know I am on top of the wall when I am helping, not hurting, myself and others!

Big View: Why does this view make me stronger?
_____________________________________________________________________________
_____________________________________________________________________________
_____________________________________________________________________________

If I can’t see over the wall, ask myself, “What step am I tripping on?” I will then study and reapply that step in my life.
Five people I can help by teaching them and talking to them about what I have learned through WhyTry are:

1. __________________________________________________________________________
2. __________________________________________________________________________
3. __________________________________________________________________________
4. __________________________________________________________________________
5. __________________________________________________________________________

**ACTIVITY:** Some of the things I learned during the Reality Ride 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?
____________________________________________________________________________
____________________________________________________________________________

**MOTIVATION QUESTION**
How has being introduced to the WhyTry lessons impacted my life?
____________________________________________________________________________
____________________________________________________________________________
____________________________________________________________________________
____________________________________________________________________________
____________________________________________________________________________
____________________________________________________________________________

**ACTION STEP**
Five specific steps I will take to apply these lessons are:

1. __________________________________________________________________________
2. __________________________________________________________________________
3. __________________________________________________________________________
4. __________________________________________________________________________
5. __________________________________________________________________________