

Your Support Workbook for "Survive To Thrive Video"

SURVIVE TO THRIVE

NISQUALLY STRONG

FINDING
STRENGTH
TO BUILD
A NEW
LIFE

An Interactive Workbook
that takes you
Step by Step to Success

YOUR JOURNEY

Review at Your Speed
Privately

Indigenous Learning



FREE



“Survive to Thrive” ©

Development & Indigenous Learning Course

The video and the companion workbook

*named, “**Survive to Thrive**”*

*All copywrites and exclusive ownership
of the intellectual property contained
herein are claimed*

*By Nisqually Tribal Employment
Rights Office (TERO)*

Copywrite 2021

*No license or use rights shall be granted
without express written permission*

The “Survive to Thrive” Video & Workbook were created by
Osprey Educational Media Inc.

For Nisqually TERO Copywrite 2021 ©



SURVIVE TO THRIVE WORKBOOK

*This workbook is the companion to the
“Survive to Thrive” Video. It is designed to help you organize
and create a plan of action towards a successful future.*

***Working a Plan
Step by Step to Your Future...
With Indigenous Learning***

Welcome To: “Survive to Thrive Workbook”

THE FIVE POINTS OF POWER

The project mission is to create a personal “online” mentoring process to help Tribal Members (*or persons residing on the reservation.*)

Highlighting:

Coping through diversity.

Reviewing one’s current life status.

Building a positive future path.

In addition, we are bringing some traditional Native spirituality and energy into this indigenous learning process.

SIDE NOTES:

The design of the curriculum and content was developed into five (5) major sections, each of which was, sub-divided into five (5) subsections. After the format design became obvious, we named it “THE FIVE POINTS OF POWER” creating a $5 + 5 + 5 = 15$ numerical number.

In numerology 15 is $1 + 5 = 6$.

The numerological definition of six (6) is the embodiment of the heart. It represents unconditional love and the ability to support, nurture and heal. It is a powerful force of empathy; compassion and its warm light is a beacon of hope.

In numerology single digit numbers carry different energies and allegorical meanings. In many Native cultures the number six (6) represents the four directions, mother earth and father sun.

Each person is a unique human being that has over time, developed their own personality that consists of many traits. These characteristics impact the way that they choose to participate and contribute to the world in unique ways.

We hope this mentoring process will carry the sacred medicine of the number 6 to the people of the Nisqually Community.

*Good Luck and Blessings, Clinton R. Hackney, CMC
CEO, Osprey Educational Media Inc.*

The Table of Contents

Introduction

The Emotional You: Surviving Under High Stress...7

- Your Winning Productive Time...10
- Fitting Into All Situations...12
- Clearing To Start Strong...18
- Expanding Your Personal Outlook...26
- Suggestive Reading & Online Apps...30

The Physical You: Ideas to Strengthen Your Body...33

- High Stress Relief...36
- A Rested Mind Scores Strong...40
- Body Movement For Balance...44
- Compare Yesterday With Tomorrow...48
- Suggestive Reading & Online Apps...52

Your Support Circle: Using Family, Friends & Work...55

- Managing Your Family And Old Friends...56
- Establishing Your Comfort Zone...57
- Building A New Support Circle...59
- Set Your Productive Calendar...62
- Suggestive Reading & Online Apps...64

Designing Your Future Path...65

- Finding Your Personal Interests...66
- Training And Additional Education...74
- Personal Time That Is Wisely Planned...76
- Organizing or Clearing...77
- Suggestive Reading & Online Apps...78

Learning Skills to Help You Thrive...79

- Design Your Treasure Map...82
- Positive Habits...83
- Goals And Intent Setting...84
- Incorporating Your Interests Into Your Business...87
- Suggestive Reading & Online Apps...89

NOTES:

The Emotional You: Surviving Under High Stress



The Emotional You:

Surviving Under High Stress

Here you will learn about past self-characteristics, habits and energy blocks that have held you back from becoming the best you, you could be. This section is divided into the following five sub-sections;

- 1) Your Winning Productive Time.
- 2) Fitting into all Situations.
- 3) Clearing to Start Strong.
- 4) Expanding your Personal Outlook.
- 5) Suggestive Reading & Online Apps. The insights and exercises will help you identify, acknowledge and develop a plan of action to confront, implement, overcome and improve your circumstances.

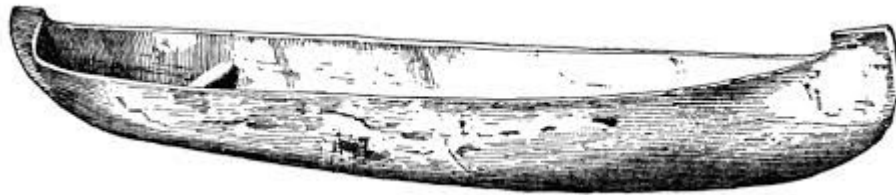
The Emotional You:

Your first step...

As you open this manual you are taking a step to change your future. It may be a small step or a large one. But you have made a choice for a better you. It takes self-confidence to make a change and so before we proceed, I want to congratulate you for your strong mind-set.

You are about to take a solo journey, and we wish you well.

Now, I want to ask you to really take this first step...go through the pages of this manual and honestly answer the questions. When you are done, you will see that you have laid a direction down for your trip forward.



We all live our lives in such different ways. For instance, look around at your current fellow workers, at your job. You are all doing similar jobs, but you all have vastly different backgrounds. Some of you are just starting out, some of you have had a long line of jobs that have not fit, some are working just for the money and others are lucky because their job means the world to them. Who are you? Do you work for the money, or for the fellowship? Do you work to improve yourself, your family, or your community? Or is your work just a way for you to have purpose in your day and put a dollar in your pocket?

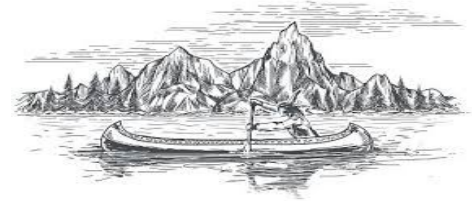
Additionally, your fellow workers have their own issues. Some have children or elders that they care for at home, some are living in multi-generational homes, some have substance or anger issues, and some are on their own with bills to pay and life to face. The differences with others around you and/or at work, just go on and on. But there is one thing most of us all share. A job, working at a shared place of employment. Or, as a Tribal member, working for yourself and the good of the Tribe. Busy full lives, that face all types of stress and strain.

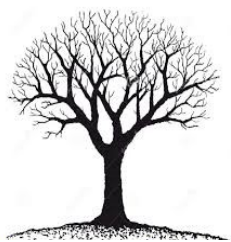
The Emotional You:

Health issues, emotional issues, family and relationship issues, personal needs... these are all things that make you, who you are. We want to talk about these issues not keep them silent. Your journey is to face these issues and share ideas of how to make your personal situation or problems have doable and sound answers. We want you to find peace within yourself and the feeling of being in the right place at the right time, in your own life. We are asking you to paddle down the waterways of your life, with us guiding you and see if you can change the waters...from rough to calm. Any journey into the white caps out on the bay has struggles. Let's move together and find the smooth, calm water that has purpose and enjoyment for your own life.

Our shared goal: is to help you find a life of interesting experiences that is filled with good people to surround you, solid health and an income that brings you a feeling of safety and pride. Your journey through this workbook is to be aware of ideas that can help bring those positive goals into reality, not something fancy just made up or talked about. This is your private journey; we lay out the ideas then you take them and start paddling your own path as a stronger person. When you're strong, we will all enjoy the raised energy of the Tribe. Together ~ we all win. Together, we all have enjoyment and fulfillment of lives well lead. Our goal is never perfection, our goal is to know each of us are living a good long life that gives us inner peace and self-confidence to face all that is ahead.

Thank you for your trust, this is written with the idea that shared ideas ~ can produce positive movement into the future. When you are a member or a friend of the Tribe, you are never alone. We work, play, create, and rejoice in each other's success.
Today, you are taking this first step – it is a big step, for us all.





Surviving Under High Stress

Your Winning Productive Time

The first step in your manual is “knowing who you really are”. The following exercises require you to take time to understand who you are and what you naturally do in the course of your day. When you write it down...it becomes real to you, not just occasional behavior. When it is noted and real...you can see how to change your daily routines into actions that bring you calm and control. So, let’s just go through these questions, take some time to answer, think it over and remember this manual is private; it’s for your eyes only!

WHAT TIME OF DAY DO YOU FEEL THE STRONGEST? (Circle One)

This is the time you are at your peak; clear of mind and high energy.

Early Morning 5-7AM 8AM-Noon 2-4 PM Early Evening Late Night

WHAT ARE YOUR THREE “DOWNER” THOUGHTS, THAT YOU CARRY WITH YOU THROUGH EACH DAY? (Write them out)

(SAMPLE: I am not a lucky person, I forget things, or people think I'm not smart.)

Note three negative thoughts that you have in your head often:

- 1.
- 2.
- 3.

The Emotional You: *Your Winning Productive Time*

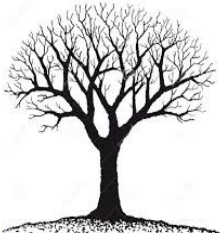
WHEN YOU WAKE UP IN THE MORNING BEFORE YOU GET UP, WHAT IS THE FIRST THING ON YOUR MIND?

- ◆ Am I late, check time?
- ◆ Is my mind clear of worry?
- ◆ Is there a person I am dreading to see today?
- ◆ Do I need to have something “right now” to start my day, like cigarettes, coffee?
- ◆ I have a good day ahead of me...what will I wear? Shower or brush teeth first?
- ◆ Be quiet and do not wake others?
- ◆ Do I review the tasks I need to do that day?
- ◆ Do I have pain?
- ◆ Do I feel someone on my mind? Is there a holiday or birthday to remember?
- ◆ What do I need for class or work today?
- ◆ Do I feel nervous or shaky inside?
- ◆ Am I just peaceful?
- ◆ Do I think of breakfast, or sweets right away?
- ◆ Do I need to immediately check-on my children, or animal pet?
- ◆ Am I able to just breath and stretch with a calm and clear mind?
- ◆ Do I race to the toilet?
- ◆ I KNOW, I CAN NOT face the day, then turn over to sleep again!
- ◆ Do I dread going to work or class?
- ◆ Do I need to turn on busy noise, like radio or TV—immediately?

Now that you have thought of your early morning routine. What would you like to STOP feeling about when you wake up? (Go back through the list and put a check by those things you want to change.)



Write down a positive statement, about what you are going to change, that you can tape to your lamp by your nightstand. This statement will be the first thing you see each morning! (Sample: *Today is going to be calm and productive.*)



Fitting Into All Situations

Matching your pace and your awareness to keep in tune with those around you means; you must be aware of how they are working and how they feel about their tasks.

It always starts with, “How do we feel?” about something. No matter how logical we are...it is in the feelings that we live, in our lives. So, why do some folks feel calm and get things done and others feel so stressed and are always falling behind? It is in how we “feel” about things.

Some people find that reducing their stress levels and trying to keep on track with their daily tasks and interactions is the way they can retain a feeling of owning their life, not just existing. Those people are less stressed, not because they are different than someone...just that they take time to plan their days, their friendships, and their actions. They are not perfect; they have just discovered that a few choices here and there - have allowed them to be prepared for the “crazy” in their lives and they can face it and control it.

Those that do not think about the stress in their lives and continue to let things fall to the side are under a constant barrage of nasty hits and they suffer. Their paychecks are lost, their cars breakdown, their relationships get complicated and their health dives down. Tired, broke, mad, and feeling constant pressure - is a daily life pattern for them. We want you, to work through this workbook and gift yourself the ability to change your days into ones that you own...not days that own you.





How can this pattern stop? How can a person make only a few changes that impact their overall lifestyle? Well first; let's start by looking at the things we do. We must "THINK" through our choices. So, start with some thinking of how you handle your daily routines and what type of stress you put on yourself. Then learn how to turn down that stress, not make it even higher levels by adding our own guilt to the mix. Pay attention to the level of stress coming from your own family, kids, job, money worries and community duties. Take a bit of your time and stick with this thought pattern. Review the questions that follow and see how many make you feel stressed. How many are like things you have already been caught up in and just had to paddle your way to calmer waters, over and over again.

Change...*it can happen—but you need to take a ride on a drone and go up above yourself and see the view from up there. That view shows the whole picture of your life, not just the last twenty minutes. It shows all the daily decisions that you make; that add up to stress, sadness, depression, and a feeling of failing. No need for fear of heights...this view is the real you.*

The good news - it is just the today you...not the YOU, of tomorrow.

The Emotional You: *Fitting Into All Situations*

Emotions are connected to actions you take during your day, high stress from any direction, can change the chemistry of your brain. Positive or negative; emotions really run our lives. How you handle stress now... is what adds to your daily challenges. How do these questions make you feel?

- ◆ You had work/class/or doctor's appointment today. You scheduled ahead but you did NOT write it down on your calendar. You missed it.
- ◆ You showered yesterday; you are running late, today. So did you skip the shower this morning?
- ◆ Your mom called late, last night and you did not pick-up. Now you have no time for a call back, you're out the door, late, to a meeting. Is she OK?
- ◆ You bought supplies for work yesterday, now, you have lost the receipt.
- ◆ Your relationship is going through a super low time. You have put off making a big fuss over upsets. You think giving it time is OK. Right?
- ◆ You have a "check engine" light on, in your car, have you addressed it?
- ◆ Fourth time this week, there is no time for breakfast. You grabbed a sugar donut with coffee, on your way out the door.
- ◆ You are thinking of cutting down on cigarettes, or candy, etc. but when? Have you set a date? Have you researched the best way to make that change?

The Emotional You: *Fitting Into All Situations*

- ◆ You are running to the toilet all day long, have you made a doctor's appointment?
- ◆ Your child has been mis-pronouncing words, have you researched it?
- ◆ Your roommate wants you out of the shared apartment. You ignore it.
- ◆ Your parents are retiring, out of state. That makes you upset, but you keep quiet.
- ◆ Your boss has asked you to correct your attitude at work. You ignored the fuss. You have not gone in to talk with her, yet.
- ◆ You played video games all night, your exhausted, and your eyes hurt. Work is not going to be enjoyable today.
- ◆ You get a raise if you take a night class. Have you scheduled it, yet?
- ◆ The flu is back in season, have you taken time to get a shot?
- ◆ Your taxes are overdue, have you taken action to catch them up?

***Do you put things off ?
No matter what your age, we all have things
we have to get done.
Let's find ways to live with ease, not stress!***





If you find you are behind in your tasks or chores...stop the stress; take a deep breath. Just taking a few moments to think things through will give you a sense of what others

around you are doing to cope with the current situation. If you are running fast and full, you can teach yourself to calm down and be more aware of your surroundings.

To clear your mind; stop for a moment to simply take a breath in with your nose and push the air out (slowly) with your mouth. This slows your heart rate and increases your brain oxygen level. Go ahead, do it again and feel the change.

Standing up and stretching for no reason. Stretching gives your body a boost of calm and lifted energy. If you think about doing these simple routines every couple of hours it will allow you to be calmer. You can even set a timer on your watch to remind you; a simple "ding" and you breathe. It will clear your mind so you can read the energy in the room, or it will raise your voice-tone when addressing a customer, family member or fellow worker.



Write down three things you can add to your day...three times a day, to give you a calm and a boost.


1.

2.

3.

The Emotional You: *Fitting Into All Situations*

Are you experiencing pressure from all the different areas of your life? This creates real disruption in your mind and body. Some people take food, drink, pills, or display excessive behaviors to release the stress. But instead of releasing it, it just adds more weight to the already existing pile of pressure.

 *Write down 3 different reaction behaviors, you would like to change when you are faced with extra stress or someone that has upset or angered you.*

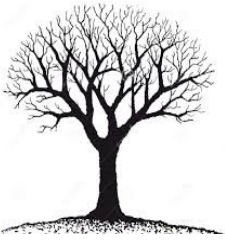
(Sample: Think before you speak. Take a breath and then react.)

1.

2.

3.





Clearing to Start Strong

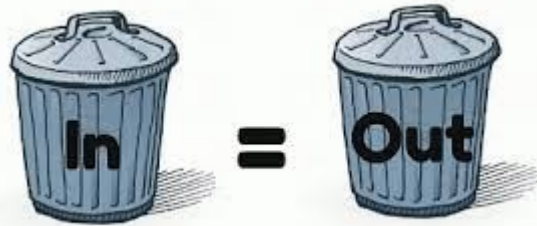
Take the unhealthy habits “garbage” out and let it go!

When you eat an orange and enjoy its sweet flavor, you probably place the peel down on a napkin on the counter, while you are eating. That’s how most people live their lives. But...we do not walk away and keep the peel and napkin on the countertop for days and days. Instead, we pick it up and place it in the appropriate garbage can.

Additionally, when that garbage can gets full, we walk the contents out to the yard and put it in the big garbage. Then once a week or two, based on the pickup schedule, we take the big garbage can to the curb so the truck can come by and dispose of it all. Now, you know that is what we do...but do you do it? Do you leave garbage all over your home, the car, your yard, the office, in your backpack, AND in your mind?

Be honest; we ALL leave garbage around in our lives.





*The point is simple, and you know it already. You must take the garbage all the way out to the curb. **Yes**, all the way out. You must stop eating just donuts until ten at night, you need to trash that bag of donuts. You have to say goodbye to friends that only bring you sadness or upset and take them off your phone list. You have to stop buying things that are not on your “need to buy list”. So, your over-spending is calmed. You also must face family and partnership quarrels and know that you can control the visit with that person. Just by spending only a short time with them at a public place for a casual “chat”. New ideas and new space for calming. That is why we sort out old clothes and bad habits or even clean the garage; to make room for new things that bring pleasure into our lives.*

No one will tell you that speaking in public with nasty words or hurtful temper is wrong...it is still wrong! You do not have to watch a TV show to know what is correct behavior and what is nasty...you just know it. Now, figure out how to start to build your life again...get the garbage in your life...OUT without the nasty and complicated part. You need to sit and give yourself time to think things through...so you can enjoy your choices, not dread them.

***There is no way to tell yourself you can change your own life
and go forward ~ if you don't end negative behavior.***

You need to keep on moving and take that old behavioral trash to the curb!

DO NOT TELL ME you are “thinking” of stopping smoking pot all night after work. Or cutting back on your smoking cigarettes every ten minutes. That is just silly.... YOU, are still doing it, aren’t you? So, thinking about not doing it is just lying to yourself. You either take steps to finish the behavior that is HURTING you...or you continue the behavior and you, own it.

Honesty is to yourself...not to anyone else. You decide and you take it all the way out to the garbage can. Get a counselor, or doctor’s help with some medication to help you through your withdrawal and tell everyone you meet that you are no longer smoking. Make it real. Speak it outload...not a pretty story of someday.

Arguing, swearing, over eating, over use of substance, hot anger, nasty gambling or not being truthful to anyone about anything....come on, you know your own buttons. The old, is out the door, removed.... all the way to the curb! Not just to another drawer, another room, another day!

How? How do you become a newer you? Well, you sit, and you write down your thoughts. We have already seen how many things bring you stress and upset. Now we are going to look at how we put a period at the end of our sentences. Not just carry them on and on. How we put things in the past and keep them there.

It starts with small steps...it starts with writing a few things down so we can put our ideas together. We are true to ourselves, no one else is involved. You alone decide what you choose to write down and what goes out the door. What is it that hurts, makes us sad, angry, or feeling like we get nothing done? What can we do when we need to feel better? What can we change? Take a few days to do this journal project. It will show what buttons get pushed in your life and how to change it. This next exercise is called: **Your seven-day plan of action.**

For seven days you will be writing things down that are bothering you...and things that bring you a sense of calm and good feelings. We do it each night before bed. Before we start, we need to once again; review and then begin.

My garbage that needs to be moved to the curb:



**List some things, people, actions, habits
or old emotions that need to be
thrown out of your life & taken to the curb!**

Writing your guide to less stress and more, calm. Less sadness and, more laughs. Less uphill climbs, and more leisurely walks through life.

Get yourself a notebook/journal. Now this is a silly thing to add...but what this journal looks like is your personal choice. If you like pretty things you go to a store and buy a nice writing journal, if you just want the information and the program to work – you buy a simple spiral notebook. Make it your private thing...not something you share with anyone else. This is “YOU” and you need to write it down and make it real.

Each night before you go to bed...just be alone someplace. Alone with your own private spiral notebook/ journal.

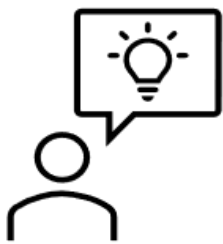
1. Write down three things that really bothered you today. Maybe someone said something hurtful to you, maybe you heard something on the news that bothered you, or maybe you passed someone that was hurting and homeless and felt their pain. Write three things.
2. Next, you are going to write down three things that you enjoyed today. Maybe it was a joke that a friend told you. Maybe it was watching a squirrel dig down and hide their peanut. Maybe it was wearing a favorite coat that kept you warm. Maybe it was quiet time at lunch to just rest your mind. Write three things; do not over think them, they do not have to be noteworthy to anyone but you.
3. Now, write down three things that you have wanted to do lately. You know, go out on a boat when the weather is warmer, start a business doing something you like, finishing a book or watching a football game. Just three things that have been on your mind lately.
4. Write down three people that have been on your mind happy or sad, today.

OK, now this is it. You do this every day, for seven days. A week...every night. You take note of things, instead of letting them float in and out of your mind. Don't stop at a week, keep going— it will become your own self-help guide.

Making changes to your life... are emotional at first but accepting your true thoughts and giving them a chance to sort and clear out...is how to move forward. Every seven days you look back at your week of writing and see the changes you need to make. If you find you really get enjoyment and calm by watching the birds in your back yard...you now know where to go when things are hitting you hard and you need a calm. Or if you find a certain person has been written down as a problem over and over again. You know that you need to pull away from that person, as much as possible. It's this weekly review, that makes your daily entries useful to your life. It reduces the anger, frustration, and sadness.

Your feelings or emotions will always be with you throughout your life. It's learning how to accept them and change them, that will make your life have less stress and dread. That is the goal CALM! *NEW IDEAS...EVEN FUN.*

Using your notebook should become a routine. Writing things down by hand gives them more energy and implants them into your mind. Using the notebook to write down upsets, problems or memories of good things that have filled your life. This notebook is just for



you...that way you can sort out your personal feelings, important decisions, and fun facts of your day. It all makes a difference in your learning to keep your life...clean and clear.

You want your notebook for ideas, goals, and problems to solve. Keep it privately by your bedside. That way you can address things when times get tough. Change can come to you with your own ideas, not fancy talk...it's your own writing.

Your journal is your escape and self calming tool. To bring you a happier life instead of just striving. You can always add art, reminders, or positive quotes... its yours to use as you wish.



SUBSTANCE & ABUSE ISSUES ARE NO LONGER SECRET!

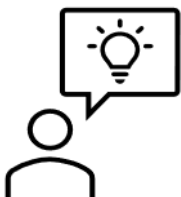
If you talk with those that run recovery programs, one of the biggest points of pain is that substance abuse often takes hold because of other underlying problems. Therefore, your journal and workbook are yours to personally use without sharing with anyone. You need a place to write things down for your own mind, not share with others every single little personal note. This is private information that needs to be reviewed in the light of day, not kept inside your mind. Honesty to your own self...is what this journey is about.

Think and give this a minute. What if, the reason some people overuse medications, drugs, alcohol or use destructive physical abuse on their own bodies or others; is not just that they started and could not stop - but that they were almost driven to the abuse to relieve their own painful personal problems? So even if the person with the addiction goes through a withdrawal program... they might be pulled back in again, and again. Until they find the actual core reason for their need, to be relieved of the burden in their life?

That is a lot of thinking right? But what we need is for you to see, on paper, if you have any of these difficulties in your own life...that might eventually bring you to a place of overeating, substance addictions, fears, or actual headaches, or other physical problems. Please take a bit of time and see if you can list some things that are deeply bothering you. Things that have been with you all your life and you are trying to cope. Use your journal to write them down and just let them be. Let them sit there...this is not a judgement time; it is just a release of things that might be inside of you...that would now or eventually-- bring you to overuse substances that will ruin your health and your life.

Remember even if you personally do not have a problem, you can list the things a close family or friend is experiencing—to try to understand them. Things like are listed here:

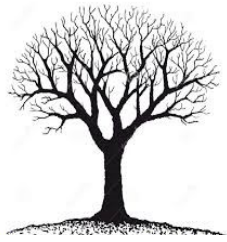
- ◇ Do you sleep calm and deep at night, or do you toss and wake tired?
- ◇ Do you need to have some noise around you like a radio or TV on, in the background?
- ◇ Do you dread hearing the voice or seeing a certain person, in your life?
- ◇ Do you have times that you feel frozen, stuck and not able to move in body or mind?
- ◇ Does your mind feel like it's racing ahead of you, sometimes? Thoughts that have nothing to do with what you are doing now, but just random thoughts that stream through your mind?
- ◇ Do you feel like your body is running fast, like a foot on the gas pedal, and you cannot stop it, you just keep going even if you're tired?
- ◇ Are you forgetting whole days, or simply have to sleep for days at a time?
- ◇ Do you simply need something to calm you down, like sugar, coffee, booze, sex, or drugs? Nothing else will do it, you feel you need it to function.
- ◇ Do you have days and days that everything is out of place; your timing is off, your work was bad, your friends were angry, your family was rude, your money was low... nothing was right?



Remember: when you start to look at yourself and see that things in your life have added up to problems, its time to go and visit a counselor.

They are trained to guide you to emotional health.


Be strong; with help your future can proudly, belong to you...



Expanding Your Personal Outlook

Writing down things that have brought you feelings of hurt, pain or discomfort:

Memories of past events, memories of people or places that brought you sadness or feelings of being controlled. Things that keep repeating in your life, like not being able to stay on a budget or keep your word to others. Searching for a “fun escape” like hours on video games or gambling. These are the things that bring you back and back again, to a place of upset and that draws you into a feeling of need....a need for food, for drink, for other substances or anger — to lash out at someone else...or control them with personal abuse.

 Write down your feelings of things that continually bring you back to a point of need to reach out for substance, gambling or other personal abuse:. This is just for you...but if these feelings are deep and repeat...please reach out for help. We have lists of caring people that can give you ideas and escape from the personal pain. This is when you need a professional to help you ease into the clearing of that pain in your life.

The Emotional You: *Expanding Your Personal Outlook*

If you feel you just need to talk to someone to receive support about the issues we touched upon in the workbook reach out to a friend, family member or a professional....



Write down two people you trust to just talk things over with, when you have been worried about something important to you:



Now, if your feelings are deep take the step to call a professional and they will review your feelings and help you with personal or group support. This could give you a big change in your life and lighten the burdens you have carried for a long time.



If you do not feel your personal issues are that heavy, then make sure you just write them out in your journal and allow yourself to see them on the page, address them and then let them go.



The Emotional You: *Expanding Your Personal Outlook*



Bring your own beliefs about spirituality and support groups into focus:

As we grow and age, many of us leave our upbringing of belief behind. Maybe your parents took you to church, or tribal spiritual gatherings, or maybe there was an Elder that always knew what you were thinking and would somehow amaze you with their stories or questions. Or maybe you had bad experiences with faith organizations, beliefs or maybe none. The point is; you are all grown up now, you can bring your own feelings and beliefs into view.

You can watch documentaries, movies, read books or experience traditional or contemporary Native spiritual ceremonies. You may want to actually find a Tribal Healing Elder that you could visit for a good talk. Maybe there is a special online Tribal Group that would fit your interests. You can also visit different churches or organizations that provide support groups on different issues.

*An example would be **AA** , for those that want to understand how to change their habits. During the pandemic days, many people started to gather online. They would type in and search for interests and find groups of folks that already get together and share feelings and thoughts on your search subject. Zoom groups were a way for people, in isolation or wanting privacy, to stay connected with someone. Is that you? Do you work odd hours and fill your days with working and get home to an empty life? Reaching out and finding people with shared likes is very helpful.*

The Emotional You: *Expanding Your Personal Outlook*



There are groups like “Over Sixty-Five” or “Busy Parents” men and women would gather and talk about ways to stay emotionally up while busy, how to handle retirement , kids and their health. Then there were groups who all enjoyed pets, music, writers or artists. Young parents and teens

established groups to support and talk about shared problems. It was a new way to join a group but not have to go out and be one with the crowd. It was private - in their homes. Online or in person, if you need a hand to help you...go find it! Reach out to your local tribal helplines, groups and or find online groups about business, job hunting, child raising, cultural connections, heritage knowledge, and community. They are out there. Either in-person or via the Internet. Also fun interests; like gatherings of people from all over the world playing a video game, or watching whales being rescued...the list is unlimited. It’s a new way of feeling a part of support group.

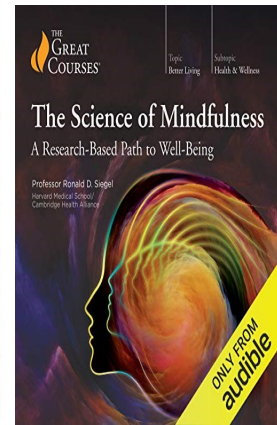
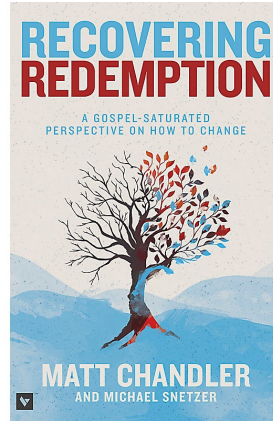
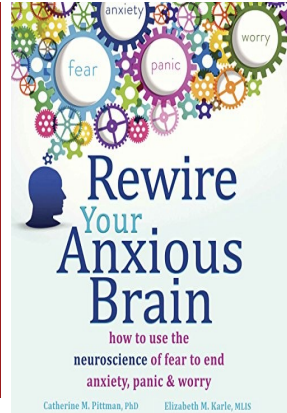
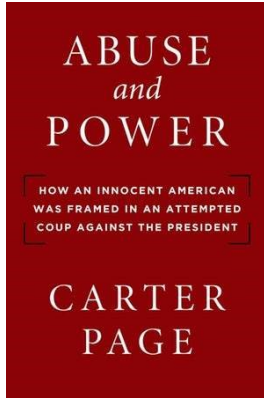
Holding back your feelings and thoughts, staying quiet...coping the best you can. How about add sharing, it will help you...and you will help someone else.



Instead of staying quiet and unhappy... reach out and find the help you need to enjoy life. Your own words might help others—it’s a strong healing energy.

The Emotional You: *Suggestive Reading and Online Apps*

Suggestive Books ~ Written and Audio:



Tribal Health Clinic Call: (360) 459-5312

Ideas to ask about:

Anxiety Support Group

Adult Support Groups for Abuse Issues

Adult Gender Issues

AA Support Groups, for all ages

Nutritional Guidance Groups

The Emotional You: *“Read, Listen, Call & Join”*

*Why? Why waste the little time you have for yourself in a group? Well, it is the way you can share your voice and your ideas with people that have similar lifestyles. It is a time each week that you can look forward to and make time for. It’s a way for you to listen to others and how they overcome problems or situations that you may be facing. These gatherings provide new ideas and a way for you to share your own knowledge. They also provide a vehicle that you can learn from **through the power of energy** that a group gives to you.*



NOTES:



The Physical You:

Ideas To Strengthen Your Body

Here you will learn about small changes that can give you big returns. We will bring to light your body and how you could make it stronger with just a few easy tweaks to your daily routine. Your body's "life force" will make you strong! This section is divided into the following five sub-sections;

- 1) High Stress Relief.
- 2) A Rested Mind Scores Strong.
- 3) Body Movement for Balance.
- 4) Compare Your Yesterday With Tomorrow.
- 5) Suggestive Reading & Online Apps. The insights and exercises will help you identify, acknowledge and develop a plan of action to confront, implement, overcome and improve your circumstances.

The Physical You :

We need to give a voice to your own body...

It's amazing that people live their lives and never really think about their bodies. They eat, they sleep, and they go about their day- but they do not "think" about BODY HEALTH.

Instead, they think about their tasks and keeping up with information about work, the world and family...but they do not spend hardly any time really, thinking of their own body.

*If you find that your nose is running all the time, or you are going to the bathroom more and more each day...or if you have an upset stomach after you drink your fifth coffee of the day; you just let these symptoms float away and don't give them any energy. Why is that? Our physical bodies feed our mind and our mind runs our **whole life force**. What I want you to do is to start listening to that **life force**. Be a part of it...do not wait until time hits you and you suffer from aches, pains and possible life changing medical problems.*

*Example: Did you know that if you are going through a stressful or difficult time in your life and you are extremely sad, incredibly exhausted, and/or you are not thinking clearly.... a chemical change can happen to your brain? A good self-maintenance rule to follow is... after two weeks being in the dumps and still really fighting with a heavy life load...go to the doctor! Your brain chemistry may have changed, and the doctor will talk over your situation and give you ideas or medication to help your brain calm and recover. It will NOT be a "rest of your life" situation, it will be a helping hand to give you relief in a time of high-upset, loss, or stress. Asking for help: I say it over and over because it is the **POINT OF NOTE!** **You do not look or sound stupid when you ask for help.***

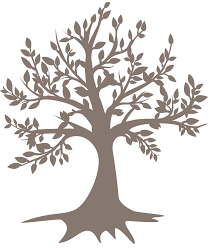
The Physical You :



*Did you know that when you exercise just 15-20 minutes **more** than your usual routine of movement around the house and work...that your body stays in shape and strong? I am not talking about lifting weights...I'm talking about a good healthy walk for 15 to 20 minutes...take the dog for a walk and stay well! Take your kids for a walk and have fun! That is an amazing and easy "to do" routine. Your body will walk, and your lungs will breathe, your mind will rest and feel refreshed. It can be done at lunch or after you get home, at night. With or without a dog! It can even be done walking around the house or on a treadmill set for 15-20 minutes. Your muscles release and your spine will actually stretch out, your leg muscles and feet firm up and your brain gets oxygen! You are restoring strength back into your body. Hey, that's a win!*

*Has it occurred to you; eating habits rule your health? So, if you are a crazy eater...adding supplements to your daily intake, is a wise thing. Now, supplements are very personal thing. Once again...going to a supplement store or reading about your natural body challenges or your heritage challenges allows you to simply add a boost to your food intake. If you have a history of diabetes in your family...you can help even your sugar level by adding cinnamon supplements to your routine. If you cannot get to sleep, you could try taking melatonin. Maybe there is something just off in your system that needs a boost like a good daily vitamin supplement. **ASK:** Go to a supplement store and ask about a situation that you feel could benefit from a boost. Or go online and read a few ideas from different sources.*

Be in control of your own body... do not let your body become in control of your life!



Ideas to Strengthen Your Body

High Stress Relief



We have moved from the emotional part of you to your body. So, let's take some time to think about that brain of yours. Do you find that you get overly angry and quick to jump on things during the day? Do you just get super tired before lunch

or can not seem to rest at night? Your brain health is a very silent. It is not open and out there like a runny stool or a rash on your face. No, your brain works in silence—so you need to be aware of your actions and feelings. You might be super tired and cannot think fast, have anger issues, repeat tasks, have negative interactions with others, become frustrated over your own choices and/or your need to escape with more food, or more booze to feel relaxed. All those things are so self-destructive. You need to be aware there might be a problem and find a health care professional to talk to:

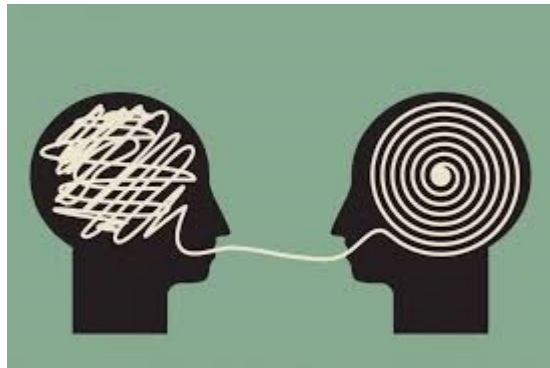
- Do you find when your day is stressful, your mind is slower?*
- Do you forget the small things of your day? (like keys and dates)*
- Do you have trouble resting your brain for sleep?*
- Do you ever actually feel dizzy, when you are over worked?*
- Do you have a ritual to follow; to wake up and ease into your day?*

TAKE NOTE OF THIS:

“Cortisol surges can rule your brain and your emotional reactions.”

What is Cortisol? *(A naturally forming steroid hormone, the body produces.)*

Cortisol can help control blood sugar levels, regulate metabolism, help reduce inflammation, and assist with memory formulation. It has a controlling **effect** on salt and water balance and helps control blood pressure. Too much **cortisol** in your bloodstream; on an ongoing basis **causes** and/or exacerbates **anxiety**, and **can** also wreak havoc on your health in many other ways.



Review for you to understand: *when you face stress, your body starts to make cortisol to keep you calm; but if your stress keeps building, so does the cortisol...and that is not good. That surge makes you feel shaky and soars in your system. That is why we want you to stay within your own safe and calm zone...so your body does not produce a physical reaction that can hurt you...all due to high stress. Can you see now how arguments, being late, being sad, being overly tired, or maybe under high stress over personal, job, money, time, or your kids? It can all add to the high-stress wave that sends that surge of cortisol?*

So what brings you those high blood pressure and high cortisol episodes?

On-going stress!



Kicking Stress: There are so many ways to simply reduce your stress that effects your body. Maybe you think “meditation” is silly and don’t have time for it...but meditation tools are something to understand. When you look at this list maybe you will find something that hits your button and you can try:

IDEAS TO REDUCE DOWN YOUR STRESS:

- ◇ Take a 15-20 minute walk and let your mind take a break.
- ◇ Aroma-therapy; its easy to have a nice candle, diffuser, or packaged aroma stick around you. Just like background music...smell is an important part of our relaxing into calm.
- ◇ Add a pet to your day. If you do not have a pet, you have a friend that has one....so borrow it! Spending time with an animal, like riding a horse, or taking a dog for a walk or a cat and just enjoying repeated petting and purrs—this can really calm your mind and your heart.
- ◇ Deep, calm breathing; when you are facing a decision, a person that drives you nutty, an important task at work, or crying children...breathing in and out for a count of four...gives you time to center your mind to your task.
- ◇ Stretching...just simple stretches. You can do Yoga, Tai chi and so on...but just standing up and stretching your back, your head/neck area or swinging your feet in circles...it gives your body a break and allows it to readjust to calm you.
- ◇ Reduce caffeine, if you notice you are drinking too much caffeine, just lower it down. Try another drink like flavored tea or cocoa and fill at least one trip to the coffee maker with a new experience. Limiting down is a good start.



Things I could do to reduce my stress:

AT WORK:

AT HOME:

WHILE DRIVING:

BEFORE BED:

FIRST THING IN THE MORNING:

AROUND DIFFICULT PEOPLE:

LARGE CROWDS:

BEFORE TAKING A TEST:





A Rested Mind Scores Strong

Your body responds to actions around you. If the music in your working area is high, you tend to turn off your hearing and just concentrate on your job. So if someone comes up close and talks to you...you have to refocus on your hearing and you often ask them to repeat what they said.

If you are sitting in a truck driving all day, your tailbone can really start to hurt and your arms can get tired from the larger steering wheel. If you are stuck in front of the desk and have not stood up for a couple of hours you will feel your back aching or sore.

If you are working around the house and do a lot of lifting, or you run around the backyard playing with your kids or friends...maybe throwing a ball around....you tend to feel it the next day. While you are active, the pain is not noticeable...but after you have changed your exercise...your body reminds you of it's over use.

So, this all happens without thinking it through. We do not tell our kids, we will not play with them because you might get sore tomorrow...you just play and enjoy the time with them. If you think over the last time you noticed pain and discomfort of your muscles you know that things are changing in your body. You do not have to be like you were at fifteen, you just have to know a body is a body and taking your own body into mind is really important.

Get strong with more solid sleep...as well as strengthen your body...

Sleep at night: *There are a few different views of how long you need to sleep at night. The basics are, it takes five hours of deep rested sleep for your brain to grow back the cells that it loses in a normal day of thinking and doing. If that is so...the rest they are talking about is a good deep rest, not a lite nap, or a toss and turn sleep. So, let us say you sleep well for a night or two, then something happens that knocks out your sleep and you spend the night restless. That means that night has not given you any new and healthy brain cells. So, the next day, you are a little down, or sluggish, or nasty. Its not just that you lost sleep, it's that you are not filling up with those fresh replacement brain cells to run your body and your mind. Take it further...your habit of light, short sleeps...puts you on the edge from day to day.*

Rest during the day:

Yes, rest...take a break when you leave your work area and walk for a few minutes, or simply sit in the employee lounge for 10-15 minutes. Peace...not fancy, but Peace. It allows your body to relax and your brain to calm. Remember to turn off that cell and rest! Now you can go back to your daily chores or job and face them again with an uptake in your mind power.

Afternoon naps:

You can tell me you never nap...many do. But I see people nap, sometimes it is just a nod off and sometimes it's a full sleep nap. If you actually nap, the timing is 15 minutes to rest your mind, rest your body and wake up ready to go again. Any longer and your body and mind get in a fog instead of a clearing. A lot of people will take a break at about two in the afternoon and go to their car, set an alarm on their cell and put on an eye mask and rest. Its private, its calm...and it can be magic for those long over 8 to 12 hour shifts.

When you don't have time to nap, or rest:

Those are the times, when you go to the bathroom to relieve yourself and you sit there and close you eyes and do a slow intake of breath on the count of four in and four out. You do a repetitive series of 5. Then you stand and off you go to wash your hands and back to the job! This forced, but amazing routine will lighten your voice tones and allow your back muscles to be calmed so you can feel invigorated.

*Stop trying to
calm the storm.*

Calm yourself.

The storm will pass.

Learning to use tools to help you rest and fall into a deeper sleep are now available in so many places. Just take some time to research it on the Internet and you will find a great listing of music and sounds that capture your mind – to listen- then allows your body to release and will let the mind sleep.

Using music on your cell phone or audio assistant are easy. You just ask for “Native Flute Music” or you can ask for “Nature Sounds”. Those can be in the background while you do your journaling in your spiral notebook or read a little while before bed.

Turn off the TV in the bedroom and take a quiet step down from the days’ pressure. You can open a program app like YouTube and find what are called Megahertz meditation music. These are all done on a level of notes that reach into your brain and calm it down. You do not hear the beats; they are programmed within the gentle music that is played. Many people get great calming results from these musical sounds. Take look online and find a few different ones to try.



EASY IDEAS TO TRY:

- *Tapping is a form of calming the mind. You do a series of tapping on energy spots on your wrists or body and they remind you to be calmed. People used to use rubber bands that they would pop on their wrists but now, they do tapping. You can look it up on the Internet and see if it appeals to you. Energy lines are always explained in the Medicine Wheel experience. If you have never experienced a Medicine Wheel you need to look into it. it's a special tool that brings your heritage into focus.*
- *Animal calming. Having a pet, especially a dog or cat can really put you in a calmed spot at night. The pet will cozy up to you on your bed and your inner you - will feel comforted and protected. You will feel the warmth of their bodies, hear their repetitive breathing and you allow yourself to relax into a deeper and rested sleep. (Of course in the morning...they will wake you with a lick...but at least you have a night's sleep out of it!)*
- *Sleeping alone versus with a partner. There are many couples that do not sleep together. They often have intimate time and talking time when they first go to bed and after that they retreat to another bed or bedroom. This has nothing to do with not loving their partner. It often is a sign that one partner has a over-heating, breathing or snoring problem that bothers the other. Or the person just needs to be alone to really be deep in their sleep. You could also get a bed that has the individual adjustments. It looks like a Queen/King bed but it's really two joined singles, that you can adjust to your own preference. It gives you that feeling of private space.*





Body Movement For Balance

Just for Me... Only Me... It's a Me Thing

*We are all guilty of working, playing, and keeping busy- we tend to ignore the fact that peace keeps us breathing and our body functioning. This list is to remind you of things you can do for yourself to find your body is healthier when you care for it. **Check these off...have you done them in the last year?***

- **Foot soak** with simple hot water filled with Epsom salt and bubble bath. Soak for 20 minutes. This will actually help, with sore feet, swollen feet or just allow you to take time to relax for 20 minutes.
- **Going to a professional nail person** for a pedicure/or manicure. It is wonderful; they soak your feet, trim your nails, remove callus, work the feet and lower ankle area with massage. It's a dream. If you have never done it be brave...it's a gift that you need to give to yourself.
- **Do you have a reminder to stretch on your cell phone?** If you are in a job that sits and never moves...you need to be reminded every 45 minutes to stand and stretch. These great movement apps really help a busy person remember to be kind to their backs.
- **Hair appointments.** Yes, we all go to barbershops/salons to get our hair cut, but did you know they could give you scalp treatments, massage, dandruff treatments, facial hair removal and other services? If you are just running in the salon for a trim and out again. You have missed a whole array of services that can gift you feelings of relaxation and perk your personal view of yourself! Man or woman, we all need pampering to raise our moods!

- ***Getting your teeth cleaned*** from a pro and getting a teeth whitener from the Rx store. Your teeth are so important and often we ignore them until a pain arrives. But if you invest in a good electric toothbrush system and add a brightener system for those teeth, every few months...you will see and feel the difference. Then speaking in a meeting or making a video requires no worries from you about your teeth.
- ***There are chairs that have massage*** inside of them and small handheld massagers that you can focus on a stubborn shoulder, back or hip area. Massage is a must for your body to stay in the right position when you do repetitive work; lifting, sitting or standing. Give yourself the ability to relax and have a daily home massage for 10 or 15 minutes, while you watch TV!
- ***Laser light treatments*** for re-growth of hair, calming of skin, and treatment for repetitive muscle pain. Look them up on the net and give yourself a few minutes a day to improve some of your personal issues.
- ***Professional massage***, or adjustment, or energy treatments. This may all sound like a bunch of la, la stuff...but when you get a professional to adjust your back or massage your sore feet...it changes your outlook on life. It is not to be thought of as a fancy procedure, its to be thought of as a repair and adjustment of your body for good health and comfort. If you have not done it.... try it, ask friends for a reference in your area and find that pro to gift you their knowledge of pain free living.
- ***A good healing cream*** for chapped lips, lotion for fungus on your feet, pimple or rash treatments, hand creams that go down deep into the skin, facial treatments that relieve dry skin or moisture treatment creams for skin that rubs together. Inserts for your shoes for toes that rub or arches that ache.
- ***Copper wraps*** for sore knees and elbows and neck support pillows.

Energy Healing is magic!

Water, water, water and add lemon for Lemon Water!

- If I walked in on you at work, would you have water on your desk, or in your car?
- Would you have a water filter in your kitchen or lemon wedges, cut and stored in your refrigerator?
- Do you own an array of water bottles to fit your every need?
- Have you tried sparkling water for a taste treat?
- Do you make a good herbal tea and chill it in the refrigerator with your lemon wedges?
- Are you the one that brings water bottles to a gathering?
- Do you wait to sit down in the front of the TV so you can go out to the kitchen and get a good, chilled refill of your water container... so your sports show does not get interrupted when you needed a cool drink?

Did I say enough? Your body needs water, it needs to flush out all the junk that you breathe in and ingest during the day. You need to keep hydrated so your brain functions, and your body flushes out all the toxins that it produces during the day.

*Big Boys and Girls drink 24 to 32 ounces of “added” water a day, minimum. That means, on top of your soft drinks, and your hot drinks like coffee, tea or broth. And if you are exercising, or your work requires a lot of running around or deep thinking at a computer screen... **YOU NEED EVEN MORE!***

**You do not have to change the world...
you just change a few things in your own life,
to find a quieter mind and stronger body.**

If you are a coffee only or energy boost drinker.... then the news is good...you just get to add in another 32 ounces of clean water. You do not have to panic; you just ADD the water to your life.

WATER IS NEEDED FOR YOUR BODY HEALTH

THERE IS NO EXCUSE

DRINK WATER





Compare Yesterday with Tomorrow

When you were in high school your **body functioned** as a young teenager. Today, time has passed; maybe just a couple of years, maybe 20 or more. What is important is not to go backwards. But to remember where you were and what you could do. Then you can think of things that can allow you to feel strong again. So, just for fun. Write down three things you used to do in high school. Maybe played football, basketball, softball, track or dance, when your body was fit and busy.

Remember when:



Now, take a few moments of quiet time and then write the three things that bother you about your own body and how it functions, today. Maybe something you would really like to change, about your body.



The Physical You : *Compare Yesterday With Tomorrow*



Now, let's take time to think about that brain of yours. Do you find that you get overly angry and quick to jump on things during the day? No, your brain works in silence. So, you need to be aware if you have been feeling super tired, cannot seem to think fast or remember things. Or maybe you find you can not be in control of your emotions. Take note if you feel real changes, pay attention.

Are those feelings making you escape them, with more food, quick temper, or more substance abuse - just to allow you to relax?

All those things can be destructive when you ignore them. There might be a problem, or a start to a problem. You need to be aware so you can reach out to a health care professional to help you. You need to just take time to accept you have changed and think about answers.

Like a counselor, a class on nutrition, a healthy "food to door" delivery, reducing stress ideas – all good ways to express your new you. The you - willing to accept your changes and find answers to problems instead of tucking them away.



Write down something that you catch yourself thinking, that always bothers you?

The Physical You : *Compare Yesterday with Tomorrow*

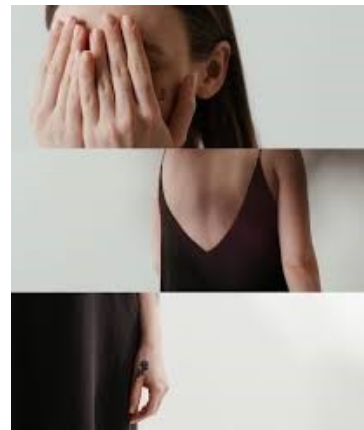
Body Review and Take Action List:

Has your body developed issues that you are just accepting?

Have you never been the same after you gave birth? Have you always had an old injury to deal with, or a repeated body function that is out of order? What we do in our lives is “work around the problem”. This works great, until you fall or age, or get sick with a cold and it brings back the repetitive problem in full-force. Old sports injuries, diarrhea, allergies, tooth aches, fungus of the nails or body...they are all little things, and you may think they do not qualify for any special attention. But in your mind, they have been ticking and ticking and they add up ...they start small and then they grow into problems that effect your quality of life. You start to change what you eat to ease your tooth pain, you do not run up the stairs to keep your trick knee safe, or you buy bigger shoes!

Take a moment to go through your body, in your mind. Write down on paper the list, get your specific body aches and pains out of personal secrets and on to the page. Maybe there is something really personal, like a change in your sex drive.

Talking about changes to professionals that can suggest ideas to help you is what is needed, not living around things in private. You can now be aware that perfect bodies are a myth and that little problems will be with you for life, if you do not learn how to cure or improve them:



The Physical You : *Compare Yesterday with Tomorrow*

OK we need to do a nice list of what you would like to change with your Body & Health

- *Teeth cleaning or new teeth.*
- *New glasses or laser eye surgery.*
- *Reduction of body weight.*
- *Building back your muscle.*
- *Surgery for a facial issue or removing excess fat.*
- *Getting a new hair style, or a knee replacement.*
- *Joining a gym, going to a spa, hiking, horseback riding, Yoga classes.*

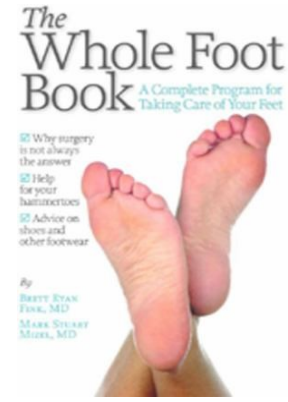
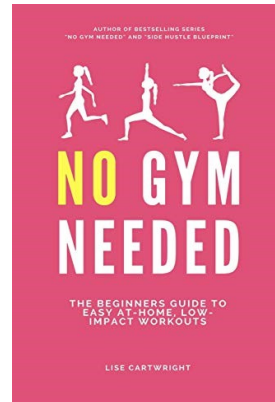
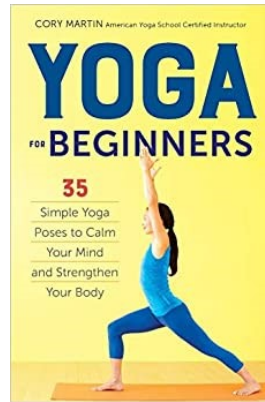
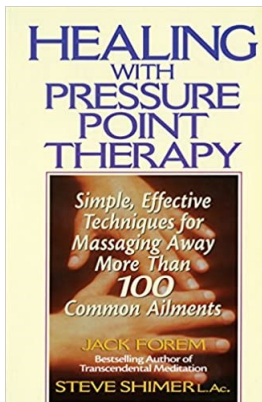
There are lots of things out there that might make your life healthier, but you need to schedule them, find friends to share the adventure, check your insurance to see what coverage you have, or just start a little saving account for something special – just for YOU, private and personal. Time to hit the phone and call a doctor for a check up...not ignore it, for another year.

Please think about your body and list the things you would like to change. Let's make the list full and in order and start to address it or save for treatments. You can always increase your health insurance or find a job that gives you better health insurance if you need to make big changes.



There is a way, but it will never happen if you don't face it and plan for it. Action!

Suggestive Books ~ Written and Audio:



Ideas to ask about:

Tribal Health Clinic Call: (360) 459-5312

Exercise & Yoga Classes

Massage & Chiropractor Services

Office of Nisqually Tribal Attorney Call: (360) 456-5221

Financial Support Questions

Legal Support Questions

Parental Support Groups

Housing Issues

You don't have a computer or you don't know how to get online and do a search for groups. You need help ~

Tribal Center (360) 456-5221

That's OK...your Tribal support is always there for you, just ask for help. There are many kind members that will guide you, just ask. Finding just the right support group for you to join and find enjoyment. Taking time for that inner you. Talking and sharing can make a huge difference in our lives. It becomes about the group and the universe instead of “just me”. The Tribe has all age group supports.

Community is surrounding you. As a member or resident of the Tribal community you will find that there is support in participation. The feeling of who you are now and what your past heritage brought down into your life is really a comforting process to learn.

Reaching out and asking for help; for education, for funding, for joy in community projects and for support in your own forward motion.... that is what the Tribal community can mean to you and your family. Ask about what is available. Do not be silent; reach out and learn...you are a part of a wonderful supporting group of love...find it and use it.

It will bring you a sense of pride and place, as well as a feeling of a bigger culture and family, than you maybe have had in the past.



NOTES:



Your Support Circle

Using Family, Friends, & Work

We are now going to do a review of how family, friends, and work mates can bring good and bad things into your life. They can give you joy...or heartache. So, we will review tips of how to ease those relationships.

- 1) Managing Your Family and Old Friends.
- 2) Establishing Your Comfort Zone.
- 3) Building a New Support Circle.
- 4) Set Your Productive Calendar.
- 5) Suggestive Reading & Online Apps. The insights and exercises will help you identify, acknowledge and develop a plan of action to confront, implement, overcome and improve your circumstances.



Managing Your Family and Old Friends

Who we are is often a reflection of those that we surround ourselves with daily. If you are around people that are always arguing or have a very framed political or spiritual view that is opposite of your own; you are stuck with the pressure that brings into your life.

Family is family. You have two ways to go here. If your family is loving, fun, or a little crazy...those are good things, and you win! But if there is a fly in the soup, or one family member that really makes your own life miserable to be around then you have a situation that needs to be met.

It is a part of being a real adult in the room...to learn how to interact with all types of people in your surroundings. I will once again stress the situation; a party only friend, a work partner, an older family member that has aged out of easy conversation, or a young family member that is just on the edge of life, all the time - these people can be handled by a simple formula of "less time for less stress". That means that you need to be the one that takes control of your visiting with people that are difficult. If you need to meet with them; always be on neutral ground. Not at your home, or their home. You meet at a coffee shop or sit on the front porch.

This allows you to negotiate your conversation time and your exit. An example would be to excuse yourself after twenty minutes, for another appointment .

Establishing Your Comfort Zone

If the person can not leave their home...you walk in, bring them a gift of respect or kindness like food or flowers, say your pleasantries and then leave on your way to your meeting. Short and pleasant meetings, at a place that is neutral and open. Try keeping the conversation on simple updates of life (for 20 minutes). Excuse yourself; again using a prior appointment as a way to exit. No one gets their feelings hurt. You stick to easy subjects of interest and both parties part, feeling good about the meeting or visit.

If you have a history of family hostility and arguments. Instead of feeling guilty and having sadness there is an option. In family gatherings, you once again set the time...know when dinner is and arrive in time for the meal, not an hour before. Always bring a kindness gift, eat, enjoy, and then slip away to another event that you have preannounced. Arrive on time for dinner. But excuse yourself before conversations turn unhealthy. You should be in charge, and pre-plan your own arrival and exit.

Another option to reduce the stress of the holidays is to start hosting your own family or friend gatherings. Learning that you run your social life for the good of all and the comfort of you.



Establishing Your Comfort Zone:

If someone is nasty and has really gotten out of control each time you visit. You simply stop the visits and take the friendship to the dumpster. They should never know why they rarely see you any more...that is the kindness factor on your part. You stop calling, stop texting and stop any interaction, DONE.

Take a break, if a friend is going through a time that has made them difficult to interact with like a divorce or failure of a business. You support them; but set up a safe zone for yourself. If their behavior starts to climb off the charts - make yourself busy. You always support friends with kindness, but you do not have to be their dump truck. In time, when they have calmed down, you return to their inner circle again. A friend that has been with you for a long time is worth saving the friendship, be wise.

Now that you have cleared out your negative friends, it's time to make new friends that have shared interests and attitudes and make your life lifted. Maybe the new friends do not drink, they might love a certain music band that you enjoy, maybe they want to learn to throw horseshoes. Whatever you share with them, will be enjoyable and you will be building relationships, not alone.





Building a New Support Circle

- ***There is a point to mention, as we begin***, about your “current job or school mate/teacher” that has to be treated with respect and care. Life is long and you have no way of knowing what is ahead.
- It is one of the underlined items on an older person’s list of *things to remember*. You never know who is going to be hiring you in five years or who is going to be giving you a reference for a new job.
- The young kid that delivers the mail on your desk today, could be your Boss in a few years when his dad retires from the business. Everyone you meet and work around should be placed in your mind - ***as a future person to put on your reference list for your next job.***
- This is not a joke... as you go through life, brothers, and sisters of people you know will want to buy the future products or services you are then selling. Uncles and Aunties will be promoted and be happy to give an old friend of their niece a place in the new business with you making more money than you have ever made – just because you were kind to them years ago.
- Sitting through a boring meeting, being assigned more work than you were hired for, never shown respect or thanked for your extra work . The list of disappointments goes on and on. The point here is, your negative behavior could jeopardize your future income. People remember people, they say off handed remarks about your performance and abilities that can handicap your professional future. Think, before you explode—it’s your future.



Building a New Support Circle

- How can you change it? You simply have to put on a happy face and work your way out of it. Even if you are doing a simple part-time summer job, a job never to be done again. You do not know who is at that job that might help you along the way forward. It may be the smallest job you have ever done, but your kindness and being polite impresses someone and in years to come you are given your reward.
- How can you change your job pressures? You can learn to honestly review things with your Boss. Not go above her to complain, but walk into her space, sit down, and tell her your ideas to make a project or a chore a little easier. You may not get a “go head” on your idea, but your Boss will respect the time and kindness that you gave to her. Next time there is a big hole that must be filled, you may be the person that is chosen to fill-it. Just because you showed your ability to be involved. No complaining, but suggesting, no hounding, but reminding.

Do you walk in the door as a doer and future leader...or do you stay quiet and complain? It's your call but it's worth your time to think things out before you get in over your head.

Your Support Circle: *Building A New Support Circle*

List three negative family or friends that you could keep the friendship with limited visits to public places and under twenty minutes:

1. _____
2. _____
3. _____

List three work-mates or a Boss that might help you in the future:

1. _____
2. _____
3. _____

List three people that always hit your **off button** after being with them. And you are thinking of putting them on the “remove” list:

1. _____
2. _____
3. _____

When you want to expand into a new circle of supportive and enjoyable friends... list three things you like talking or reading about. Things that you would enjoy getting into more and to meet like-minded others:

1. _____
2. _____
3. _____



Set Your Productive Calendar

*Now, this is how we move on...we move forward. I know that many people do not want to bother with calendars. They say it makes them feel trapped! Yet, they wind up trapped....**SO let's talk about how we can bring new things, new money opportunities, new ideas and new people into your life.***

What time of day or season are you at your best? What kind of job or business fits who you are? When do you have time to take a class, on your off hours?

Those are questions you always ask yourself, but how to handle it? If you have a job that has long-hours and you are really limited with personal action days; your personal calendar is even more important! If you are living on a fixed income and want to expand your monthly budget.. you need a calendar.

Busy people, especially when you do physical labor are always tired. It's not an easy life to have labor jobs. But, if you give all your off hours to sleep and never feel like you can go or do anything, it's a mental pit that has no bottom. You need to have things to look forward to and things that bring your life different experiences. What about single parents or two job people? Plan!

*Putting down two days a week to fill with events to bring your life comfort is important. So, if you are the one with long hours and feeling trapped in your days...you need to know — **how you can change those feelings and fit fun life into your life!***



Your Support Circle: *Set Your Productive Calendar*

A calendar. Its that simple. You look at your week and give yourself days to schedule personal chores or household duties even if you are exhausted. Then you sleep-in on your first day off to recharge your batteries. Then your second day off you can enjoy your pre-planned activities. Like out and about on your motorcycle, or a drive to the beach, or spend quality play-time with your family. You have it on your calendar, you do not just “float”.



Many people say they want the freedom to just do as they please. But when you ask them what that is, they reply...its sleep, they don't have free time.

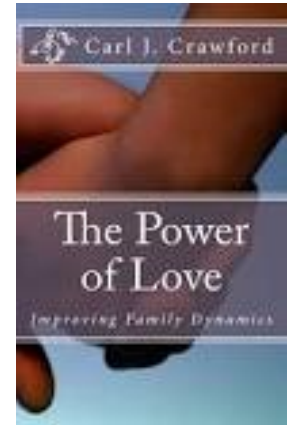
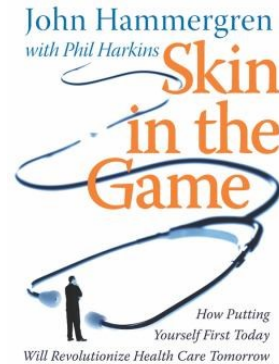
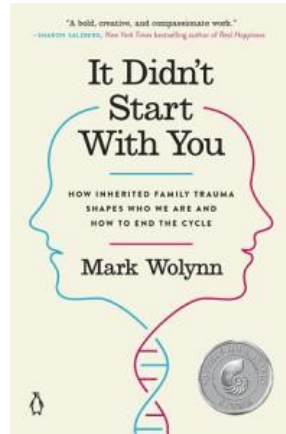
A calendar is not just for executives that schedule their appointments or business lunches. It is for all of us to use and spread out what has to get done, and add fun activities in our life. Not just cashing your paycheck and doing house chores.

We talk more about what kind of calendars will work for you later. But think about it, it may seem like it takes too much energy and time to keep a calendar... but I assure you...it pays off ~ over and over again. Year after year.

Your Support Circle:

“Read, Listen, Call & Join”

Suggestive Books ~ Written and Audio:



Ideas to ask about:

Tribal Health Clinic Call: (360) 459-5312

Caregiver Support Group: for those that home care for seniors, Alzheimer's, or the disabled in their families

Healthy Food Prep and nutrition classes

Tribal Center Call: (360) 456-5221

**Outdoor Adventure Groups:
Hiking, biking, canoe, dancing**

**Tribal Art Classes:
Painting, carving, sewing, drumming**

Designing Your Future Path



Designing Your Future Path

We have been going over ideas to review your life and make small changes for the better. Now, its time for you to design the future you want to have. So we will do a series of steps to see how you can find a goal that is really yours!

- 1) Finding Your Personal Interests.
- 2) Training and Additional Education.
- 3) Personal Time That is Wisely Planned.
- 4) Organizing or Clearing.
- 5) Suggestive Reading & Online Apps. The insights and exercises will help you identify, acknowledge and develop a plan of action to confront, implement, overcome and improve your circumstances.



Finding Your Personal Interests

When you are in the middle of a difficult time in your life, it's extremely hard to think about a young boy that decided he would be an astronaut, when he grew up...and then he did it!



How do people have such an easy ride? How do they know what they want and how to get it? Which direction do you take?

Its hard to believe, but they actually have life plans, and they work those plans until they find their goals are met. Now, the plus on their side is they have a vision and a goal in mind. All the rest is the same working through the steps. That's the hard part to "have a goal". To have a future picture of what you want your life to be...means that you can climb that hill faster.

But that picture can change drastically as you age. Think of the little girls that want to be ballerinas when they grow up, instead they become a doctors, lawyers and Tribal Leaders. Or the guy that wanted to be a fireman who turned out to be an arsonist. Its always a tricky road.

*The great thing about being an adult and setting a **new goal** or having a **new life picture** in your mind, is that you already have lots of skills and you only need to build on them. If you are a young kid...it's all up hill.*

Designing Your Future Path: *Finding Your Personal Interests*

So, let's look back on what you have already worked through. You have honestly opened-up on your emotions and how your actions can make you feel and how to change those feelings into calm and a clear mind. You have looked at the different ideas about being aware of your own body's health and ideas of how to stay physically strong. You have thought over your many relationships with family, friends and co-workers and started to adjust those, so you feel comfortable not controlled.

Now, let us ask a few questions to help you see what kind of a future you can build. One that has less stress, more enjoyment, and a solid financial income. A life that you control, not controlled by your bad habits or difficult interactions with others.

You know you must build a community of loving friends, family, relationships, and pleasures. You have already started to address your interactions with others and your personal pitfalls. So, lets just move this along to find what part of you can be changed to meet the needs for your future.

Filling out the many questions in this section will bring your mind into focus regarding what resources are around you. This will help you add new knowledge and skills and put together a package that fulfills your current and future needs.

Once again, perfection is never required. Our goal together is to move you along the stream to a high spot so you can always see your next future move. As always, take your time and be honest, no one is going to see your workbook. You can use this and your spiral notebook/journal to plan and keep track of your own goals.

Designing Your Future Path: *Finding Your Personal Interests*

Are you doing things that you enjoyed years ago, but now they are just something to do? Write down three hobbies or adventures that you have not done in last two years.



What three things that have been on your mind “to give that a try”? Something you have seen on the TV, something a friend often does. Do not limit yourself... just three things you would like to do - if you had the time and the money?



Why talk about dreams that are out there somewhere?

Because dreams have various abilities to sway you and make life easier.

A young man who always wanted to be an actor, a movie star...but he was too shy to perform on stage. He went to school and became a good accountant. One day, he had a professional actor come into his place of work and ask for tax advice. The accountant had so many good ideas for the actor, how to use his money this way and that...how to be sure to sign contracts to his best monetary advantage and so on. The actor asked the accountant if he would represent him in a future negotiation. The accountant soon became an expert in entertainment accounting and his life just blossomed. Now, he was doing the same job, but he was doing it with his own mind set...his view of the field of actors and entertainers. So, his job was enjoyable and much more profitable. Even though he was really doing the same thing for his income, as he had done, for years. He felt he was using his talents in just the right direction. For us; we see it as a creative twist to an old dream!

Designing Your Future Path: *Finding Your Personal Interests*



If you would do yourself a favor; take a small trip out on your own. Go out to your backyard, your favorite woods, or sit by the water. Get quiet and think about what you have always thought about doing. Owning your own business, owning your own home, traveling, weekend hiking trips, working with a good friend, traveling for work, working outside or on a computer, working with people, expressing your art, teaching, and helping community...what is that voice you would like to hear? Sit quietly and just listen for your animal spirit guide, or your personal connection with your surroundings and take note of what you feel and hear. Many times we have the answers inside of us...but we never ask. Answers but we do not hear them...our guides are sending us loving help and we are just not listening. Calm down, take an alone walk, put your toes in the lake and listen...to your inner voice. Just a quiet alone time...for you to think of what you really want in your life.

What type of work or position do you have in your mind, for your future?



Designing Your Future Path: *Finding Your Personal Interests*

Who are you now?

In your place of work are you the person that is always greeting and being the up-front person. Or do you like to be the person that is behind the scenes making things work smoothly?

Circle One: A. Upfront

B. Behind the scenes

Do you have a time of day that you feel is best for you to be “at work”?

What time? _____

How many hours do you like to work? _____

Do you offer to come in and work over-time? _____

How many days a week are you able to work without time off? _____

If you owned your own business could you work long hours and all days of the week to get it started? _____

Do you like to work on your own? _____

Do you like to work with a staff? _____

Do you see yourself working for a company? _____

Do you see yourself owning your own business? _____

Side hustles or extra work is something that a lot of people use to get out of debt, save for a home down payment, or pay off their student loans. Have you ever worked a second job on your days off? _____

Would you work a second job on your days off? _____

How much per day would a side job bring in, for you to see its value? _____

Designing Your Future Path: *Finding Your Personal Interests*



Let's talk more about income:

Do you have a need to reduce your personal debt, put a down payment on a rental or to buy a home? Maybe you want to buy a vehicle or have tuition for school. List the reason you need extra income at this time and add the amount you have decided you need to pay off:

Reason:

Amount:

Are you working full-time or part-time now? _____

If you stay working where you are now, would you be happy? _____

If you stay working where you are now, what job would you like to move into?

What do you make per month at the job you are doing now? _____

Is that amount covering your monthly needs? _____

Designing Your Future Path: *Finding Your Personal Interests*

In order to know what type of future you really want, you have to look at what you have. Maybe you have a nice nest egg, or family money. How lucky that would be...you have the ability to do jobs that might have low incomes but high outcomes; like working for your community. Or maybe you have been on your own forever and every penny means something to you. You might be single, or have a huge family to provide for...the list goes on and on. But what you need, no matter what you have in your life, is a good look at your money reality:

What Are Your Rough Monthly Expenses?

Home, rent or payment?

Utilities per month?

TV/Modem/Cell/ Other?

Car payment, monthly gas, insurance or public transportation?

Health and other insurance?

Personal expenses: Cigarettes, beer, etc.?

Child support or children at home expenses?

Ongoing payments for dept & loans?

Food?

Other monthly bills:

Total of your monthly expenses: _____

Your total monthly income: _____

What do you have left over each month? _____

Amount of your current savings: _____



Designing Your Future Path: *Finding Your Personal Interests*



OK, so now we have an idea of what resources and funds you have, where you stand financially, right now. What you make, if you like your job, if you could add a side job, what your expenses are and where you stand financially. You can look at your rough numbers and see if you are where you want to be and can easily move up in the next five years to cover your needs for more money and a better job...or stay right where you are now, happily. Your decision is, you are happy where you are and will continue to advance at the same or similar job.

Or maybe you see yourself starting a business; knowing how much that would cost, what the steps to do that are and how...how to start that business? Lucky for you, your TERO support has classes in “*Starting Your Own Business*”. You need only to contact them and get on the list and they will guide you to how to get that business going and how to get that financial help to move you on the road to success .

Maybe you just want to retire, or buy a home and have it paid for before you retire. That is what you need to work through; so you know that your wants and needs will be in line with your choice of a job or career path.

You have done a lot of work. I know the questions are all over the map. But can you “feel” yourself knowing a little more about your future and your job goals than you did at the beginning? I’m proud of you.

But...what if you need to have experience or training, maybe even a degree to fulfill your goals. So let’s talk about that next.



Training and Additional Education

The good news is that the world has changed in the last few years.

There are easier ways to be trained, finish school or improve your education. You can do it through the Internet. You can therefore actually go home from work at night and have dinner and then go somewhere private and study on the net. When you do this, you have an online study group. You usually receive grades and credits with your work on the study group board and with your work that is turned in on your behalf as well as the tests. It may seem overwhelming but thousands of first-time learners receive their credentials this way. The study group support really helps you understand the routine and get the work finished. You sort of share the work-load together.

Technical school training (usually hands-on) is designed for those that work during the day. Many of the local tech colleges are set up to work on your schedule and help you thorough scheduling your classes. The money for these classes can be easily obtained through grants, military, and Tribal contributions. These funds are usually provided and based on your ability to keep up with the work, go to the classes on time and complete the course.

There are the local colleges, whose facilities offer many course selections and choices in times. Usually, in person classes. Although many of the universities have worked through the quarantine time with home-based learning. I would suppose they may keep that part of the delivery system, as time marches on, but labs usually have to be done in person.

Specialty classes, tech learning, and all the side job learning for selling real estate or tax prep have usually been night courses.

Designing Your Future Path: *Training And Additional Education*

How Do I Start?

The best way to start is to call and talk to a college or school entry department and make an appointment with a counselor. They will review where you are with your learning credits and tell you what is needed and what is required. Before you make big decisions, you can get any special learning requirements done and in the can. Then you can start on your new project. The key issue is always the funding. There is good news for that too. Counselors will always be able to help you sign up for financial help. There may be just the right funding waiting for you and your background. Do not worry or fuss over money. Just ask questions and keep asking questions. Sometimes you can start in one school to get a partial credit done and then change to another place to finish your credits.

*Many people are so fearful that they never research their dreams or needs. That is pointless...there are trained people in each school that will be your partner and help you achieve your goals. **Be Strong, walk through the fear of the unknown.***

I just do not know how to start?

That's why you are a winner...as a Tribal or community member you can always walk in the door at TERO and ask for help. Just tell them your dream and let them guide you. You know, that is their job...they want to do their job and they want to help you. Private and personal information is held in confidence. They want their community to be successful in work....so the whole Tribe rises up. Your success is their success...and one day—you will be asked to help another member...that's how it is passed along.

NO FEAR...BE A WARRIOR....WIN!





Personal Time That Is Wisely Planned

There are times in your life that you fool around and have such good fun. Then there are times that you must buckle down and get your goals finished, so you can enjoy the riches of a new job title and the larger income for your future.

Just like we did for your monthly needs to see if what you are doing now fulfills your needs. We can do that with the time in your life. This is the time, right now to start to use a monthly calendar. It really helps to point out times that are taken with personal events, birthdays, appointments, when car tags are due and when yearly payments are coming up.



There are so many styles of calendars that I am going to guide you to the Internet and see if you can find one that fits your own style. Some are cutesy, some are fancy leather, some are executive and some are small pocket sizes. It's your journey to find one that you can use and it hits all the buttons you need. Maybe you keep it in your kitchen and check it each morning. Maybe its in your car and you keep it checked in the afternoon, or maybe it is in your backpack as you go about your day. If you are a calendar user now...check out the new styles. If you have never used one...just go for it. OK, maybe you will hit or miss...but getting used to it as you move up your path to success, is important. You are going to add new time frames to your day. This calendar can keep your head clear!



Organizing or Clearing

Sometimes you must stop what you are doing now, in-order to clear your life for the positive future. I think you understand me. You must quit a job, to go away to college. You must move out of a nice apartment to find a shared apartment so you can have more money to live on while you go to school. It can be sad to say good-bye to the old, in-order to move ahead. But we all must do those things. It is about choices and priorities!

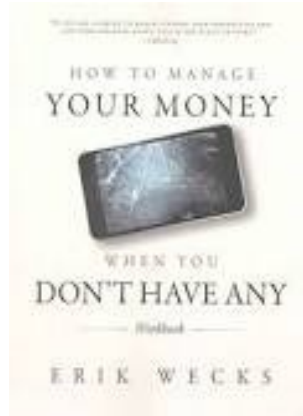
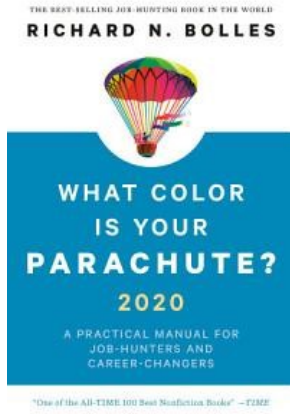
Clearing the way for your future success. Let's write down a few things we can change before we move ahead.

- * *Are you living in a home, apartment or house that is wise for your new job, new business, or education?*
- * *Do you need to sell a large item to have money to move forward? (Like your car, to take the bus.)*
- * *Have you cleaned out your closet and gifted the things you have not used in over a year?*
- * *Have you reduced your online shopping, gaming, or social expenses to clear your monthly expenses?*
- * *Do you have your tax information, insurance, health information, social security, or any other personal ID like a passport in a special portable file folder that can be easily accessed and secured?*

This is how we all get ready for a new life, a new move, a new job.

We clear out the old and make room for the new!

Suggestive Books ~ Written and Audio:



Ideas to ask about:

Tribal TERO Center (360) 456-5221

Job Placement Center- (Full and Part-time)

Job Skill Classes

**Adult Learning Classes, for GED
College Placement & Funding Advice
Tech-School Advice**

“Start Your Own Business Classes”

Learning Skills To Help You Thrive:



Learning Skills to Help You Thrive

Learning Skills To Help You THRIVE!

We have talked about your ups and downs, your skills, your dips, your ideas for your future and your work in the past. You know how to get help with your steps to Thrive and now.—we need to dream, to plan and to learn the Power of Intent!

- 1) Design Your Treasure Map.
- 2) Positive Habits.
- 3) Goal & Intent Setting.
- 4) Incorporating Your Interests Into Your Business.
- 5) Suggestive Reading & Online Apps. The insights and exercises will help you identify, acknowledge and develop a plan of action to confront, implement, overcome and improve your circumstances.

Learning Skills to Help You THRIVE



It's strange when you think of the future. You always think; I can make it better...but how can you make it better?

You have already given this workbook your time, your energy and your personal business. That is a change that is part of the new you. You did it, you own it!

There are so many things that can be done to improve all of your movements going ahead. But to make sure that those things really mean something to you just carry on with your personal spiral notebook. Keeping all of that private means that it belongs to you...it's your choice, your future, your ideas. The relief of feeling in control, is a big deal!

Keeping you on the road is the hardest part with making new choices and developing your life into a lifestyle that fits you and becomes real. Life is so full of things, people, places and events that can take your mind off your dreams or your goals. That means we need to keep you on track and use tools to keep your movement going in the right direction ~ not move off issue.

Learning to put things in front of your eyes, to remind you; where you are going and what you want ~ is very important.

It might be the most important thing!

Learning Skills to Help You THRIVE

***Let's fly forward in time
and look at your life.***



- ◆ *Will you have a job you enjoy and get well paid for your efforts?*
- ◆ *Will you have a home that you find comfortable?*
- ◆ *Will you be in relationships with friends, loved ones and family that you cherish?*
- ◆ *Will you feel good about your job security?*
- ◆ *Will you be in good health and not have to worry about lung cancer from smoking, or diabetes from a bad diet?*
- ◆ *Will you feel stronger for giving up dangerous addictions like drugs, drinking, over-eating, or other emotional or substance abuse?*
- ◆ *Will you have fewer days of being over-stressed, confused, depressed, over-anxious, or just angry and tired?*
- ◆ *Will you have order, control and a place to keep safe from the negative days of the past?*

Let's give you a few tricks to keep your mind and heart moving to a future of days and years of good times ahead. We wish the best for you...and please come back to us for other ideas of how to make your life even richer!

Blessings from your community of Friends...

Learning Skills To Help You THRIVE



Design Your Treasure Map

Your Brain Learns in Three Ways:

We read, we listen and, we “SEE”.

Keeping On Task is a repetitive thing...you must learn to re-new your goals to keep them cooking on the stove. Don't allow things to disappear!

So using symbols that you find interesting, that have meaning to you, you only...is the key. It will catch your eye as you move past it. Maybe you are not active or on-point today...but tomorrow you return and keep the journey moving forward.

Making a treasure map is just making a collection of visual things to keep you on track. It can be done in a small way on a single page in your spiral notebook or on a big board that you hang on your bedroom wall. It brings your mind around to all the things you are working toward.



This is just one example, but your map should reflect YOU, your own future dreams and goals. People, places, and things...it all goes together to keep a mental picture of a positive future on-point for just you!

Learning Skills To Help You THRIVE



Positive Habits

To Speak the Truth is the Only Positive ...



You simply have to be real with yourself and that requires you to repeat things over and over to keep your oars in the water and moving your canoe forward.

So, we have a big selection of positive affirmations that you can use daily. I like to write my own and put it on my desk or refrigerator door. I make it big and each time it catches my eye...I renew my direction...it's like checking your compass!

You will find that on the Internet there are many different services you can connect to that send you daily reminders to be positive in different ways.

If you go online and just take time to look around, you will find them. They can be sent to your phone and pop up each day for you to think over. If you want to include a faith based one, there is always; "The Daily Word".



Go and look...something will hit your buttons.

Learning Skills To Help You THRIVE



• *Goal Setting*

Complicated goal setting is not required. What is required is to set goals. I find that goals should be dated. Then you get them in your mind. How can you fulfill your future path...if you never write down your ideas and when they will be?

Examples:

- *I will start my business in 90 days that's Feb 17th*
- *I will call and make a dental appointment on my next day off Thursday, March 5th*
- *I will look on the Tribal Info list and call a counselor today:
Call Jan @ 222-211-1111*



- *I will talk to the Boss about a raise and ask her if there is another position open for me? On:*
- *I will be in school On:*
- *I will be ready to move On:*
- *I will call my dad for coffee On:*
- *I will take my relationship to a special dinner On:*

Learning Skills To Help You THRIVE

Goals: Writing Them Down Makes Them Real! But, Where Do I Write Them?

Once again, we look to our Journal/Calendars and you will be happy to note they are weekly, monthly and yearly. Maybe like me...you have a weekly reminder and a monthly journal. You can find them online and select the one that fits your personality and budget. I have one; that has room for goals and future projects it's all together. I also use small stickers, affirmations and pictures - like a mini-Treasure Map.

I also use the notebook as a place to keep important information: like Internet codes, passwords or the phone number to the bank. I make the monthly/journal mine and I love it. Every year I buy a new one and transfer over the repeating information like birthdates for family and special dates.



Make it yours...don't put it off...if you keep it close, you will use it. I keep mine in the slot-pocket by my TV chair. It's right at my fingertips...with a big pen tucked in. Where would you keep yours? In your backpack, your work truck?

Remember it's personal...so keep it close and use it often. You will be so happy to have this new tool to make your goals safe and doable!

Learning Skills To Help You THRIVE



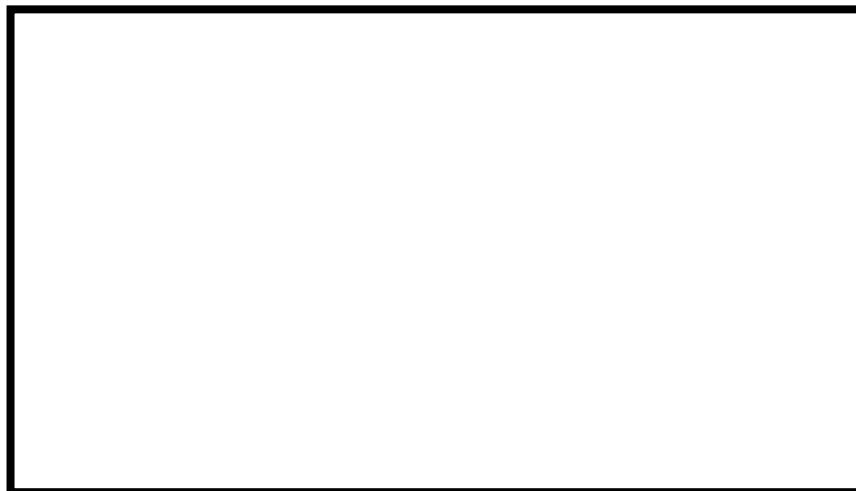
INTENT:

- Set goals that are totally positive to your future and write the goal statement, as if it has already happened.
- To program a goal into your mind, your life and your heart. Using a positive mind and a repeated phrase to bring it into your life.

Example: ***“I have my new car and it drives smooth.”***

“I have lost 15 pounds and I feel good. I feel strong and everyone is mentioning how great I look.”

Write down your Intent and put the card somewhere you can see it and say it often. It is your written and spoken goal, in the now!





Incorporating Your Interests Into Your Business

A key to success in life is to blend your personal needs, likes and ideas into your life—wisely:

- *If you like things to be in place and organized. Then a job that is filled with lots of different duties is not for you. It will scatter your mind and you will never feel like you are doing a good job.*
- *If you just do not like to interact with others, then the “Welcome Person at Walmart” is not what you need to do.*
- *If you like to move around and are a runner or gym-nut, sitting behind a desk maybe hard for you.*
- *If you do not like numbers; a part-time tax preparer is not your cup of tea.*

Be Honest with yourself. *Just working on a job you really dislike; is not your future. You have to find a job that hits your hot buttons and make it your life’s work. But if you have dreams of something bigger and you are working on a forward plan of action...then you can stand to work a job that pays you; while you are moving ahead.*

If you have real interests in life....try to bring them into focus and make money doing them.

*I went to school with a gal that adored her animals, she had them all over her house and she grew up to have a business that trains service dogs. No, she is not rich in money terms. But she adores her work and has made a nice income and is constantly doing fun projects. **HELLO, winner!***

Learning Skills To Help You THRIVE

Incorporating Your Interests Into Your Business

This is why we have talked about things you enjoy doing throughout this workbook. We want you to take note of what you like and what you do not like. This helps you find a job, or even a relationship that brings you happiness.

If you still feel like you are swimming around and do not have a raft...get back in your canoe and start to talk to friends and family and ask them what they think of your ideas. Throw ideas around, make time to make a future. Staying where you are now...not talking, not moving, not happy....that is NOT the answer.

We have a gift these days with the Internet. You can look around and see what things are interesting and how they are done. You can check incomes on jobs that you are thinking might work. You can fill out resumes and place them on the net in job finder sites and see what pops-up. There are so many ways to make your future plans become real.

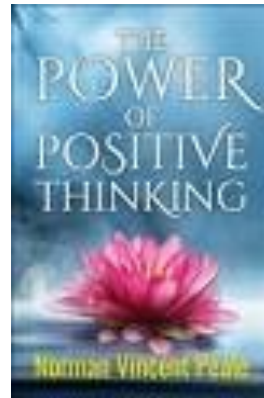
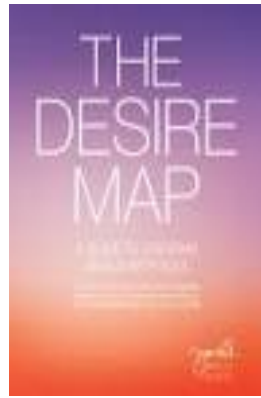
If your challenges are relationships or abuse issues, you know what you need to do. Stop being quiet...start talking about it. Find support groups and counselors, Elders that you can get advice from and keep looking for help. NO, you will not do the journey alone...we are here to help you!

Take action...move on your heart and your mind. We want you whole and feeling a part of our community. We welcome you to use our listing of help sites and find a place to bring you comfort. Tribes are gatherings of good people, come find us...your journey has a good landing place, let us paddle with you.



Learning Skills To Help You THRIVE

Suggestive Books ~ Written and Audio:



Online Information on Goals for Your Review

30 Goal Setting Tools That Will Help You Achieve Success

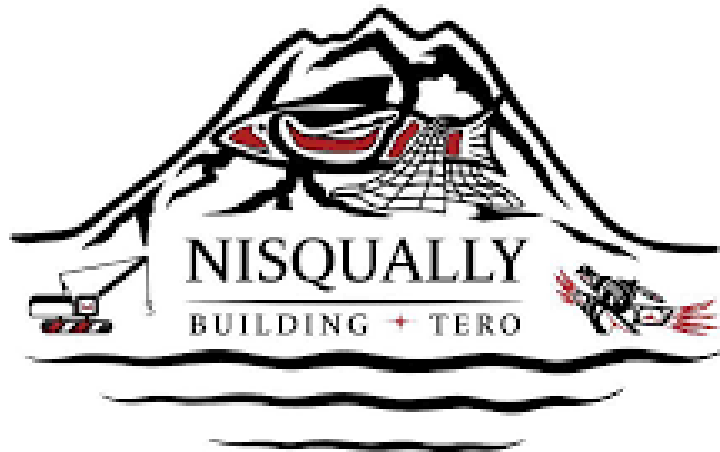
<https://cool.club/blog/goal-setting-tools/>

Personal Goal Setting Planners Templates

<https://onplanners.com/templates/personal-goal-setting>

10 Great Quotes on the Power of Goals

<https://www.entrepreneur.com/article/287411>



“Thank You, for your time invested in

“Survive to Thrive”

*You’re participation in this program of
Video & Workbook ~ makes us all stronger!”*

