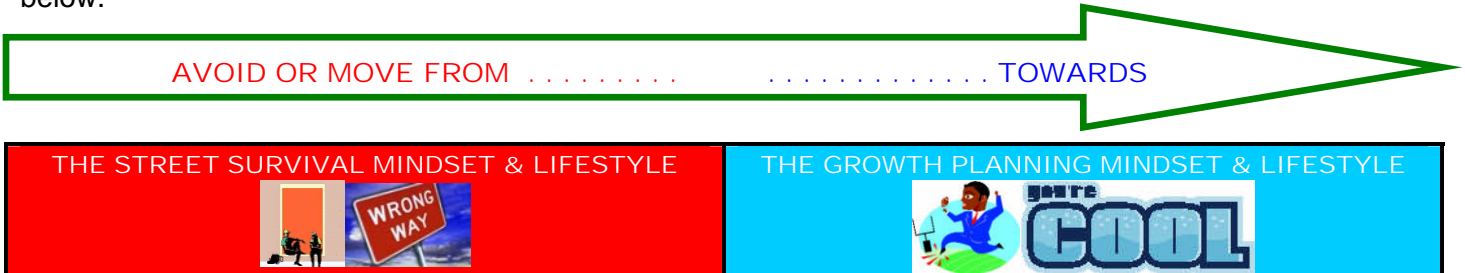


MyGrowthPlan.Org, Inc.

GROWTH PLANNING MINDSET & LIFESTYLE CHANGE & DEVELOPMENT CHARTS

This series of 10 one-page charts is designed to help 8th grade, high school age, and young adult growth planners to understand, discuss, and begin to make the self-identity, mindset and lifestyle changes needed for them to avoid or move from what we call a “Street Survival Mindset & Lifestyle”***... and to develop and measurably move towards what we call a “Growth Planning Mindset & Lifestyle”, as graphically portrayed below.



*** **IMPORTANT NOTE:** It is our firm belief that the “street survival” mindset & lifestyle has played a very positive role in enabling many teens to survive family, neighborhood, or other problems. But, to *truly* succeed in all aspects of their everyday life, we believe these youth now need to move beyond “street survival”...towards living their everyday life with a growth planning mindset & lifestyle.

Next, as background, let’s review our definition of growth planning. As stated on our website:

Simply put, growth planning is a web-based self-identity, mindset & lifestyle change and development process. More specifically, we define growth planning as "the learned art and skill of having a lifelong continuous growth MINDSET and a proactive, self-motivated, and self-disciplined LIFESTYLE that uses the three skills of (1) visioning, (2) goal-setting, and (3) step-by-step benchmarking to continuously improve our self as a person and to achieve our vision and goals."

We use 3 curriculum components (and many supplemental curriculum components) to help you develop and measurably demonstrate a growth planning mindset & lifestyle in your entire everyday life:

1. Our 12 Web-based Interactive Growth Planning Worksheets enable you to build and benchmark a Growth Plan ... and to begin developing a growth planning MINDSET.
2. Our 10 Growth Planning Life-Skills help you make the mindset & LIFESTYLE changes you need to succeed in school now, and throughout your entire life. **[Note: this Chart is organized around the 10 Life-Skills.]**
3. Our 30 Bio-Sketches illustrate and reinforce one or more of the 10 Life-Skills.

This document contains 10 separate one-page charts (one for each of Our 10 Life-Skills), a QuickView Summary of all 10 charts (on page 2), and a final list of 5 critical transition skills (on page 13) needed to successfully move from “Street Survival” to success. Each chart shows the mindset belief pattern and the lifestyle behaviors needed to demonstrate that particular Life-Skill. When all 10 Life-Skills are being demonstrated, you will have developed **a growth planning mindset & lifestyle** that will help you succeed in school and in other key parts of your everyday life, both now and throughout your entire life.

You will use two companion documents to periodically measure the extent that you are demonstrating each mindset belief pattern and lifestyle behavior in your everyday life. The Growth Planning Mindset & Lifestyle Self-Assessment Form enables you to track your own progress; and The Growth Planning Mindset & Lifestyle Line-Of-Sight Assessment Form enables you to see how others who know you evaluate your progress.

QuickView Summary Of The GROWTH PLANNING MINDSET & LIFESTYLE CHANGE & DEVELOPMENT COMPONENTS				
Life-Skill	OVERALL GROWTH PLANNING GOAL: TO ENABLE YOUTH TO MEASURABLY AVOID OR MOVE FROM  TOWARDS			
	A STREET SURVIVAL MINDSET & LIFESTYLE 		A GROWTH PLANNING MINDSET & LIFESTYLE 	
	Mindset Patterns	Lifestyle Behaviors	Mindset Patterns	Lifestyle Behaviors
#1 Impulse Control	"I WANT IT QUICK & EASY" Mindset Pattern	<ul style="list-style-type: none"> ➤ Easily bored & frustrated ➤ Mostly trouble-prone 	"I WAIT & WORK HARD TO GET IT" Mindset Pattern	<ul style="list-style-type: none"> ➤ Patient & hard-working ➤ Mostly trouble-free
#2 Decision-Making	"I MAKE DECISIONS BASED ON A QUICK GUT-FEEL" Mindset Pattern	<ul style="list-style-type: none"> ➤ OTHER-directed ➤ Few facts & consequences process 	"I MAKE DECISIONS BASED ON AN ANALYTICAL PROCESS" Mindset	<ul style="list-style-type: none"> ➤ SELF-directed ➤ All facts & consequences process
#3 Achievement	"I JUST TRY TO DO MY BEST" Mindset Pattern	<ul style="list-style-type: none"> ➤ If fail, blame others ➤ Stopped by obstacles 	"I WORK HARD TO ACHIEVE RESULTS" Mindset Pattern	<ul style="list-style-type: none"> ➤ If fail, blame self ➤ Overcome obstacles
#4 Future-Imaging	"I LOVE TO DAY-DREAM & TALK" Mindset Pattern	<ul style="list-style-type: none"> ➤ Talk, but no action ➤ Day-dreams are fantasy-based 	"I LOVE TO USE VISIONING & WORK HARD" Mindset	<ul style="list-style-type: none"> ➤ Think & achieve ➤ Visions are action-based
#5 Optimistic & Positive Mindset	"I LIVE FOR TODAY" Mindset Pattern	<ul style="list-style-type: none"> ➤ Surrounded by negative people ➤ REACTIVE, go with the flow ➤ Driven by fear of failure & barriers 	"I BUILD FOR TOMORROW" Mindset Pattern	<ul style="list-style-type: none"> ➤ Surrounded by positive people ➤ PROACTIVE, make things happen ➤ Driven by inner self-confidence
#6 Passion Hunger & Purpose	"YOU NEED TO MOTIVATE ME" Mindset Pattern	<ul style="list-style-type: none"> ➤ Only throw themselves into things they really want ➤ Narrow scope of interests 	"I CAN MOTIVATE MYSELF" Mindset Pattern	<ul style="list-style-type: none"> ➤ Passion for learning new things ➤ Wide scope of interests
#7 Brand Identity	"I DON'T CARE WHAT PEOPLE THINK OF ME" Mindset Pattern	<ul style="list-style-type: none"> ➤ Lack of self-identity & self-worth shows ➤ Can't move beyond being seen as a "loser" 	"I CARE A LOT WHAT ALL PEOPLE THINK OF ME" Mindset Pattern	<ul style="list-style-type: none"> ➤ Positive self-identity & self-worth shows ➤ Work to being seen as a "winner"
#8 Learn From Mistakes Failures	"I AVOID CHALLENGES & COVER-UP MY MISTAKES" Mindset Pattern	<ul style="list-style-type: none"> ➤ Avoid Challenges & cover up mistakes ➤ Just get through it 	"I WELCOME CHALLENGES & LEARN FROM MY MISTAKES" Mindset Pattern	<ul style="list-style-type: none"> ➤ Welcome challenges and learn from mistakes ➤ Does what it takes to learn and succeed
#9 Support Network	"I'M TOO SHY OR TOO PROUD TO ASK FOR HELP" Mindset Pattern	<ul style="list-style-type: none"> ➤ Rely on self ➤ Doesn't show real appreciation 	"I NEED HELP & I'M NOT TOO PROUD TO ASK FOR IT" Mindset Pattern	<ul style="list-style-type: none"> ➤ Get help from others ➤ Does show real appreciation
#10 Maintain Momentum	"I GOT TOO MANY THINGS GOING ON IN MY LIFE" Mindset Pattern	<ul style="list-style-type: none"> ➤ Can't prioritize & stay focused 	"I LOVE TO CHECK-OFF THINGS I'VE DONE" Mindset Pattern	<ul style="list-style-type: none"> ➤ Can prioritize & stay focused

Growth Planning Life-Skill #1

BEING ABLE TO USE IMPULSE CONTROL & DELAYED GRATIFICATION* IN MY EVERYDAY LIFE

* Impulse control and delayed (vs. instant) gratification is the ability to decide to be patient and wait to get later in life what we think we want or need right now!



THIS IS TRULY LIFE-SKILL #1!! Why is it #1? Because if we don't have the ability to say NO! or STOP! to our emotional impulses, we'll never succeed in life – it's as simple as that.

We should have acquired this Life-Skill as kids. But to succeed in today's "got-to-have-it-now!" American culture . . . we need to re-learn, re-sharpen, and use this Life-Skill on an everyday basis.

➤ **In what specific areas of your everyday life do you need to use impulse control and delayed gratification ?**

<p>Life-Skill #1 USING IMPULSE CONTROL</p>	<p>STREET SURVIVAL MINDSET & LIFESTYLE</p> 	<p>GROWTH PLANNING MINDSET & LIFESTYLE</p> 
<p>These →</p> <p>MINDSET BELIEF PATTERNS usually lead to these . . .</p> <hr/> <p>LIFESTYLE BEHAVIORS</p>	<p>A Street Survivor's "<u>I Want It Quick & Easy</u>" Mindset Belief Pattern Believes . . . "I 'have a right' to get whatever I <u>really want</u> in life . . . and I need to get it the <u>quickest</u> and <u>easiest</u> way I can."</p> <p>1. <u>Get easily bored & frustrated.</u> Street Survivors get easily bored and frustrated if they can't have what they want right away, or when things require a lot of work.</p> <p>2. <u>Mostly trouble-prone.</u> They allow their quick-fire emotions to get them into a lot of trouble.</p>	<p>A Growth Planner's "<u>I Wait & Work Hard To Get It</u>" Mindset Belief Pattern Believes . . . "I must work hard to get whatever I <u>really need</u> in life . . . and I must be patient until I work hard enough to get it."</p> <p>1. <u>Are patient & hardworking.</u> Growth Planners are able to be patient and hang in there when they can't have what they want right away, or when things require a lot of work.</p> <p>2. <u>Mostly trouble-free.</u> They use their mind to control their quick-fire emotions so they don't get into a lot of trouble.</p>

Growth Planning Life-Skill #2

BEING ABLE TO USE "WHOLE-MIND DECISION-MAKING" TO MAKE OUR TOUGH EVERYDAY DECISIONS



- ▶ Almost daily we face new doors to open in our life.
- ▶ But, what's behind those doors? Which ones will be best for us? And, which ones could harm us?
- ▶ Here's a step-by-step process to make those, and other tough decisions, based on the Myers-Briggs Model.



THE 10-STEP WHOLE-MIND DECISION-MAKING PROCESS

1) What underlying competing values are involved in this situation?	
Extroverting	Introverting
2) Who should I talk to and help me decide what to do in this situation?	3) What could this decision possibly mean for me and my reputation?
Sensing	Intuiting
4) What are the obvious <u>facts</u> and <u>options</u> for solving this situation?	5) What <u>possible consequences</u> and <u>new options</u> have I missed?
Thinking	Feeling/Valuing
6) Which option achieves the best overall result for this situation?	7) Which option minimizes harm to most people and upholds my personal values?
8) DECIDE ON THE BEST OPTION	
Judging/Organizing	Perceiving/Adapting
9) Create a step-by-step plan, and begin implementing your plan.	10) Be open to changing your plan, if necessary.

➤ **What tough decision are you facing now, and how could this process help?**

<p>Life-Skill #2 DECISION-MAKING PROCESS</p>	<p>STREET SURVIVAL MINDSET & LIFESTYLE</p> 	<p>GROWTH PLANNING MINDSET & LIFESTYLE</p> 
<p>These → MINDSET BELIEF PATTERNS usually lead to these ...</p>	<p>A Street Survivor's "I Make Decisions Based On A Quick Gut-Feel" Mindset Belief Pattern Believes . . . "I like to use an emotional gut-feel to make the tough choices I face in my everyday life."</p>	<p>A Growth Planner's "I Make Decisions Based On An Analytical Process" Mindset Belief Pattern Believes . . . "I like to use an analytical step-by-step process to make the tough choices I face in my everyday life."</p>
<p>↓ LIFESTYLE BEHAVIORS</p>	<p>1. OTHER-directed. Street Survivors are other-directed. So, they make their tough decisions using their mind to find out what <u>others</u> think they should do.</p> <p>2. Few facts & consequences process. When making a tough decision, they only look at <u>obvious</u> facts ... and they do not look at the consequences of their decision on themselves and on others.</p>	<p>1. SELF-directed. Growth Planners are self-directed. So, they make their tough decisions using their mind to decide what <u>they</u>, <u>themselves</u>, think they should do.</p> <p>2. All facts & consequences process. When making a tough decision, they look at <u>all</u> the facts ... and they look at both the short and longer-term consequences of their decision on themselves and on others.</p>

Growth Planning Life-Skill #3

BEING ABLE TO SET & ACHIEVE NO EXCUSE -- HIGH PERFORMANCE STANDARDS IN MY EVERYDAY LIFE

There are 4 keys to mastering Life-Skill #3:

- 1) **Don't make excuses.** Refuse to continually look for & use excuses for our own failure to perform or achieve.
- 2) **Focus on actual results.** Always hold our self to the standard of whether we produced actual results, rather than just whether we put in "a good-faith effort."
- 3) **Work very hard!** Most who succeed in life, do so because they work very hard at whatever they do ... not because they're "brainiacs" or because the system is wired in their favor.
- 4) **Don't give up!!** Persevere - push our self to the finish line.

➤ **In the next year, what NO EXCUSE - HIGH PERFORMANCE STANDARDS do you want to set and achieve in your life ?**

Life-Skill #3 ACHIEVING HIGH STANDARDS	STREET SURVIVAL MINDSET & LIFESTYLE 	GROWTH PLANNING MINDSET & LIFESTYLE
These → MINDSET BELIEF PATTERNS usually lead to these ... ↓ LIFESTYLE BEHAVIORS	<p>The Street Survivor's "<u>I Just Try To Do My Best</u>" Mindset Belief Pattern Believes ... "some people are <u>naturally</u> smarter or better than I am, or have had more advantages than I have had. So, as long as I <u>just try to do my best</u>, that's all that can be expected of me."</p> <hr style="border-top: 1px dashed #000;"/> <ol style="list-style-type: none"> 1. If fail, blame others. Street Survivors just do enough to get by. And, if they don't succeed, it's because someone or something screwed things up for them. 2. Stopped by obstacles. They allow the first big obstacle they face to stop them in their tracks. 	<p>The Growth Planner's "<u>I Work Hard To Achieve Results</u>" Mindset Belief Pattern Believes ... "no one is <u>naturally</u> smarter or better than I am, and I can always make things better for myself in life. So, I need to <u>focus on producing actual results</u> ... and <u>work very hard to achieve them.</u>"</p> <hr style="border-top: 1px dashed #000;"/> <ol style="list-style-type: none"> 1. If fail, blame self. Growth Planners work very hard to perform up to their high standards. But, if they don't succeed, they know that no one or no thing is ultimately to blame, but themselves. 2. Overcome obstacles. They push themselves to the finish line, however overwhelming the obstacles may seem.

Growth Planning Life-Skill #4

BEING ABLE TO USE THE POWER OF FUTURE-IMAGING TO PULL ME INTO MY DESIRED FUTURE

What makes us different from the animals?



► Our ... I D

If we're not using our large and highly developed brain and mind to envision and direct our lives towards a future different from our present, we're not living up to our full human potential.



Like performance athletes visualize the successful completion of a difficult feat before trying it, when we use FUTURE-IMAGING & VISIONING, we experience *"the gravitational pull"* of a vision of our future life.

➤ When could you have used the power of future-imaging in your life ?

Life-Skill #4 USING FUTURE-IMAGING	STREET SURVIVAL MINDSET & LIFESTYLE 	GROWTH PLANNING MINDSET & LIFESTYLE 
<p>These → MINDSET BELIEF PATTERNS usually lead to these ... ↓ LIFESTYLE BEHAVIORS</p>	<p>The Street Survivor's "<u>I Love To Day-Dream</u>" Mindset Belief Pattern Believes ... "the fun and easy activity of day-dreaming and talking a lot about my dreams is the best way to get me to my desired future life."</p> <ol style="list-style-type: none"> Talk, but no follow-through action. Street Survivors talk a lot about their dreams, but they're mostly talk & no follow-through action when it comes to achieving them. Dreams are fantasy-based. Their dreams amount to little more than fantasy because they don't have a way to close the gap between their future dreams and their current problems. 	<p>The Growth Planner's "<u>I Love To Use Visioning</u>" Mindset Belief Pattern Believes . . . "the hard-to-master skill of future-imaging (or visioning) and working hard is the best way to get me to my desired future life."</p> <ol style="list-style-type: none"> Think & achieve. Growth Planners work hard to convert their vision into small steps so they can actually achieve it. Visions are action-based. Their vision is so vivid and motivating that it almost "pulls them" (like gravity) through their current problems towards <i>actually</i> achieving their vision.

Growth Planning Life-Skill #5

BEING ABLE TO DEVELOP & KEEP AN OPTIMISTIC & POSITIVE MINDSET





Sometimes, we get down on ourselves ... and everything around us

It's at those times when we need to:

- ✓ UNLOCK THE POTENTIAL OF OUR MIND
- ✓ USE OUR MIND LIKE A PERISCOPE to look above and beyond what may be getting us down so we can see and focus on *the vast world of possibilities* that really exists out there ahead of us in our future.




➤ **To what extent, am I living with an optimistic & positive mindset?**

Life-Skill #5 OPTIMISTIC POSITIVE MINDSET	STREET SURVIVAL MINDSET & LIFESTYLE	GROWTH PLANNING MINDSET & LIFESTYLE
These → MINDSET BELIEF PATTERNS usually lead to these ... ↓ LIFESTYLE BEHAVIORS	 <p>The Street Survivor's "<u>I Live For Today</u>" Mindset Belief Pattern Believes . . . "life is <u>really</u> tough for me now and that it could even end <u>'in a minute.'</u> So, I think life is all about <u>living for myself today</u> because something usually happens to mess things up for me tomorrow."</p> <ol style="list-style-type: none"> 1. <u>Surrounded by negative people.</u> Street Survivors hang around with cynical and negative people. 2. <u>Reactive: go-with-the flow.</u> They are mostly REACTIVE side-line commentators who just lay back and go-with-the-flow. 3. <u>Driven by fear-of-failure & barriers.</u> They are mostly driven by an inner <u>fear of failing</u> and of the barriers that could stand in their way. 	 <p>The Growth Planner's "<u>I Build For Tomorrow</u>" Mindset Belief Pattern Believes . . . "life is <u>basically</u> good for me now and that it will be even better for me in the future. So, I think life is all about <u>building a better tomorrow</u> for me and others I care about."</p> <ol style="list-style-type: none"> 1. <u>Surrounded by positive people.</u> Growth Planners hang around with optimistic and positive people. 2. <u>Proactive: make things happen.</u> They are mostly PROACTIVE in-the-game players, who make things happen for themselves and others around them. 3. <u>Driven by inner self-confidence.</u> They are mostly driven by their <u>inner optimism and self-confidence</u> that they'll overcome any barriers in their way, and that they <u>will</u> succeed in the end.

Growth Planning Life-Skill #6

**BEING ABLE TO USE HUNGER, PASSION,
& A WORTHY PURPOSE AS MOTIVATORS IN MY LIFE**





"Only passions – great passions – can elevate the soul to great things."
-- Denis Diderot

"The most powerful weapon on earth is the human soul on fire."
-- Marshal Ferdinand Foch

**And, the best way to find our passion in life,
is to build our future around our own unique D-A-T-A !!**

<u>D</u> esires (Interests)	What do I <u>really</u> like to do in life?
<u>A</u> bilities (Talents)	What am I <u>really</u> good at?
<u>T</u> emperament (Personality)	In what situations am I most productive & satisfied?
<u>A</u> dvantages	What advantages do I have working for me?

➤ **What could you get *really* passionate about in your life ?**

<p>Life-Skill #6 PASSION PURPOSE & HUNGER</p>	<p>STREET SURVIVAL MINDSET & LIFESTYLE</p> 	<p>GROWTH PLANNING MINDSET & LIFESTYLE</p> 
<p>These → MINDSET BELIEF PATTERNS usually lead to these ...</p> <p>↓ LIFESTYLE BEHAVIORS</p>	<p>The Street Survivor's "<u>You Need To Motivate Me</u>" Mindset Belief Pattern Believes ... "it's up to teachers, coaches, bosses, and others (or the promise of \$\$\$) to make me want to learn something boring or to do something really difficult."</p> <ol style="list-style-type: none"> 1. <u>Only throw myself into things they want.</u> Street Survivors only throw themselves into things they <i>really</i> want to do. For anything else, they'll probably just sit back ... and give you "attitude." 2. <u>Narrow scope of interests.</u> Their universe (or, the scope of what they're interested in and care about) is very self-centered and narrow. 	<p>The Growth Planner's "<u>I Can Motivate Myself</u>" Mindset Belief Pattern Believes ... "it's up to me to develop my own inner pride-of-personal achievement and self-motivation to want to learn something boring or to do something really difficult."</p> <ol style="list-style-type: none"> 1. <u>Passion for learning new things.</u> Growth Planners have a great passion for learning new things and for mastering new skills, even if they are not interested in them at first. 2. <u>Wide scope of interests.</u> They are fascinated with (and care deeply about) helping people to solve both close-in personal and far-distant world problems.

Growth Planning Life-Skill #7

BEING ABLE TO BUILD & MAINTAIN MY OWN BRAND IDENTITY





- ▶ Companies spend \$millions trying to positively “brand” themselves in our minds.
- ▶ Everyday – by our actions and in-actions – we, too, are “branding” ourselves in the minds of those around us.
- ▶ But, almost overnight, our hard-earned brand (or reputation) can be lost by doing the wrong thing.

 **We are responsible for our own external BRAND identity.**

- ▶ And, a positive brand opens doors for us ...
- ▶ But, a negative brand closes them.

 **And, our brand identity begins with our internal SELF-identity.**

- **Honestly, what do you think is your “Brand Identity” RIGHT NOW ? And, what would you like it to be ONE YEAR FROM NOW ?**

<p>Life-Skill #7 BUILD BRAND IDENTITY</p>	<p>STREET SURVIVAL MINDSET & LIFESTYLE</p> 	<p>GROWTH PLANNING MINDSET & LIFESTYLE</p> 
<p>These → MINDSET BELIEF PATTERNS usually lead to these ... ↓ LIFESTYLE BEHAVIORS</p>	<p>The Street Survivor’s “<u>I Don’t Care What People Think Of Me</u>” Mindset Belief Pattern Believes . . . “caring what my best friends think of me makes sense. But, caring what others think of me doesn’t make sense ... because <u>I can’t do much about what others think of me, anyway.</u>”</p> <ol style="list-style-type: none"> 1. <u>Lack of self-identity & self-worth.</u> Street Survivors allow their <u>internal</u>/lack of positive self-identity and self-worth to show through and determine their <u>external</u> brand identity among others. 2. <u>Can’t move beyond being seen as “a loser.”</u> On the surface, say they don’t give a damn that some see them as sort of a “loser.” Deep-down, though, they <u>do</u> care ... but just don’t know what to do about it. 	<p>The Growth Planner’s “<u>I Care A Lot What All People Think Of Me</u>” Mindset Belief Pattern Believes . . . “caring what <u>all</u> people think of me makes sense, especially since my brand identity either closes or opens doors for me. And, I know <u>I can help shape what others think of me.</u>”</p> <ol style="list-style-type: none"> 1. <u>Positive self-identity & self-worth.</u> Growth Planners use their <u>internal</u> positive self-identity, self-confidence, and self-worth to help shape their <u>external</u> brand identity among others. 2. <u>Work to be seen as a “winner”.</u> They build and manage their own unique brand identity as a “winner,” especially among people who can help them reach their vision and goals.

Growth Planning Life-Skill #8

BEING ABLE TO LEARN & BOUNCE BACK FROM LIFE'S INEVITABLE MISTAKES, FAILURES & LOSSES

- ▶ It's not a matter of IF we fail or have a major loss in our life, but what we do about it WHEN we do.





MISTAKES, FAILURES and LOSSES are a natural and necessary part of learning and of simply being alive.

- ▶ When we make a mistake, fail, or experience a loss, LEARN FROM IT!! Then, visualize our next success, AND GO FOR IT!!!

- ▶ It is in these times, that we must rely on our inner faith and our people support network to move us to the next stage of our life.



- **What mistakes, failures or losses have you experienced in your life ... and what have you learned from them ?**

<p>Life-Skill #8 LEARN FROM MISTAKES & FAILURES</p>	<p>STREET SURVIVAL MINDSET & LIFESTYLE</p> 	<p>GROWTH PLANNING MINDSET & LIFESTYLE</p> 
<p>These → MINDSET BELIEF PATTERNS usually lead to these ...</p>	<p>The Street Survivor's "<u><i>I Need To Avoid Challenges & Cover Up My Mistakes</i></u>" Mindset Belief Pattern Believes ... "our basic human intelligence level and abilities are <u>inborn and fixed</u>, making some people <u>naturally</u> smarter than others. So, to prove that I'm not stupid, I need to <u>avoid challenges & cover up my mistakes and failures</u>.</p>	<p>The Growth Planner's "<u><i>I Need To Welcome Challenges & Learn From My Mistakes</i></u>" Mindset Belief Pattern Believes ... "our basic human intelligence level and abilities <u>can be developed over time</u>, making it possible for me to improve my intellect and abilities. So, to succeed, I need to <u>welcome challenges and learn & bounce back from my mistakes and failures</u>.</p>
<p>↓ LIFESTYLE BEHAVIORS</p>	<ol style="list-style-type: none"> 1. <u>Avoid challenges & cover up my mistakes.</u> Street Survivors put a lot of energy into avoiding tough new challenges and covering up their mistakes so no one thinks they can't do something ... or that they're stupid. 2. <u>Just get through it.</u> They just try to get through school and other tough things. 	<ol style="list-style-type: none"> 1. <u>Welcome challenges & learn from my mistakes.</u> Growth Planners put a lot of energy into welcoming tough new challenges and to admitting and learning from their mistakes so they can continually improve themselves and achieve their goals. 2. <u>Does what it takes to learn & succeed.</u> They do whatever it takes to learn and succeed in school and in other tough things.

Growth Planning Life-Skill #9

BEING ABLE TO BUILD & USE A SUPPORT NETWORK

“You can’t do it all yourself. Don’t be afraid to rely on others to help you accomplish your goals.”

■ **Oprah Winfrey**



... And Two Skills Needed To Build A Support Network Are ...

MENTORING

... is the process of more experienced person providing advice and support to a less experienced person.





NETWORKING

... is the process of building a people support network to help one another achieve personal and career goals.



► **Who – living or dead – would you like to be your personal mentor and in your support network for the next 10 years of your life ?**

<p>Life-Skill #9 BUILD & USE SUPPORT NETWORK</p>	<p>STREET SURVIVAL MINDSET & LIFESTYLE</p> 	<p>GROWTH PLANNING MINDSET & LIFESTYLE</p> 
<p>These MINDSET BELIEF PATTERNS usually lead to these ... LIFESTYLE BEHAVIORS</p>	<p>The Street Survivor’s “I’m Too Shy Or Too Proud To Ask For Help” Mindset Belief Pattern Believes . . . “most adults I knew growing up couldn’t help me ... or didn’t keep their commitments to me. So I’ve learned to just rely on myself to achieve my goals. Besides, I don’t want to be seen as stupid if I ask for help.”</p> <ol style="list-style-type: none"> 1. Rely on self. Street Survivors rely on themselves (or on just on their closest friends) for help when they need it. 2. Don’t show real appreciation. They are often too uncomfortable, too proud, or too shy to show real appreciation to those who do help them, especially to teachers and other older folks. 	<p>The Growth Planner’s “I Need Help & I’m Not Too Proud To Ask For It” Mindset Belief Pattern Believes . . . “I am not going to be held down by my past experiences, however they affected me then. So, I’ve learned to rely on myself <u>and</u> ask for help from adults who can help me achieve my goals.”</p> <ol style="list-style-type: none"> 1. Get help of others. Growth Planners proactively ask whoever can help them for help when they need it. 2. Show real appreciation. They go out of their way to make sure that they thank and show real appreciation to all those who help them in any way.

Growth Planning Life-Skill #10

BEING ABLE TO MAINTAIN STEP-BY-STEP MOMENTUM TOWARD MY VISION & GOALS

- ▶ Like the mouse, we often get boxed in by our problems and lose sight of our future vision – *our cheese.*
- ▶ But, by keeping an optimistic & positive mind-set ... and “our eyes on the prize”, we CAN get out of our maze and begin moving toward our vision and goals.



- ▶ It all begins, however, by taking THE FIRST BIG STEP; then continues step-by-step ... and *never stopping!!*
- ▶ WHY IS MAINTAINING MOMENTUM SO CRITICAL? Because without it, our vision will die of inertia, as we learn from physics:



- **INERTIA:** The tendency of a body at rest to stay at rest.
- **MOMENTUM:** The tendency of a body in forward motion to stay in motion.

▶ When have you felt *real momentum* towards something you *really* wanted to make happen in your life ?

<p>Life-Skill #10 MAINTAIN MOMENTUM</p>	<p>STREET SURVIVAL MINDSET & LIFESTYLE</p> 	<p>GROWTH PLANNING MINDSET & LIFESTYLE</p> 
<p>These MINDSET BELIEF PATTERNS usually lead to these ...</p> <p>LIFESTYLE BEHAVIORS</p>	<p>The Street Survivor’s “I Got Too Many Things Going On In My Life” Mindset Belief Pattern Believes . . . “I have so much going on in my life now that I don’t have time or energy for one more thing! Besides, if my future plans are meant to be, they’ll happen ... and if they aren’t meant to be, they won’t.”</p> <p>1. Can’t prioritize & stay focused. Street Survivors simply can’t prioritize their time and commitments ... <u>nor can they stay focused</u> on taking the small steps needed to achieve their big goals.</p>	<p>The Growth Planner’s “I Love To Check-Off Things I’ve Done” Mindset Belief Pattern Believes . . . “while I have a lot going on in my life now, I <u>will</u> – somehow – find the time to do things that are <i>really</i> important to my success. Besides, I know my future plans <u>are</u> meant to be ... so I will do whatever it takes to make them happen.”</p> <p>1. Can prioritize & stay focused. Growth Planners have learned how to prioritize their time and commitments ... and they <u>can stay focused</u> on taking the small steps needed to achieve their big goals.</p>

5 CRITICAL TRANSITION SKILLS

Needed To Successfully Transition Into Young Adulthood

Critical Transition Skill #1

PLANNING SKILLS

You can use the 3 skills of visioning, goal-setting, and step-by-step benchmarking to achieve your vision & goals.

Critical Transition Skill #2

PRIORITIZING & DECISION-MAKING SKILLS

You can prioritize and decide among competing values or possible courses of action in your everyday life.

Critical Transition Skill #3

PROBLEM-SOLVING SKILLS

You can use a step-by-step mental process to identify and analyze the key parts of a problem ... and to come up with a good, practically useful solution to the problem.

Critical Transition Skill #4

RESISTANCE TO NEGATIVE PEER PRESSURE SKILLS

You can successfully resist strong pressure from peers and others to do the wrong thing.

Critical Transition Skill #5

ACHIEVEMENT-CENTRIC COMMUNICATION SKILLS

You can speak and write effectively so you can fit in (and successfully perform in) a work setting where your ability to consistently achieve actual results is expected and is critical to your job and life-success.

FOR MORE INFORMATION, CONTACT:

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