OH SHIFT!
FOR TEENS

6 WEEKS OF PRACTICING THE F’N STRATEGIES FROM THE BOOK.

A TASTE OF ACTIVITIES FROM THE MODULES
OBJECTIVES

• Build the *shift*-head community.
• Experience content from *OhShift! 4Teens* Facilitator Guide.
• Experience objectives from Self Awareness, Flow, Readiness sessions.
  • Choose a focus area that could use a shift.
  • Explore the impact of shifting.
  • Set an intention for change.
AGENDA

• Building the Shift Head Community
• Self Awareness
• Flow
• Readiness
• Implementation Plan
• Q&A Realities of Youth Experiencing Oh Shift!
• Closing Reflection
SHIFT HEAD COMMUNITY

Name & …

If you got lost at sea and could access any tv show character for help, who would it be…and why?
“Self-awareness is your friend. The more you know about what makes you tick, the easier it is to fine tune your clock.”

-Oh Shift! for Teens
“To be successful at shifting you have to admit that the way you are showing up in life could stand some changing.”

-Oh Shift! for Teens
SELF AWARENESS PRIMER

- My life could stand some changing in more than one area.
- Sometimes I feel like I don’t have control over what happens in my life.
- It feels good when I “vent” about the people or things in my life that are bothering me.
- I get aggravated or emotional when things don’t go the way I hoped they would.
- I am really hard on myself and it shows through my negative self-talk.
- I never seem to have enough time.
- Sometimes I blame other people or events for my situation (or life) being the way it is.
- I could be doing better... in general.
- I often beat myself up for not being better or having more.
- I want to experience more joy in my life.
- I believe that life is generally difficult, or at the very least, challenging.
- I often feel hurt or offended by the words or actions of others.
- I sometimes hurt or offend others through my own words or actions.
- I tend to sabotage myself (school, relationships, health, and/or happiness).

HOW DID SELF JUDGMENT SHOW UP?

HOW DID YOU HANDLE IT?
GET SPECIFIC

Self Awareness

Career

School

Attitude

Health

Friends

College

Family
GET SPECIFIC

“To create a shift, it’s helpful to explore your own enculturation. What or who led you to feel, react, think, choose, judge the way you do?

It may not be pretty or even fun to dig that deep, but it’s worth it.”

-Oh Shift! for Teens
EXPLORE THE ROOTS

Think of the ONE area you selected (relationships, health, work, school, etc).

Finish the sentences:

Regarding __________________________

…my parent’s philosophy is ____________________________

…my friends believe ____________________________

…one of my parents would say ____________________________

…people who are good at this are ____________________________
EXPLORE THE ROOTS

Regarding ____________________

... an event that molded my ideas about this is ____________________

... I'm at my worst when __________________________________________

... I do better when ______________________________________________

... people who are bad at this are _________________________________

... I'm afraid __________________________________________________

... I hope ______________________________________________________
EXPLORE THE ROOTS

RECOMMENDATION: 

MY PARENT’S PHILOSOPHY IS ...

AN EVENT THAT MOLDED MY IDEAS ABOUT THIS IS ...

MY FRIENDS BELIEVE ...

I’M AT MY WORST WHEN ...

ONE OF MY PARENTS WOULD SAY ...

I DO BETTER WHEN ...

PEOPLE WHO ARE GOOD AT THIS ARE ...

PEOPLE WHO ARE BAD AT THIS ARE ...

I’M AFRAID ...

I HOPE ...

What insights do your answers give you?

How does awareness help you better understand the area of your life that needs a shift?
SET YOUR INTENTION

Look at what you are willing to let go of.
What beliefs don’t serve you?
What ‘lessons’ or ‘teachings’ will you ditch to make room for new ones?
SET YOUR INTENTION

WHAT'S THE STORY?

THE STORY SO FAR
SET YOUR INTENTION

Think about the area you want to work on. **SIX MONTHS FROM NOW, WHAT WILL YOUR STORY BE?**

• What has improved?
• What has changed?
• What is the ideal outcome?
PAIR & SHARE YOUR INTENTION

How could you track your mindfulness this week?
FLOW
“Life is meant to flow. Like a leaf floating down a river, you roll with the current, the ups and downs, over and around obstacles—going with it, not fighting against it.

So many of us live more like a salmon than a leaf, swimming upstream against the natural flow—using all our strength to conquer the greater force that engulfs us.”

-Oh Shift! for Teens
FLOW
“One of the things that keeps you from being your best self is standing in resistance to what is.”

-Oh Shift! for Teens
# RESISTANCE

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<td>You acknowledge things are different.</td>
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<td>You tell people in your life how you think they should be.</td>
<td>You value and accept people for the way they are.</td>
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<td>You feel angry or disappointed when things don’t go the way you planned.</td>
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<td>You only see the negative.</td>
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<td>You compare yourself to others.</td>
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**FLOW CHART**

In this area of my life…

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<th>Personal Potential</th>
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Total # of Yes’s
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Total # of Yes’s: 3, 1, 4, 5, 5
REFRAMING THE FLOW CHART

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| I find myself complaining a lot. | Y | N | N | Y | N |

| Total # of Yes’s | 3 | 1 | 4 | 5 | 5 |
REFRAMING THE FLOW CHART

My Qualities & Actions:

patience, acceptance, quality time together, communicate openly

impatient, feeling misunderstood, high expectations, avoid communication
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What keeps you from changing?

What do you do to prepare for change?
“Learning to shift requires you to change. And let’s face it, change can be painful. Many of us stay in a less than ideal situation because we fear the pain associated with change.”

-Oh Shift! for Teens
CHANGE

IT'S NOT THE EASY WAY OUT
BUT HAS THE EASY WAY WORKED?
CHANGE

STOP doing that which doesn’t serve you.

START doing what does.
What area needs a Positive Change?

- School Or Work
- Family
- Health
- Personal Potential
- Friends
On a Scale of 1-10, how easy is it for you to create positive change in this area of your life?
CHANGE

What keeps you from changing?
1. Fear of Failure
2. Discomfort of Change
3. Unfavorable reactions from Others

????????TOP reason for not changing????????
READINESS
READINESS
I am ready to feel deserving of all the good that will come when I change.
I am ready to make positive changes in my life.
I am ready to stop feeling inadequate, powerless...
...victimized, argumentative, undervalued...
...unorganized, unsuccessful, unlucky...
...lonely, sad, sick and tired...
READINESS

You are ready to be a different person when you are willing to say “goodbye” to the old you and “hello” to what’s possible.

-Let’s look at what’s possible for you.
READINESS

I am ready to stop feeling inadequate, powerless, unaccomplished…

...victimized, argumentative, undervalued...

...unorganized, unsuccessful, unlucky, lost...

...lonely, sad, sick and tired...

What are you ready to start feeling?
You are ready to change your behaviors when you give yourself permission to let go of who you are to make room for who you want to be.

What will you let go of?
What will you replace it with?
READYNESS

I am ready to make positive changes in my life.

When you make positive changes, what else will change?
I am ready to change my life.
I am ready to shift my thoughts and actions so that I can shift my results.
I am ready to feel deserving of all the good that will come when I change.
I am ready to fearlessly step into my power.
NEXT STEPS

• Of all the components from today
  • Self Awareness
  • Flow
  • Readiness

What will you do in the next week to set yourself up for success?

• 6 month goal, tracking mindfulness, positive triggers, increase flow, replacing limiting belief…

• How will you hold yourself accountable in a way that is fun for you?
OH SHIFT! 4 TEENS

- Substance abuse education & prevention
- Youth leadership/advisory groups
- Curriculum for the grants w/out curriculum
THANK YOU

bobscoaching@gmail.com

OhShift.com