



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 PRIMER

“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



SELF AWARENESS PRIMER

Kahoot.it

“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

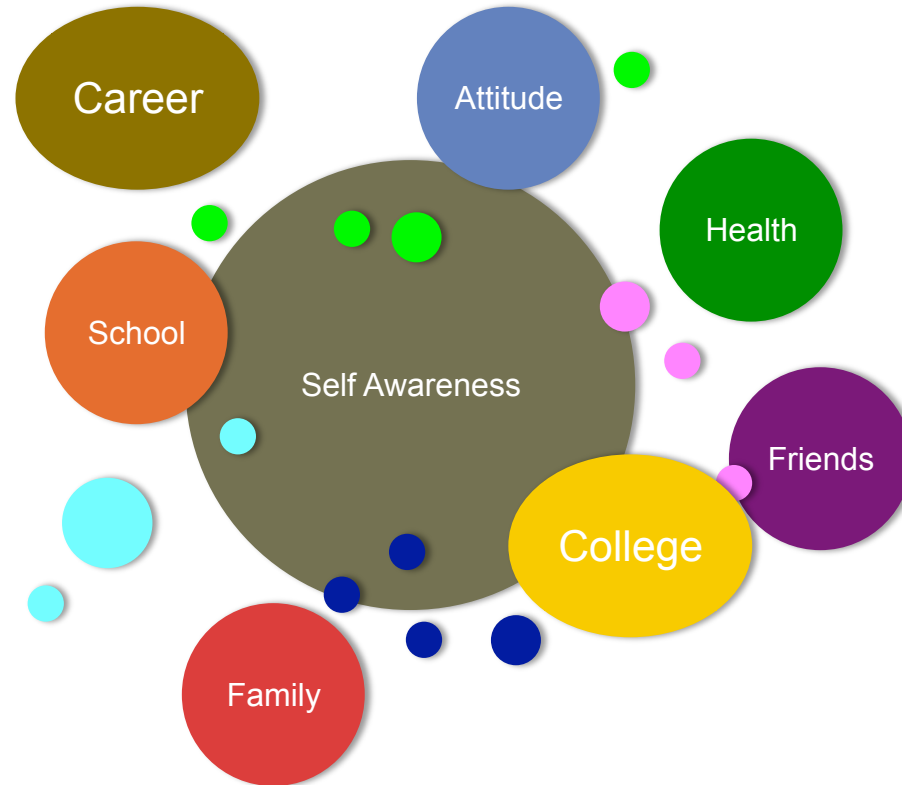
- My life could stand some changing in more than one area.
- Sometimes I feel like I don't have control over what happens in my life.
- It feels good when I "vent" about the people or things in my life that are bothering me.
- I get aggravated or emotional when things don't go the way I hoped them to.
- 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 handling 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



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

REGARDING _____ ;

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



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?



THE STORY
SO FAR

PAIR & SHARE YOUR INTENTION



How could you track your mindfulness this week?



FLOW



FLOW

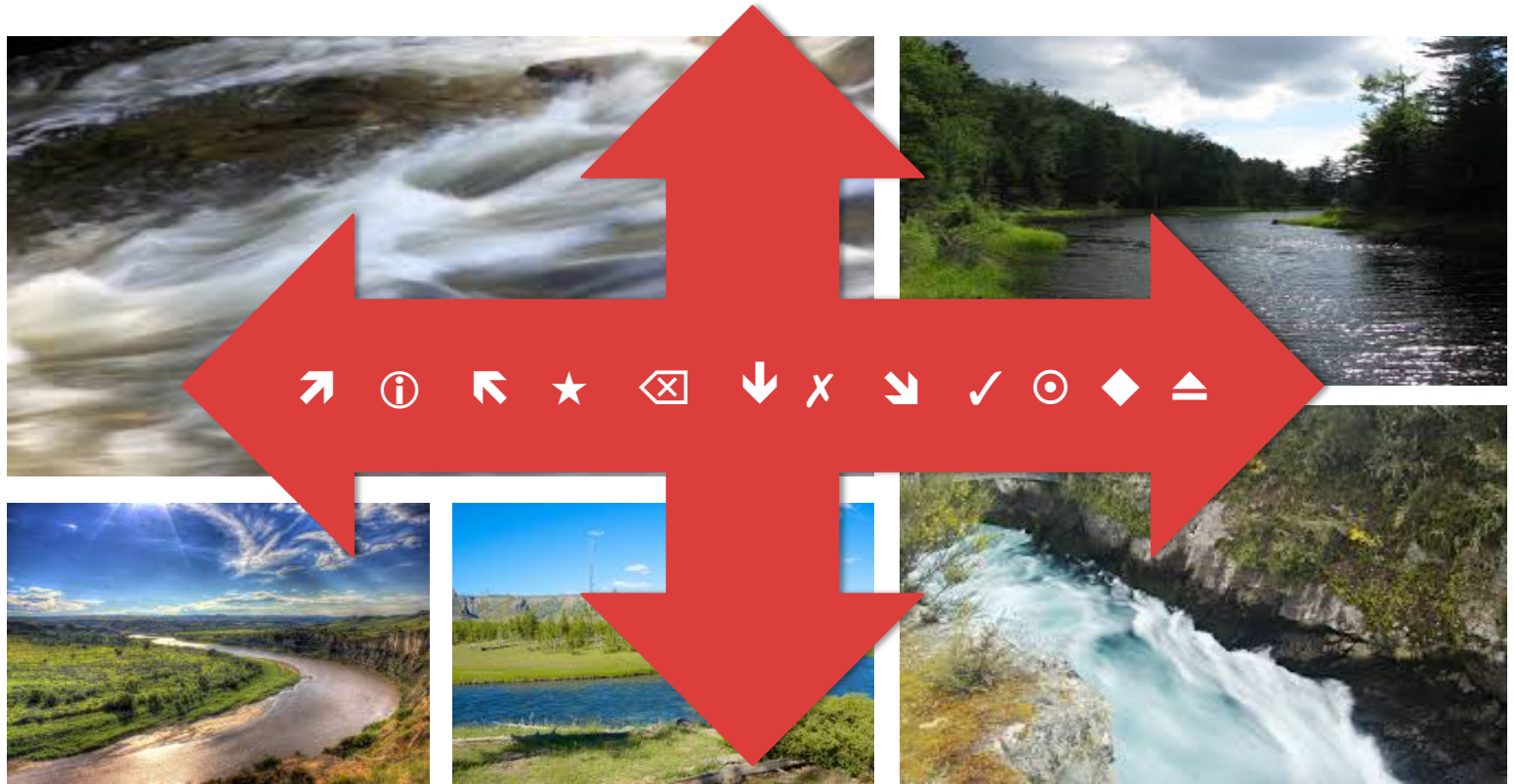
“Life is meant to flow. Like a leaf floating down a river, you roll with the current, the ups and downs, over and around obstacles- going with it, not fighting against it.

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



RESISTANCE

“One of the things that keeps you from being your best self is standing in resistance to what is.”

-Oh Shift! for Teens



RESISTANCE

You are in <u>resistance</u> when:	You are in <u>flow</u> when:
You wish things were different.	You acknowledge things are different.
You tell people in your life how you think they should be.	You value and accept people for the way they are.
You feel angry or disappointed when things don't go the way you planned.	You look for ways the new plan can benefit you.
You only see the negative.	You can see the positive.
You compare yourself to others.	You recognize that you are you, not them.
You think things should happen faster.	You take advantage of the extra time.
You get mad at yourself for the way you are and the things you do.	You can appreciate yourself for the way you are and the things you do.



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consequences

benefits

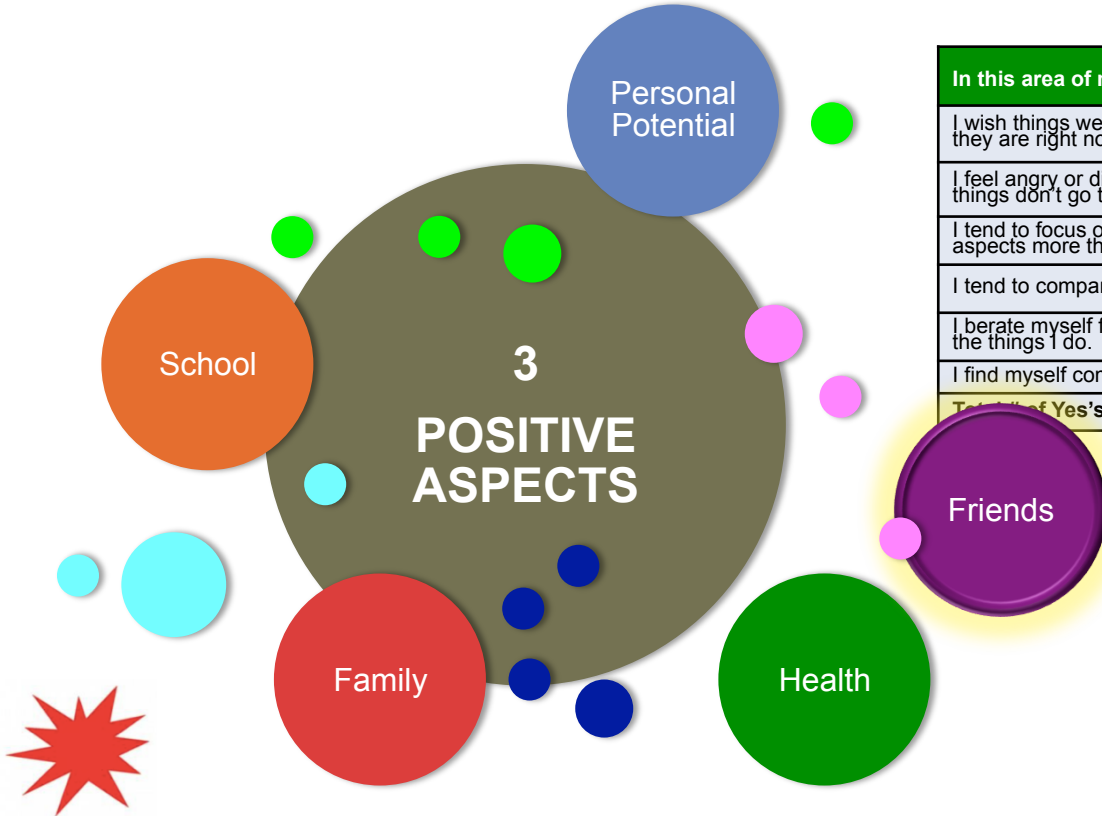


FLOW CHART

In this area of my life...	School	Friends	Personal Potential	Family	Health
I wish things were different than they are right now.					
I feel angry or disappointed when things don't go the way I planned.					
I tend to focus on the negative aspects more than the positive.					
I tend to compare myself to others.					
I berate myself for the way I am or the things I do.					
I find myself complaining a lot.					
Total # of Yes's					

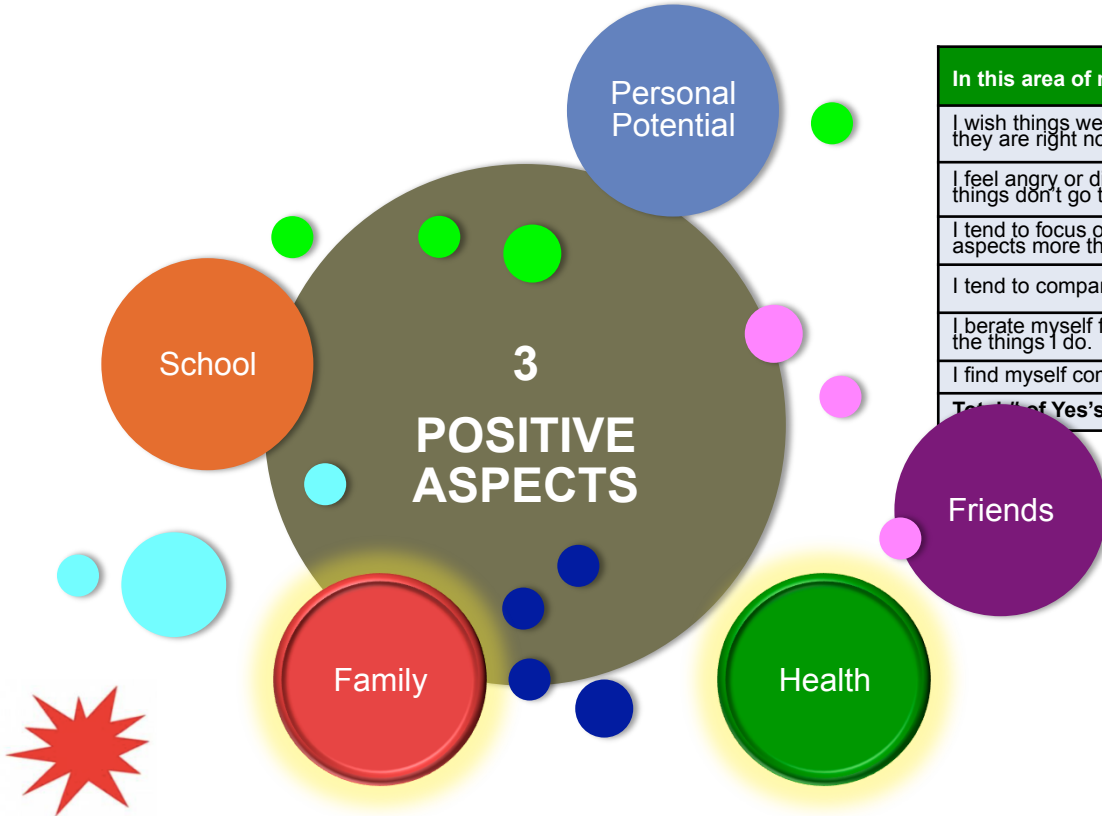


REFRAMING THE FLOW CHART



In this area of my life...	School	Friends	Personal Potential	Family	Health
I wish things were different than they are right now.	Y	N	Y	Y	Y
I feel angry or disappointed when things don't go the way I planned.	N	Y	Y	Y	Y
I tend to focus on the negative aspects more than the positive.	N	N	Y	Y	Y
I tend to compare myself to others.	Y	N	Y	Y	Y
I berate myself for the way I am or the things I do.	N	N	N	N	Y
I find myself complaining a lot.	Y	N	N	Y	N
Total of Yes's	3	1	4	5	5

REFRAMING THE FLOW CHART



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I wish things were different than they are right now.	Y	N	Y	Y	Y
I feel angry or disappointed when things don't go the way I planned.	N	Y	Y	Y	Y
I tend to focus on the negative aspects more than the positive.	N	N	Y	Y	Y
I tend to compare myself to others.	Y	N	Y	Y	Y
I berate myself for the way I am or the things I do.	N	N	N	N	Y
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:



Friends

**patience, acceptance, quality time together,
communicate openly**



Family

**impatient, feeling misunderstood, high
expectations, avoid communication**



NEXT STEPS

You are in flow when:

You acknowledge things are different.

You value and accept people for the way they are.

You look for ways the new plan can benefit you.

You can see the positive.

You recognize that you are you, not them.

You take advantage of the extra time.

You can appreciate yourself for the way you are and the things you do.





What keeps you from changing?

What do you do to prepare for change?



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

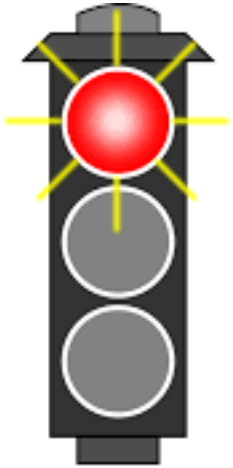


CHANGE

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

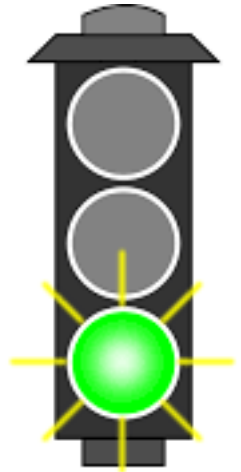


CHANGE

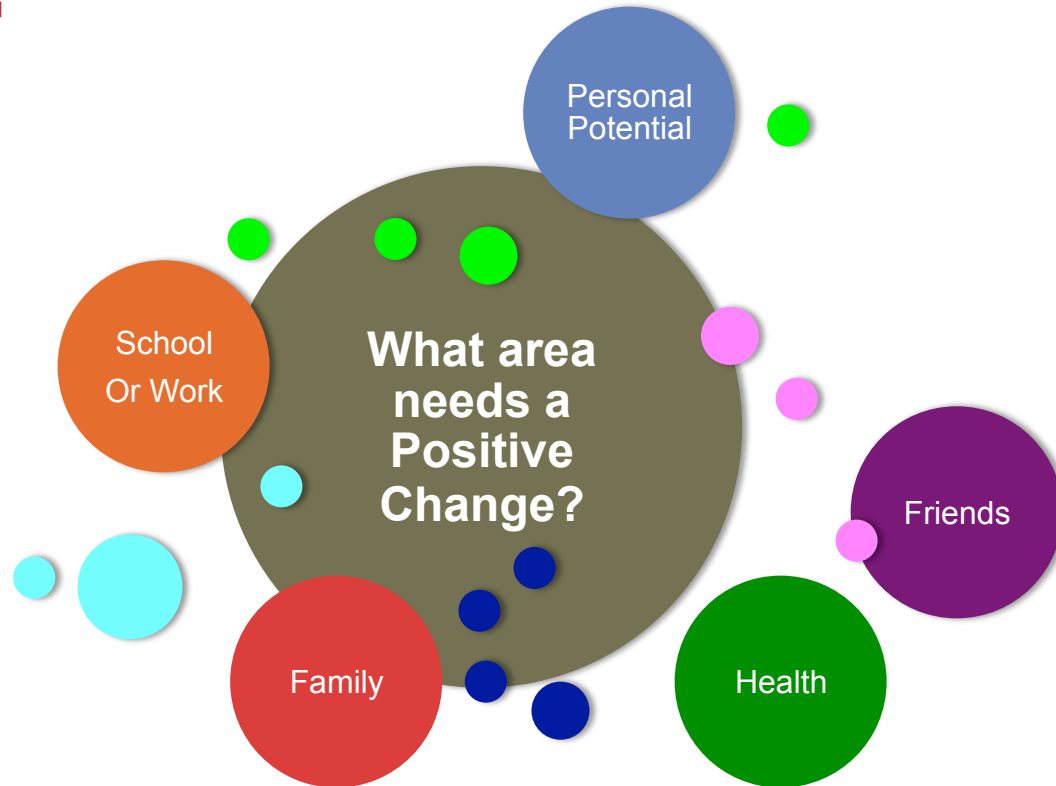


STOP doing that which doesn't serve you.

START doing what does.



CHANGE



CHANGE

On a Scale of 1-10, how easy is it for you to create positive change in this area of your life?

CHALLENGING 1 2 3 4 5 6 7 8 9 10 EASY



CHANGE

What keeps you from changing?



CHANGE

1. Fear of Failure
 2. Discomfort of Change
 3. Unfavorable reactions from Others
- ??????TOP reason for not changing??????



READINESS



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, unloved...

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

...I am ready to feel accomplished...



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?



READINESS

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?



READINESS

I am ready to make positive changes in my life.



**When you make positive changes,
what else will change?**



AS IF



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

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OhShift.com

