

Continuums of Potential or Paralysis

Surviving

Consistent procrastination cycles
Distressed about academic expectations
Easily overwhelmed
Easily distracted
Numbing behaviors (*video gaming, Facebook, chat rooms, porn, use of substances [i.e., nicotine, weed, alcohol]*)

Thriving

Identify what is worth the work in front of you
Start with a lens of purpose and meaning
Understand how you want to be valued
Understand how you want to bring value
Start each day with 10-15 minutes of reflection regarding how you want to choose to interact with upcoming daily activities

Artificial

Attention seeking
Conform to social environment
Manipulate to get what you want
High energy to impress

Authentic

Acceptance focused
Value centered vs. self-centered
Seek first to understand
Getting to know rather than being known

Posturing

(putting on a persona)
Interact to meet own agenda
Drawn to drama
Don't let people in
Maintains a limited social cell
Threatened by others
Critical of others

Purposeful

(living intentionally)
Genuine interest in person
No tolerance for toxic behavior
Willing to take risks to be vulnerable
Involved in activities outside of self
Opened to others
Works hard to not judge others

Self-Numbing

Numbing behaviors listed above
Poor sleep hygiene
Minimal exercise
Isolating behaviors
Externally focused for reinforcements
Negative perspective about self and others around us
Irritable – seek out reasons to be miserable

Self-Care

Purpose and meaning focused
Prioritize healthy sleep patterns
Daily commitment to enjoyable movement
Involved in activities that contribute positively
Internal awareness of how want to be valued/bring value
Focus on prioritizing self-growth/balance for increased effectiveness
Identify daily what you are grateful for