

Name _____

Date _____

Worksheet # 1 small group work -What are you willing to bring to the table? As a group you have 15 min. to complete this worksheet.

1. In your small groups take 5 min. to discuss ways you think you can support each other in this room. Write down at least five ways you can show your support.

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____

2. **Breaking down the barriers-** take 5 min. to talk about barriers you face every day. As a group come up with at least 5 barriers. (The barriers could be as a woman, a parent, in your environment, or at work. Whatever type of work you did before coming here.)

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____

3. **Serving up the attitude-**as a group you have 5 min. to come up with a short definition for attitude and answer these questions.

Define attitude _____

- 1) Does your attitude affect your mood or your outlook on life? Why?

- 2) Can you control your attitude? Why or why not?

- 3) If someone says you have an attitude what are they saying about you? Give 3 examples.

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Vibe Transformation #1

If you are serious about making a positive change in your attitude, here are some steps you can take.

1. Learn to love yourself unconditionally.
2. Forgive all who harmed you.
3. Think positively about who you are and who you can become.
4. Look for ways to strengthen yourself and those who have less than you.
5. Always be honest.
6. Be grateful for all that you have no matter how great or how small.
7. Develop a spirit of confidence.
8. Have faith in something greater than yourself.

You may say I can't change, or I don't know how to change. Here is a method I use it's called **EASIER**. The more you work on this method, the easier it will become to change any situation in your life if you are committed to being the best YOU; you can be on this planet.

Envision yourself doing whatever it is you want to do over and over again.

Assess your current level of understanding of that thing you are trying to change in you.

Strategize on how you can obtain that change.

Implement your strategy.

Evaluate your progress as you go through your day.

Report your progress to someone you love and trust.

