

THINK CARE ACT Introduction

By Head Heart & Hands

Dreams are the stuff of the heart. Big ideas? They come straight from our heads. And making our dreams become reality is the work of our hands. When our head, our heart and our hands are working together, our “best life” happens. But we cannot just wait for our “best life” to magically show up!

Every time we choose to fold story into a story bigger than ourselves, life becomes more meaningful and fulfilling. But, in our daily lives, we all face a common problem - we live in a world full of distractions and it is easy to lose focus on our goals and dreams. Sometimes it may be life’s circumstances that make it hard to stay focused on what matters. But many times, it is our own selfishness that leads to bad choices that misdirect our focus. Within a fraction of a moment, we might react impatiently or become irritated and use a harsh tone of voice when someone does not agree with us.

The reality is our lives are a mixture of moments lived on- and off-target. What makes our life better is not the removal of hardships or mistakes, what makes our life better is we are growing, and becoming kinder, stronger, and more capable. So, while our “best life” is not a destination, it does have a direction.

To grow, we must get involved; putting our good intentions into action and developing habits that are on par with our goals. In other words, growth is not an accident, it is a choice.



Being human, we have the INCREDIBLE ability to...

THINK
CARE

ACT

THINK Learn evaluate- Understand our life matters

CARE Hope-Aim- Want to make a positive impact.

ACT Improve- Create- Use our unique circumstances to be a positive contributor in our home, community, and world.

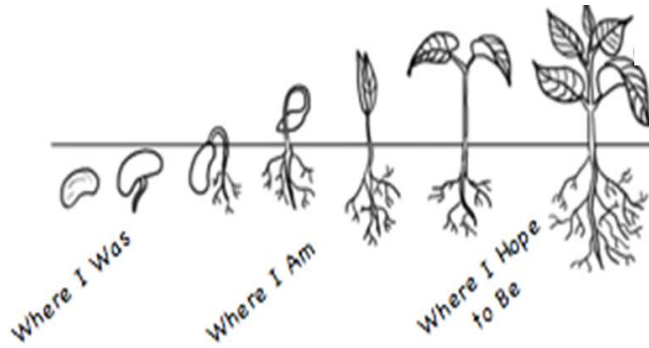
The THINK CARE ACT Program

The THINK CARE ACT Program addresses human value, not just behavior. Designed to bring individuals, groups, and organizations thru a process of self-discovery, the 3-phase program helps us cultivate growth from the inside by choosing to THINK CARE and ACT with positive intention. The 5 lessons of this Orientation Phase focus on:

- Lesson 1 – Understanding our life matters
- Lesson 2 – Believing we are uniquely positioned
- Lesson 3 – Gaining motivation to make a positive impact
- Lesson 4 – Giving our best effort because we care
- Lesson 5 – Prioritizing activities that help us grow

To motivate us to be a positive contributor and help us establish our own plan for thriving, we will compare the outcome of two choices.

Choice #2
We do not do the hard work it takes to grow and remain self-centered.



Choice #1
We do the hard work it takes to grow and become more caring & capable.

Using the THINK CARE ACT tools to reflect on our own successes and hardships, life will be our classroom. The process is not easy. But with time, effort, and support, it will get easier to understand our value and make choices that keep us aligned to the dreams that matter the most to us.

THE QUESTIONS WE ASK OF OURSELVES DETERMINE THE TYPE OF PEOPLE THAT WE WILL BECOME.” LEO BABAUTA

The Format

*TELL US, we will forget. SHOW US, we will remember.
INVOLVE US, we will understand*

Strategically designed to be ADAPTABLE- AFFORDABLE- UNIVERSAL- TIMELESS, the THINK CARE ACT PROGRAM includes elements that:

TELLS US	SHOWS US	INVOLVES US
General instruction, research and information included in the lessons	Relevant stories chosen by the teacher/leader that demonstrate how the principles work in real-life situations.	General exercises included in the lessons that get us involved: evaluating, solving problems, reflecting on mistakes, seeking help, and trying again

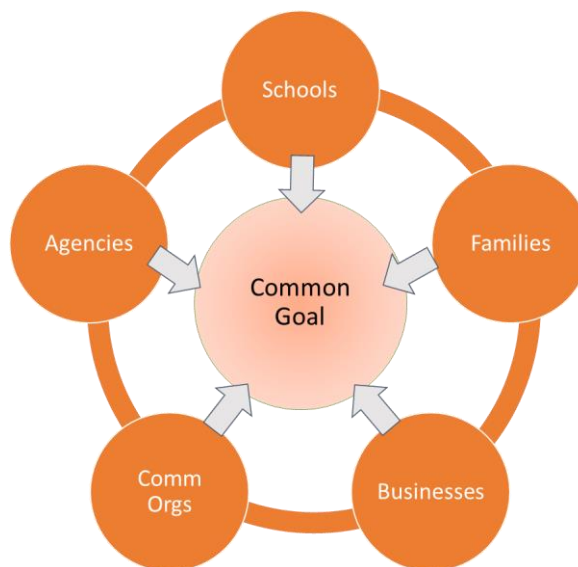
The Big Idea

REUSE-REDUCE-RECYCLE

means something. These unifying words enabled individuals and organizations to work together to make caring for the environment important and relevant.

THINK CARE ACT

can mean something. These unifying words can motivate and empower us as individuals and organizations to make human thriving important and relevant.



As each of us know more, care more and do more to prioritize human thriving, our homes, community, and world will be a better place regardless of our circumstances. So, with that goal in mind, let's start giving our growth, the time and effort it deserves.

Where am I?

Directions: Let us start by assessing where we are right now. For each topic, circle a number between 1 and 10 that best describes your attitudes and actions.

1	2	3	4	5	6	7	8	9	10
I NEVER consider the impact of my choices but find it easy to see the faults of others.									I ALWAYS think about my choices and the impact they have.
1	2	3	4	5	6	7	8	9	10
I ALWAYS attach my value to my circumstances. If I fail or get rejected, I feel bad about myself. If I succeed or gain approval, I feel good about myself.									I am ALWAYS confident my life has value and I can make a positive difference right where I am.
1	2	3	4	5	6	7	8	9	10
I ALWAYS want things to go my way, so I am motivated to do things that make me look important and feel good.									I ALWAYS want to make a positive impact, so I am motivated to do things that bring out the best in myself and others.
1	2	3	4	5	6	7	8	9	10
I ALWAYS feel overwhelmed when I experience hardships.									I ALWAYS see my challenges as an opportunity to grow.
1	2	3	4	5	6	7	8	9	10
I ALWAYS work hard for my own gain or give when up when it is hard.									I ALWAYS give my best effort because I am motivated to make a positive impact.
1	2	3	4	5	6	7	8	9	10
I NEVER consider how my activities and relationships are distracting me. My plan is to just do what makes me look important and feel good in the moment.									I ALWAYS prioritize activities and relationships that help me grow and become the best version of me.

Our Story in God's Story

Trusting Jesus, we believe God's kingdom extends forever and this world, a tiny part of eternity, was created by God to establish a kingdom of people who chose His love. We are here to be an eyewitness of His love wherever we are, through whatever life brings us.

Something that makes life hard is pride. It is human nature to think of ourselves higher than others or even God. Our futile efforts leave us feeling empty or frustrated. Do not be discouraged, we are wired for the struggle! God meets us in the moments when we come to the end of ourselves. While see that we imperfect, and he reminds us we are worthy of love and belonging because He made us.

Something that makes life awesome is God's kingdom is being established now! History proves, persecution not prosperity is fertile ground for Kingdom growth

Trusting Jesus, we THINK: We understand God is with us. He is for us. We see everything as a steppingstone to a better us. We believe God can use every success & failure, approval & rejection, and every other kind of challenge as an opportunity to help us gain new skills and insight. Therefore, we can say with confidence, I am not afraid or discouraged... The battle is not mine, but God's." II Chron 20

Trusting Jesus, we CARE: Pursuing our greater purpose in Christ, we taste a bit of heaven and want our life to be used by God.

Trusting Jesus, we ACT: We have the courage to face your imperfections and make choices to do the hard stuff it takes to grow. So instead of spending our energy rehearsing our failures or criticizing others when they are mean or irritate us, we keep on turning to God to for strength to take the next right step. We choose to be a letter, written on hearts, known, and read by everyone. We show we are a letter from Christ...written not with ink but with the Spirit of the living God, not on tablets of stone but on tablets of human hearts. 2Corinthians 3:2-3