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# Introduction

## We Care!



We CARE about our family, friends, and teammates.



We CARE about our work, health, community, and extra-curricular activities.



We CARE about important topics like the climate, wellness, and equity.

**THE PROBLEM:** Many things are out of our control. Things go wrong, we make mistakes. The struggle is real! No matter how old we are, where we live, or how much money we have or don't have...it can be hard to stay focused on the things that matter most to us.

Sometimes there is a disconnect between what we say we care about and what we do. A setback can lead us to react with a harsh, disrespectful tone. Convenience can lead us to make a choice that does not line up with what we say we value. The reality is our lives are a mixture of moments lived on- and off-target. Sometimes our choices create solutions. Sometimes our choices create problems.

As we encounter challenges much of our anxiety can be related to questions like: What's next? Will I have enough? Am I enough? Sometimes, we have the courage to work through our differences and overcome obstacles to achieve our goals. Sometimes, we can feel like giving up. Sometimes, we get angry.

We want to make a positive difference, especially in areas we care about.

**BUT HOW?** How do we have both the determination and generosity to move our own dreams forward while supporting others? How do we maintain our integrity in the face of fierce competition and pressure?

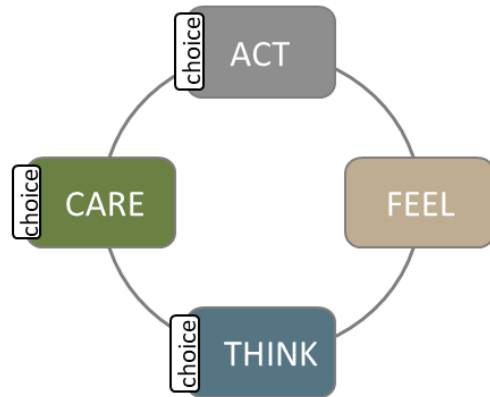
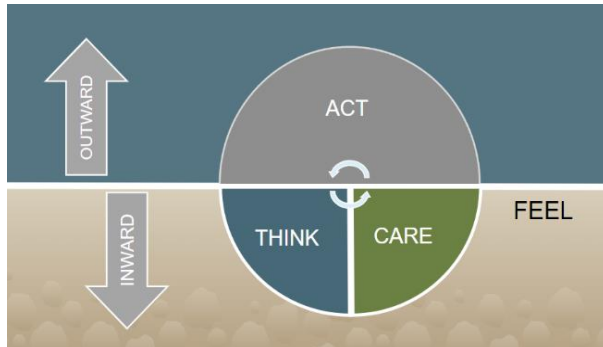
When we get involved in creating solutions to the problems around us, we see our value and gain motivation to be a positive contributor. Prepared to turn life's inevitable ups and downs into opportunities that make a positive impact, we grow, and our story gets better under any condition.

This kind of INWARD and OUTWARD growth is not an accident. It's a choice. Like learning how to play a sport or a musical instrument, do math, or run a profitable business, it takes time, intention, and support.

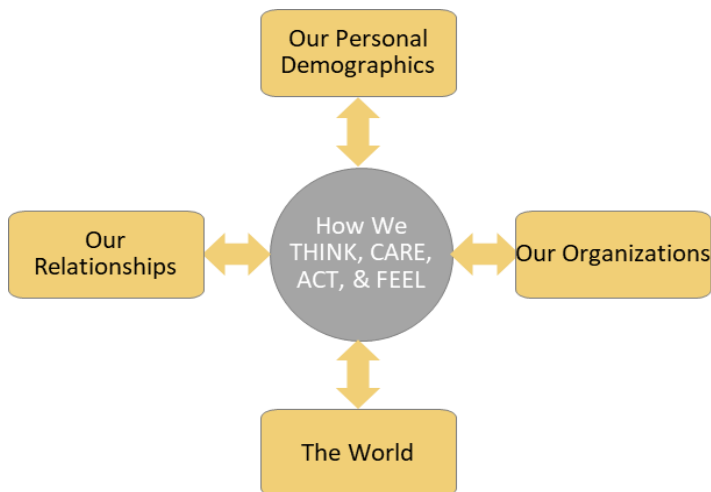
## Growth is Holistic

As humans, our OUTWARD actions and attitudes reflect our INWARD beliefs & attitudes. How we THINK CARE ACT & FEEL are always shaping our story.

What makes being human incredible is our ability to pay attention to our feelings and THINK CARE and ACT with intention.



In today's world, how we choose to THINK, CARE, ACT and FEEL are being influenced by...



**Our Personal Demographics:** Our race, age, health, successes, failures, location ...

**Our Relationships:** Our family, friends, teammates, classmates ...

**Our Organizations:** Our jobs, schools, community orgs ...

**The World:** News & social media, corporations, government ...

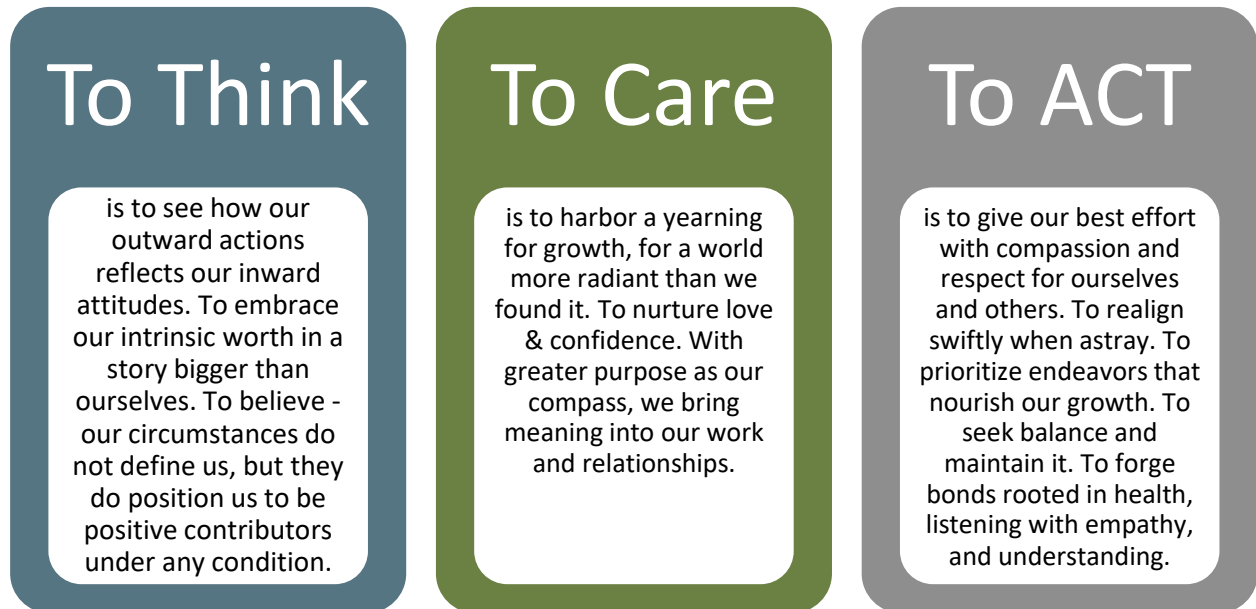
Similarly, how we THINK, CARE, and ACT impact our circumstances, relationships, organizations, and world. Whether we are a teenager attending school in a remote village or a software engineer working for a large technology company, our choices impact ourselves and others.

At our best, we rise. We sculpt solutions for the betterment of humanity. At our worst, our choices cast long shadows. Shadows that stretch across our homes, our communities, the very world we inhabit. The essence of our humanity lies in this dichotomy: the power to falter, yet the unparalleled capacity to ascend. Thus, the social context in which we live is **VERY** complex.

The beauty of humanity is our ability to grow in adversity. As each of us develops greater love and respect for ourselves and others, it becomes easier for us to work together to create better solutions. In other words, a teenager does not just make "wise" choices, a software engineer does not just innovate for the good of humanity. Choices that improve lives don't just happen. Choices that improve lives are

the outcome of inward and outward maturity. Thus, our efforts to improve lives require a holistic approach that makes thriving easier for everyone.

While there is no formula or easy answer to helping people thrive, THINK, CARE, & ACT is a bold, yet unassuming attempt to provide a unifying language that can enable us to foster inward-outward growth together. Similar to how “reuse, reduce, and recycle” provided us with a pathway to work together collectively, yet independently to care for our planet, THINK-CARE-ACT can provide a framework for collective yet independent action, making our journey not just feasible, but compelling.



**“Yes, But How, the Power of a Pause”** is a workbook that provides a framework to enter into a deliberate process of growth by aligning how we THINK, CARE & ACT. Written in a tell me, show me, involve me format, the “Yes, But How, the Power of a Pause” workbook is designed so it can be adapted and used with a wide variety of demographics.

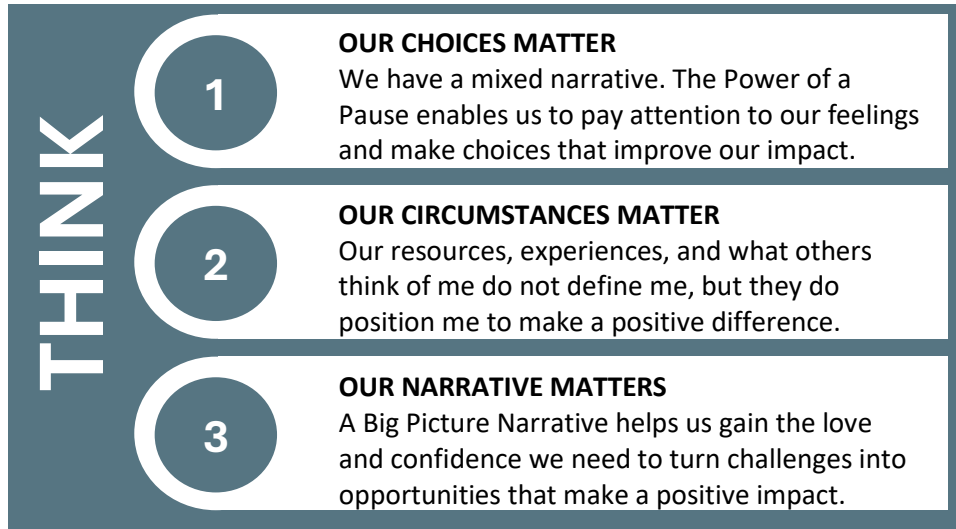
**Tell Me:** Illustrations and explanations of timeless, universal growth principles.

**Show Me:** Adaptable stories that demonstrate how the principles work in different contexts.

**Involve Me:** Exercises and discussions that help us integrate the principles into our everyday lives.

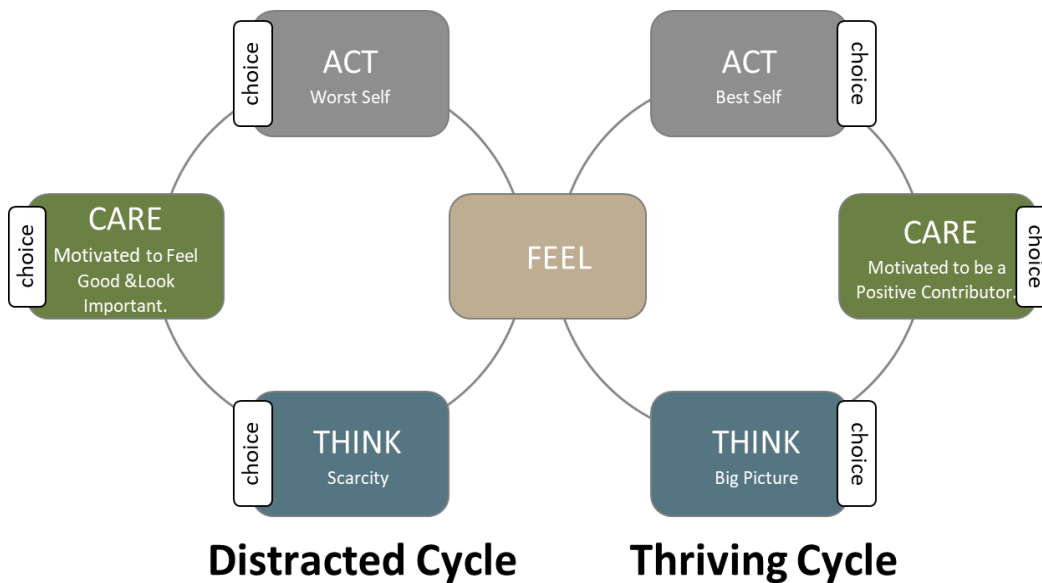
What makes the workbook unique is it is strategically designed to be universal, timeless, and affordable. If needed, each principle and exercise can be taught with a stick in the sand.

The THINK Chapters explore how:



In this section, we will use the Mixed Narrative Diagram to help us see connections between how we THINK, CARE, ACT, and FEEL.

### Our Mixed Narrative Diagram



While the diagram is not meant to give us a comprehensive roadmap for determining what is right or wrong, it can help us to zoom out, assess how we are showing up and zoom in and make choices that help us grow.

The CARE Chapters explore how:

**CARE**

**4** **OUR MOTIVATION MATTERS**  
Motivated to be positive contributors, we want to create solutions for the betterment of humanity.

**5** **OUR GROWTH MATTERS**  
Motivated to grow, it gets easier to show up our best selves and realign when we get distracted.

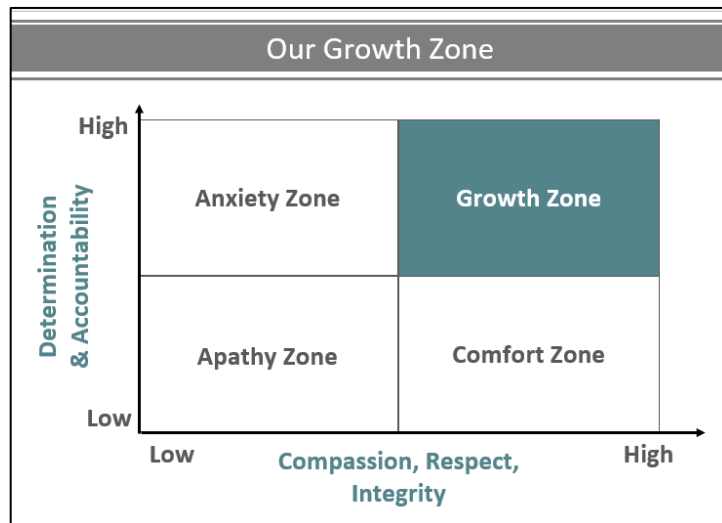
The ACT Chapters explore how:

**ACT**

**6** **OUR EFFORT MATTERS**  
Our growth is accelerated when we pursue our goals with determination, compassion, and respect.

**7** **OUR PRIORITIES MATTER**  
Our growth is sustained when we prioritize activities that help us maintain balance, build healthy relationships, and align how we Think Care and ACT.

The Growth Zone Diagram helps us see the connection between our effort and attitudes. So, that we can become more intentional about pursuing our goals with determination, compassion, respect, and integrity.



Growing and becoming prepared to improve our impact is a lifelong endeavor. With intention, our everyday life can be our classroom. The tools and language in this workbook are designed to help us reflect on our own successes and hardships and more empowered to stay aligned with the dreams that matter most to us. The process is not easy. But with time, effort, and support, we will know more, care more, and do more to be the change we hope to see in the world. With that end in mind, let's have fun getting to know ourselves.





# Chapter 1: Our Choices Matter

We care! The problem: Many things are out of our control. Things go wrong. We make mistakes. How do we show up our best self even when it is hard?

In this chapter we are going to explore how to utilize the power of a pause to evaluate our situation and make choices that improve our impact. Let's start by having some fun getting to know ourselves. Consider the characteristics below and circle the one that best describes you.

### At my BEST, I am better at ...

THIS	OR	THAT
Speed		Accuracy
Offense- getting things done		Defense-avoiding problems
Encouraging others		Teaching others
Leading		Supporting
Communicating		Listening to others
No giving up		Not being late

### What brings out my best is ...

THIS	OR	THAT
Being alone		Being with people
Encouraging words		Getting a hug
Listening to music		Exercising
Challenging Opportunity		Watching a movie
Reading a book		Being in nature

### At my WORST, I am more likely to ...

THIS	OR	THAT
Give up		Get mad
Be ungrateful		Make excuses
Be arrogant		Doubt yourself
Get quiet		Interrupt others
Quietly hold a grudge		Complain

### What brings out my WORST is ...

THIS	OR	THAT
Not enough food		Not enough sleep
Peer pressure		Internal pressure
Being disrespected		Not getting your way
Being alone for too long		Being around others too long
A chaotic environment		Too Many Rules

## We Play an Important Role

In today's world, how we choose to THINK, CARE, & ACT are being influenced by...



**Our Personal Demographics:** Our race, age, health, successes, failures, location ...

**Our Relationships:** Our family, friends, teammates, classmates ...

**Our Organizations:** Our jobs, schools, community orgs ...

**The World:** News & social media, corporations, government ...

Similarly, how we THINK, CARE, and ACT impact our circumstances, relationships, organizations, and world.

Therefore, we all play an important role in a story bigger than ourselves. This is part of what it means to be human.

That means no matter what is going on around us, no matter what we have been through or what others think of us, our life has value and dignity. We are all unconditionally significant.

You are  
Unconditionally  
Significant.

YOU → This includes you!

Are → "right now" or "at this moment"

Unconditionally → There are no special things you have to do.

Significant → important, valuable, worthy

## We all have a Mixed Narrative

At our best, our choices create solutions. Pursuing our goals with compassion, respect, integrity, and determination, it gets easier to:

- Remain calm when things go wrong.
- Persevere when a task is hard.
- Help someone in need.
- See the good in someone else.

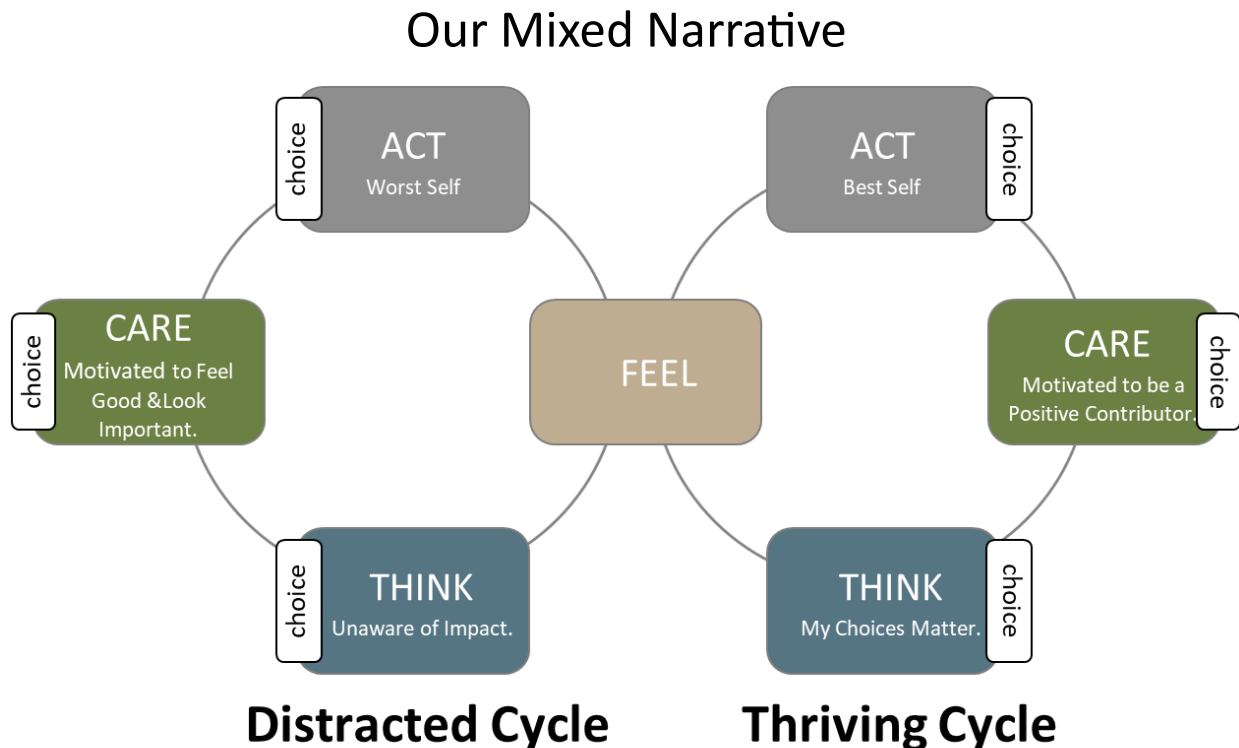
As a result, we feel more empowered, connected, and confident.

At our WORST, our choices often add to the problems around us. Lacking compassion, respect, or determination, we can:

- React disrespectfully when things go wrong.
- Give up when a task is difficult.
- Laugh at someone struggling.
- Blame others.

As a result, we typically feel more frustration, stress, or apprehension.

In everyday life, our moment-by-moment choices move us back and forth between thriving and distraction.



The essence of our humanity lies in this dichotomy: the power to falter, yet the unparalleled capacity to ascend. The beauty of humanity is our ability to grow in adversity.

## The Power of a Pause

All the parts of the human brain work together to enable us to THINK; comparing what is right and wrong, good and bad, beautiful and ugly. However, each part of the brain has its own special responsibilities.

- Higher Brain- Evaluating, observing, creativity, objectivity.
- Middle Brain- Feeling, learning, remembering, associating feelings with events.
- Lower Brain- Reacting, instinctive, involuntary, subjective, instantaneous.

### Power

The ability to direct or influence behavior.

### Pause

To interrupt action or speech briefly.



Something that makes being human incredible is our ability to use the power of a pause to stop so our entire brain can work together to help you evaluate our situation and make better choices.

Our emotions matter! How we Think, Care, and Act are choices. Our emotions, on the other hand, are spontaneous or biological reactions to what is going on. So, while our feelings are neither right nor wrong, they are indicators that can alert you that it is a good time to use the power of a pause.

## Yes, But How

So, how do show up our best-self more often? How do we quickly recognize when we are at our worst and our choices are adding to the problem? One thing we can do is get familiar with our mixed narrative.

The BEST WORST Exercise gives us language and a tool to become more self-aware of who we are at our best and worst and situations that bring out our best and worst. In challenging moments, being familiar with our best and worst enables us to utilize the Power of a Pause to pay attention to our emotions and align how we are choosing to THINK, CARE, and ACT. Like a GPS or map, it empowers us zoom out and identify where we are and where we want to go. So, we can zoom in and make choices that help us be our best and realign when we get off-track.

The BEST WORST exercise provides families, schools, businesses, and teams a tool and language that can make it easier to cultivate a climate of growth and take a more active role in supporting one another.

## The Best and Worst Tool

Directions: Starting with #1, read the list of descriptions. Then check 5-10 traits that best describe you. Use the blanks if needed. Write in emotions for box 3 & 6. Keep in mind, there are no right or wrong answers. You can adjust the list later if you want. The idea is to have fun getting to know you.

#1. At my BEST, I am ...		#4. At my WORST, I am ...	
<input type="checkbox"/> a good communicator <input type="checkbox"/> a good leader <input type="checkbox"/> a good listener <input type="checkbox"/> accepting <input type="checkbox"/> adventurous <input type="checkbox"/> compassionate <input type="checkbox"/> confident <input type="checkbox"/> cooperative <input type="checkbox"/> hard-working <input type="checkbox"/> encouraging <input type="checkbox"/> focused <input type="checkbox"/> forgiving <input type="checkbox"/> funny <input type="checkbox"/> generous <input type="checkbox"/> gentle, calm <input type="checkbox"/> grateful	<input type="checkbox"/> helpful <input type="checkbox"/> humble <input type="checkbox"/> joyful, hopeful <input type="checkbox"/> kind <input type="checkbox"/> outgoing <input type="checkbox"/> patient <input type="checkbox"/> perseverant <input type="checkbox"/> positive, optimistic <input type="checkbox"/> punctual <input type="checkbox"/> respectful <input type="checkbox"/> sincere, honest <input type="checkbox"/> supportive <input type="checkbox"/> trustworthy-loyal <input type="checkbox"/> warm, friendly <input type="checkbox"/> other _____ <input type="checkbox"/> other _____	<input type="checkbox"/> a bad listener <input type="checkbox"/> annoying <input type="checkbox"/> irritating <input type="checkbox"/> argumentative <input type="checkbox"/> boastful <input type="checkbox"/> bossy, demanding <input type="checkbox"/> defensive <input type="checkbox"/> disrespectful <input type="checkbox"/> envious, jealous <input type="checkbox"/> greedy <input type="checkbox"/> harsh, rude, sassy <input type="checkbox"/> impatient, easily angered <input type="checkbox"/> inconsiderate	<input type="checkbox"/> insecure <input type="checkbox"/> Irresponsible <input type="checkbox"/> lazy <input type="checkbox"/> judgmental, critical <input type="checkbox"/> rebellious <input type="checkbox"/> self-centered, selfish <input type="checkbox"/> self-righteous <input type="checkbox"/> uncaring, apathetic <input type="checkbox"/> uncooperative <input type="checkbox"/> ungrateful, whiney <input type="checkbox"/> other _____ <input type="checkbox"/> other _____
#2. Situations that Can Bring Out My BEST		#5. Situations that Can Bring Out My WORST	
<input type="checkbox"/> getting enough rest <input type="checkbox"/> good nutrition <input type="checkbox"/> encouraging words <input type="checkbox"/> music or media <input type="checkbox"/> being in nature <input type="checkbox"/> reading <input type="checkbox"/> time alone <input type="checkbox"/> good instruction <input type="checkbox"/> being prepared <input type="checkbox"/> exercise <input type="checkbox"/> getting a hug <input type="checkbox"/> challenge opportunities <input type="checkbox"/> practicing to improve	<input type="checkbox"/> being around positive people <input type="checkbox"/> praying, worshiping <input type="checkbox"/> hearing inspiring stories of other people <input type="checkbox"/> serving or helping others <input type="checkbox"/> participating in groups or clubs <input type="checkbox"/> having someone listen to me <input type="checkbox"/> receiving constructive feedback <input type="checkbox"/> other _____ <input type="checkbox"/> other _____ <input type="checkbox"/> other _____	<input type="checkbox"/> being tired <input type="checkbox"/> being hungry <input type="checkbox"/> being alone <input type="checkbox"/> being disrespected <input type="checkbox"/> being rejected <input type="checkbox"/> uncertainty <input type="checkbox"/> being criticized <input type="checkbox"/> disappointment <input type="checkbox"/> busyness, too much activity <input type="checkbox"/> when others disagree with me <input type="checkbox"/> not getting my way <input type="checkbox"/> focusing on gaining approval of others	<input type="checkbox"/> daily demands-job, HW, chores <input type="checkbox"/> financial pressure <input type="checkbox"/> being rushed/late <input type="checkbox"/> negative peer pressure <input type="checkbox"/> external pressure <input type="checkbox"/> internal pressure <input type="checkbox"/> too much free time <input type="checkbox"/> too much unhealthy food <input type="checkbox"/> lack of exercise <input type="checkbox"/> being distracted by technology <input type="checkbox"/> other _____
#3. When I am at BEST, I typically feel ...		#6. When I am at WORST, I typically feel ...	

## **In God's Story**

Long before God laid down the earth's foundations, he had us in mind, had settled on us as the focus of his love, to be made whole and holy by his love. Long, long ago he decided to adopt us into his family through Jesus Christ. Ephesians 1:4-5 Message

This means we are not an afterthought or an unplanned accident. Before God even created the world, He had settled on us as the focus of His love. Long, long ago God decided to invite us to be a part of his family. We were created in love to be loved. We are unconditionally significant and unconditionally loved by the God of the universe. Therefore, we can say with confidence:

I am loved- 1John 3:1

I am accepted- Ephesians 1:6 KJV

I am a child of God- John 1:12

I am Jesus' friend- John 15:14

I am a joint heir with Jesus, sharing His inheritance with Him- Romans 8:17

I am united with God and one spirit with Him-1 Corinth 6:17

I am a temple of God. His spirit and life live in me- 1 Cor 6:19

I am a member of Christ's body- 1 Corinthians 12:27

I am a Saint- Ephesians 1:1

I am redeemed and forgiven- Colossians 1:14

I am complete in Jesus Christ- Colossians 2:10

I am free from condemnation- Romans 8:1

I am a new creation because I am in Christ-2 Corinthians 5:17

I am chosen of God, holy and dearly loved- Colossians 3:12

I am established, anointed, and sealed by God-2 Corinth 1:21

I do not have a spirit of fear, but of love, power & a sound mind- 2 Tim 1:7

I am seated in heavenly places with Christ-Ephesians 2:6

I have direct access to God- Ephesians 2:18

## **Talk About It**

1. What did you learn about yourself using the Best Worst Tool?
2. Share with your spouse how they can bring out your BEST.
3. Gently share with your spouse how they can bring out your WORST.
4. What is one thing you can do this week grow INWARD- OUTWARD-TOGETHER.
5. What support would you like to be your best?

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9. What is one thing you can do this week grow INWARD- OUTWARD-TOGETHER.
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