

Discussion Guide: Ways to Create Change

ASSERTIVENESS – Having bold or confident behavior (not being hostile or passive)

ATTITUDE - a mental position, feeling or emotion toward a fact or state. A readiness to respond in a characteristic way

BEHAVIOR – The way you conduct yourself or respond to your environment

CONFIDENCE – Having faith or belief that you will act in a right and effective way.

CONTROL – To have power or influence over

COURAGE – Mental or moral strength to withstand danger, fear, or difficulty

CREATIVITY – The ability to create, invent, or imagine

DESTINATION – The purpose for something, or a place to journey to

EFFORT – A serious attempt, hard work, or using your power

FAITH - Belief and trust in and loyalty to God, or belief in something with no proof

FOCUS - To concentrate attention or effort

GOALS – The aim or end point of where your effort is being directed to

HEALTH - The condition of being sound in body, mind, or spirit

HABITS – Usual patterns or behavior that may be repeated without thinking

HOPE – To expect with confidence and belief in your ability to succeed

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INSIGHT – Ability to see the inner nature of things, by looking more deeply

MOTIVATION - The process of influencing or stimulating a movement or change

POSITIVE - Showing acceptance, approval, or optimism

PREPARATION – Making something ready for use

PROGRESS - A forward or onward movement (getting better)

RECOVERY – An upturn after hard times, like combating an illness or a problem

RELATIONSHIPS – Kinships or attachments between people who are related, or connected by friendships or dealings

STEPS – A series of movements or actions that can move a person upward

SUCCESS – Reaching a good or desired outcome or goal

SUPPORT – To hold up, help, or to keep (something) going