



# Modern Toolbox for Success™ by *Catie Chase*

Health & Well-being	Connection & Belonging	Learning & Growth
<ul style="list-style-type: none"> <li>• Avoid risky behaviors</li> <li>• Annual health well-check visits</li> <li>• Healthy digital media habits</li> <li>• Human Development</li> <li>• Interpersonal Neurobiology</li> <li>• Medication Management</li> <li>• Meditation &amp; Mindfulness</li> <li>• Nutrition &amp; Hydration</li> <li>• Physical Movement</li> <li>• Personal Hygiene</li> <li>• Sleep &amp; Rest to “Reset”</li> <li>• Structure &amp; Routine</li> </ul>	<ul style="list-style-type: none"> <li>• Actionable, positive, contributions to my family, school, &amp; work (my communities)</li> <li>• Authenticity cultivates positive energy</li> <li>• Collaboration for progress</li> <li>• Conflict restorative resolution</li> <li>• Communication style</li> <li>• Compassion, Empathy, &amp; Vulnerability</li> <li>• Mentorship &amp; Support (giving and receiving) from others</li> <li>• Netiquette (digital actions &amp; emotions)</li> <li>• Relationships (positive &amp; healthy for my well-being)</li> <li>• Restorative justice for spiritual &amp; personal growth</li> <li>• Social engagement &amp; skills for understanding me &amp; others</li> </ul>	<ul style="list-style-type: none"> <li>• Activate problem-solving and decision-making skills from my <i>current</i> MTS</li> <li>• Adaptable, Resilient, &amp; Independence</li> <li>• Authentic, actionable goals for academic and personal growth</li> <li>• Social &amp; Learning Environment</li> <li>• Accommodations, as tools               <ul style="list-style-type: none"> <li>◦ IEP, 504 Plan, School Plan</li> </ul> </li> <li>• Literacy Skills               <ul style="list-style-type: none"> <li>◦ Ed Therapist, Tutor</li> </ul> </li> <li>• To be willing<sup>2</sup> to the possibilities &amp; opportunities before me</li> <li>• Shift your brain’s attention to focus your energy (effort) on what is most important to your goal</li> </ul>

## Modern Life Skills

- Accessing Your Brilliance, To Be Willing
  - Learning about who you are.
- Your North Star, Standards of Integrity
  - Core values anchor to make a meaningful contribution in the here and now.
- Focusing Tools
  - Inner strength and strategies for coping tools with skills for a balanced (coherent) lifestyle.

<sup>1</sup> Nemeth, M. (2007). Mastering Life’s Energies. The New World Library.



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<p>I am willing to be...</p> <p>1.</p> <p>2.</p> <p>3.</p> <p>“I am willing to be an effective student by taking my medication for ADHD and exercising each day.”</p> <p>Preston (He/Him), 11th grade, Student-Athlete</p>	<p>I am willing to be...</p> <p>1.</p> <p>2.</p> <p>3.</p> <p>“I am willing to be a visionary leader by placing my cell phone away when I do my homework.”</p> <p>Jasmine (She/Her), 8th grade, Artist</p>	<p>I am willing to be...</p> <p>1.</p> <p>2.</p> <p>3.</p> <p>“I am willing to be a successful contributor by using my digital calendar and accepting support.”</p> <p>Charlie (They/Them), 9th grade, Theater Arts Performer &amp; Writer</p>

## Modern Life Skills

Being Willing allows me to experience:

*“Your capacity to be willing to say yes is the most potent of all affirmations.”*  
Dr. Maria Nemeth, PhD. MCC, Author of *Mastering Life's Energies*