Appendix G

At-a-Glance: Mastering Modern Life Skills

Cut this out or copy it into your notebook, post it in your locker, or place it on your desk.

It's a love note to guide you back to who you are.

Create My Vision & Select Support

Creating my vision with my bright dreams and generous goals.

Identifying the people (and pets) who uplift me, encourage me, and see me as the true Hero of my story.

Space & Silence

Intentional digital-distraction-free moments to breathe, and be present from within.

Accessing My Brilliance

Listening to my Heart Center—the truthful, sweet, and wise place where my real answers live.

Look & See to Course-Correct

Checking in with myself during the school day and outside of school, asking myself: *What is working? What's not? What might I choose to do as I shift my attention to course-correct?*

Train the Brain with Grit & Grace

Practicing the real-time tools with courage, compassion, and creativity to retrain your brain.