

T A K E
CHARGE
OF YOUR
L I F E

How to get what you need

Alternate Activities

2018





Take Charge of Your Life New Activities in 2018

Preface

This supplement booklet contains alternate activities for each session. You may choose to follow the Facilitator's Guide (FG) from 2016. These activities will simply give you some activities if you are tired of the original ones, or want to challenge yourself to add new activities to your tool box. If you choose to use one or all, use them in place of what was presented in the Facilitator's Guide in 2015 or 2016. They are not meant to be used along with the original activities *but in place of* the ones already listed.

It is the development committee's plan to continue adding new options at the beginning of each year so that the workshop does not begin to be boring for the facilitators. As instructed in the original FG, facilitators are offered the freedom to pick and choose whatever activities they like. If you have favorites, by all means use them as long as they are successful for you. If you are a facilitator who translates this material to a language other than English, do not think that you are being required to translate more each year. The original workshop structure and guide are sufficient to run the workshop continuously.

In 2017, we added a few new activities and forms. All reporting is via online-form-completion. The Challenge Cards continue to be available as are the poster quotations. The TCOYL Kit is still available and it will contain the new 2018 activities as well as the original FG. These can be ordered from the website or by contacting one of the program developers.

The curriculum content, layout design, Participant Manual (PM), Facilitator Guide (FG), Video Clips (VC) and sample PPT outlines continue to be downloadable once you have paid your facilitator fee each year. Sample promotional materials are included also so that you can add your own information on dates, locations and fees. In 2018, we are again requesting facilitators charge for the workshop even if you have not done so before. There is now a \$5 (US dollar) fee for each participant enrolled in the workshop. For that reason and because we designed this workshop as a tribute to Dr. William Glasser, we are looking forward to your contribution to the Glasser Endowment fund through your donation of 10% of your net earnings. In 2017, more than \$1600 was donated to the Endowment fund from TCOYL facilitators. If we all charge for this workshop and send in our donation, the Glasser Endowment will grow as well as the number of participants who are able to take more effective control of their lives.



Take Charge of Your Life

A Tribute to Dr. William Glasser

Objectives

1. To present a six-hour workshop introducing personal well-being through the concepts included in all of Dr. William Glasser's books, including **Take Charge of Your Life**.
2. To design and offer a curriculum that can be presented in varying time frames:
 - a) One six-hour session all in one day
 - b) Two three-hour sessions over a two-day period
 - c) Three two-hour sessions, possibly one per week for three weeks
 - d) Six one-hour sessions presented one per week over a six-week period
3. Provide a facilitator's guide (FG), a participant manual (PM), sample PowerPoint (PPT), sample promotional material, Video clips (VC), and forms for registration.
4. To provide the continuation of Dr. Glasser's teachings through the contribution of donations to the William Glasser Endowment Fund.

Curriculum Design

The curriculum content, layout design, PM, FG, VC and PPT outlines are downloadable from the faculty section of the International William Glasser website.

Format design is detailed in:

- The FG will provide suggestions for engagement in the sessions, PPT presentations, VCs, interactive learning activities, and debriefing or processing notes for the evaluation of learning.
- The PM containing written graphic organizers, content information, and activity worksheets are available for download by the facilitator to give to participants.
- Sample Power Point presentations are provided for facilitators to use if desired.
- Video Clips of activities or content samples as deemed useful.
- Quotations by Dr. William Glasser that support each concept.

Note to facilitators:

Based on the principles of Choice Theory® psychology, groups of individuals will be organized and led through the workshop by facilitators who can create a warm, interactive, trust-worthy environment incorporating adult learning strategies. The design has been carefully formatted to be flexible and fit comfortably with your facilitation style, while keeping in mind that all coercive practices are eliminated. Enjoyable, non-threatening, challenging activities are included and suggested. Your knowledge and perception of the group should be considered when choosing the activities that you provide.

Mentoring: The mentoring process is available in many parts of the globe for CTRTC or interested faculty who wish to become accredited facilitators. The materials have been translated into several languages including French, Spanish, Korean, Japanese, Croatian, and others. The mentoring process is available face to face or online in real time. A list of mentors is available on the WGI website. If English is not your first language, ask your mentor for an appropriate translation for your country.

Facilitation: We want your feedback about how easy it was to facilitate the workshop, and how effective it was for the learners. If the sessions are not need-fulfilling for you, as the group facilitator, they will be ineffective for the participants also. You should feel a sense of belonging, confidence, freedom and fun at the end of each session. Your enthusiasm is essential to this process.

Contact: Contact the Project Team for more information

Bette Blance: bette@choiceconnections.nz

Nancy Herrick: ndherrick@msn.com

Session I

Shift Your Mental Model

Activity 1	
Content title:	Shift Your Mental Model
Title of activity	Researching Rewards
Time required	10 – 15 minutes
Source of activity/Acknowledgement:	Daniel Pink on You Tube
Size of group:	Any
Objective	This activity supports the value of internal control as opposed to external rewards and punishment. Participants will make the connection with the Basic Needs as suggested by Daniel Pink
Requirements:	Internet connected computer to access You Tube
References:	RSA You Tube- Drive and Motivation video by Daniel Pink 10 minutes https://vimeo.com/15488784
Description:	Efficacy of rewards are disputed by the research in this video clip.
Debrief Activity:	Which of the basic needs align with the elements that Daniel Pink proposes? What in your life involves these three elements?
Additional Notes:	

Session II

Discover Your Basic Needs, Wants, and Beliefs

Activity 2	
Content title:	Basic Needs, Wants and Beliefs
Title of Process Learning	Patterns in your Inbox
Source of activity /Acknowledgement:	Bette Blance
Time required	8-10 minutes
Size of group:	Any
Objective	Exploring Quality World Pictures and the needs they satisfy.
Requirements:	Examples of email subjects, newsletter subscriptions Chart paper and pens
References:	
Description:	This activity invites participants to create a group chart / mind map that records some of the topics of Facebook page posts, subject lines of emails and newsletters subscribed to.
Processing Activity	In your inbox what Quality World Pictures are represented? What patterns are in your inbox? Do you have a pattern in your Facebook posts? Is there a representation of one or more needs?
Additional Notes:	

Session III

Creating Positive Relationship Habits

Activity Number 3	
Content title:	Creating Positive Relationship Habits
Title of interactive learning	Freeze Frame
Source of activity	Unknown
Time required	7-8 minutes
Size of group:	Any
Objective	To develop the concept that we choose behaviors to get what we want in relationship to our perceptions and our beliefs about them.
Requirements:	Scenario cards (one per participant)
Description:	<p>Form Triads. Ask group to pick a scenario card. Select roles - <i>Role A, Role B and Observer</i>. <i>Role A & B</i> act out the scenario with the ending as it is written. The observer watches and follows instruction on their card.</p> <p>Do take 2. The observer, using the Timeout signal at a particular point in the role play, says 'freeze frame'. The observer asks some of the questions below. The A & B then try the scenario that takes a different course.</p>
Processing Activity:	<p>The observer chooses from the following questions at the stage where the he or she calls "freeze frame".</p> <p>Round One: What did you want that you were trying to get by 'lecturing'? Did you get it? Was it helpful in improving your relationship?</p> <p>What did you want that you were trying to get by arguing back and accusing your mother of being mean? Did you get what you wanted? Was it helpful in improving your relationship?</p> <p>Round Two: How was that different the second time around.</p>

ACTIVITY THREE

Print on card and separate into packages. Give one package for each triad.

Role A: You are a mother talking to your daughter who has been staying out later than the time you had agreed she could. You have had enough of her disobedience and you are lecturing her on being a good girl and not upsetting you.

Role B: You are the daughter and you don't think that you should be made to come home at 10.00 pm from the party. Argue the point until the role play ends

Observer: Select a particular part in the role play on the first run through where you could see that the parent or the child might take a different direction that would improve the relationship

Session IV

Learn the Power of Perception

Activity Number: 4	
Content title:	The Power of Perception
Title of Interactive learning activity	30 second meditation
Source of activity /Acknowledgement:	Unknown
Time required	5 minutes
Size of group:	Any size
Objective	Becoming more aware of the sensory system, then the knowledge filter, then the valuing filter.
Requirements:	Some visual representation of the three filters from the chart Some pieces of dark chocolate (80% cacao)
References:	
Description:	Ask the participants who does meditation? Who likes chocolate? Did you know you can combine the two and do a 30 second meditation? Ask the participants to take a piece of chocolate, look at it and smell it. Before they put it in their mouth tell them that you are going to ask them to stay in the present and taste, feel the texture, and resist the urge to value it.
Processing Activity:	How easy was it to stay in the present? How many of you knew what sort of chocolate it was? How strong the cacao was? Do you like this dark chocolate or do you prefer a sweeter one? If I gave you further information about the benefits of the dark chocolate based on relevant research would that make a difference?
Additional Notes:	

Session V

Understand the Components of Behavior

Activity Number 5	
Content title:	Understand the Components of Behaviour
Title of Content Learning	Total Behaviour Concentration Game
Source of activity /Acknowledgement:	Kathy Curtis in Creating Connections
Time required	5-7 minutes
Size of group:	6 minimum, three teams of two or a maximum of 16 with four teams of four.
Objective	Grasp the concept of all behaviours being total
Requirements:	Four colors of card stock or paper cut, yellow, orange, blue and green into four-inch squares. At least 8 in each color. Choose a scenario such as riding on a roller coast, attending your son's graduation or driving through a thunderstorm. On the yellow cards write things like <i>anxious, fearful, joyful</i> . On the orange cards write things like <i>elevated heart rate, sweating</i> . On the blue card write things like <i>screaming, cheering</i> . On the green cards write things like <i>This is going to turn out all wrong, I am so proud</i> .
References:	
Description:	<ol style="list-style-type: none"> 1. Lay out the cards on a flat surface making sure that they are grouped by color. 2. Each team in a group has one turn one color of each of the four colors over. If they match up to a total behaviour, then they keep the cards and take another turn. If they cannot match up to a total behaviour they get turned over again and it is the next team's turn. 3. Play until they get the idea that behavior is total - four parts of the whole
Processing Activity:	What did you learn about total behaviours? Any surprises? New understandings? What new scenarios would bring a similar set of total behaviors
Additional Notes:	

Session VI

Take Charge of Your Life

Activity number 6	
Content title:	Take Charge of Your Life
Title of Involvement	Wellbeing Bingo
Source of activity /Acknowledgement:	Mental Health Foundation New Zealand
Time required	7-10 minutes
Size of group:	If numbers are large enough form teams or individuals can play the game
Objective	This activity offers an opportunity to raise awareness that mental wellbeing is something to look after and to talk about. It offers activities that support people's wellbeing.
Requirements:	Bingo Cards and Five Ways Counters that can be printed out from this document. https://www.mentalhealth.org.nz/assets/5-ways-toolkit/FWW-wellbeing-bingo-team-game.pdf
References:	https://www.mentalhealth.org.nz/assets/5-ways-toolkit/FWW-FS01.pdf
Description:	Full description of the game is on page 2 of the downloadable pdf link above. Using the toolkit link above, you are able to download the counters and Bingo Cards to use.
Processing Activity:	Have you found some of the ways in which you maintain your wellbeing are things you do often? Are there any that you have not used very much? Have you learned some new ways to maintain your wellbeing? What is your plan?
Additional Notes:	There may be other activities on this website that could also be used.

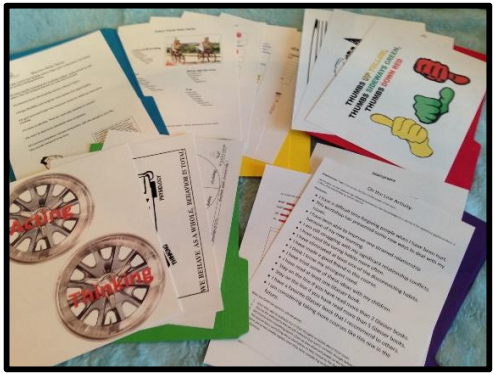


**New Materials for
Take Charge of Your Life**



**Take Charge of Your Life Challenge Cards
\$10.00 US per set of 9 cards**

Want to facilitate carry-over after the original TCOYL workshop? Provide or offer this set of Challenge Cards. Designed for each session of the workshop a personal “challenge to”, and a “plan for tomorrow”, this set of 9 cards will assist your participants in examining, exploring, evaluating their daily habits. Their plans for tomorrow will feature becoming aware of, focusing on, and being open to different experiences in everyday life. The cards come in a 2.25” x 3.25” (business card) size and in a plastic card holder for carrying in a pocket or purse.



**Take Charge of Your Life Kit
\$140.00 US**

Designed for facilitators to simplify your life. Everything you need to prepare for your workshop. Master worksheets for copying, a flash drive loaded with guide, manuals, activities, sample power points, video clips and promotional materials. TCOYL brochure ready for your advertising date, time etc. Included are 180 pieces: name tag masters, 5 different card sets, bands, tape, balloons, promotional materials, required forms, all in a plastic carry-all box.



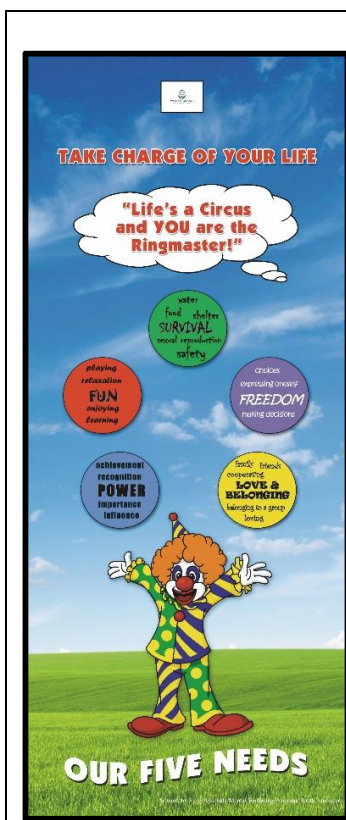
**Glasser Quote Posters \$20.00 US per set
of 20 posters**

A set of colorful posters with the quotes from Dr. William Glasser’s work from each of the Take Charge of Your Life workshop sessions



Relationship Habits Cards \$20.00 US per box of 50 cards

These bright red and yellow cards are printed with the seven connecting habits and the seven disconnecting habits on 2.25" x 3.25" (business card) size cards with the WGI logo on the back. They come 50 to a set in a plastic box.



Take Charge of Your Life Display Banner \$145.00 US

This colorful banner display has the TCOYL clown juggling the five basic needs. The banner is 3 feet by 7.5 feet tall and comes with a display frame and carrying case. It is perfect for advertising Choice Theory® or TCOYL at conferences, churches or social service agencies. The banner was designed by Sue Berry of South Australia and is available from either the USA or Australia project directors. Postage will be acknowledged at time of purchase.



Mingle, Mingle Cards \$10.00 US per set of 24 cards

A bright colorful set of 24 different sentence starters for use in involvement activities or for role play situations. These cards are 3" x 4.5" and contain phrases that would elicit quality world pictures or memories of quality moments.



WILLIAM GLASSER
INTERNATIONAL