

TOP 20 TRAINING

MAKING A POSITIVE DIFFERENCE THROUGH SOCIAL-EMOTIONAL DEVELOPMENT.

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Top 20s Live Above the Line

Above the Line

A positive view on life and
how we see the world
Energetic moods and emotions
Focused on what is important

Positive attitudes and beliefs
Hopeful and optimistic
Power to control my life

Below the Line

A negative view on life and
how we see the world
Depressing moods and emotions
Lose focus on what is important

Negative attitudes and beliefs
Hopeless and pessimistic
Powerless victim of life

1. Why we need to know if we are Above or Below the Line:

A. Mental Habits develop by 'living' Above or Below the Line

- What positive mental habits do I have that make me effective?
- What negative mental habits are getting in the way of my effectiveness?

B. Life Looks different from Above or Below the Line

C. Making decisions Below the Line usually results in a mess.

2. Invitations: conditions or situations that invite us to go BTL.

- What are my Invitations?

Conditions do not determine Experience; Choice determines Experience.

Keep Your Day

3. Indicators: feelings we have or behaviors we manifest when BTL.

- What are my Indicators?

4. Submarine: maintaining dignity during our BTL visits; not passing negativity onto others.

- Let others know when I go Below?
5. Trampolines: means by which we can bounce back ATL and think clearly.
- What are my Trampolines?
 - Perspective: What can I do to maintain perspective and bring me back ATL?
6. Our Choice: Bottom 80s wait for outside conditions to improve...then the inside experience gets better.

Top 20s improve the inside first...then the outside conditions or the experience of the outside conditions gets better.

7. Teacher Tips:
- A. Avoid using the work 'attitude'.
 - B. Put 'your' picture on the Line poster.
 - C. Have an Invitation prop available at all times.
 - D. Teach this concept early in the year and refer to the Line daily.