January Project

W.I.R.E. Approach

Every day…in the morning or a couple times of day. Before you go to class or a sport, church youth group, etc

Or even in the moment,

1. W - What I do or say DOES MATTER

Say to yourself – what I do or say **DOES MATTER**, my light makes a lot of difference in this relationship, in this family, in this friendship, on this team, in this class or club

2. I – I CAN Do This Because….

Remind yourself of your **power source**. What are your strengths? How do you make life better for yourself and others? Just recite them in your head.

I can do this because…

I am \_\_\_\_\_\_\_\_\_\_\_

I am \_\_\_\_\_\_\_\_\_\_

3. R – REVEAL YOURSELF

a. How do I look **physically**? Make adjustments.

b. How is my **attitude** right now? Make adjustments.

c. How are my **emotions** and am I taking into consideration the

emotions of everyone around me? Make adjustments.

4. E – Emote and Energize

**Express your emotions** towards others. Towards the situation. Be the positive energy and help ENERGIZE the whole loop!

January *This is ME* Project

Create a wiring diagram or real life working circuit for three relationships! Label it with the following labels.

Just name the relationship…for example Mom and I, or sibling, or friend or coach and I.

\_\_\_\_\_\_\_\_\_\_\_\_\_ Relationship/Diagram Plan

Your power sources are your talents, gifts and other ways you can make life positive for yourself and others. Often time our power sources can be specific to the relationship but overlap as well.

Power source: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Power Source:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Power Source:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Label the three sockets as your Reveal. What does your light look like?

Physically, I : \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Attitude wise, I :\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Emotionally, I :\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Emote and energize make up the last leg of the loop. Use the following labels on this portion. Remember emotions are contagious – what can you do to help complete this loop and create a positive impact.

Emotion #1\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Emotion #2\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Emotion #3\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_