The Turbo Button

What is it: A button inside your head and heart. You press it any time you take action to improve your life or the life of others.

Why it matters: When you press your Turbo Button, you choose to react to life’s circumstances by taking action instead of blaming or complaining.

The Victim Button

What is it: A button inside your head and heart. You press it any time you give away the power you have to change your life.

Why it matters: If you press your Victim Button when things don’t go your way, you will be tempted to blame or complain instead of taking action to change your circumstances. It can be easy to get stuck in a Victim Mindset which is why you need to use your Turbo Button.
The Growth Circle

What is it: The Can Do Circle represents all the things you can do. The Not Yet Circle represents all the thing you cannot yet do.

Why it matters: The Growth Circle redefines success and failure. Success is any time you take action to grow your Can Do circle – even if you don’t reach your goal. Failure is when you do nothing to expand your Can Do Circle.

The Judge and The Explorer

What is it: The Judge uses a Victim mindset. He plays it safe so that he never looks stupid. The Explorer uses a Turbo mindset. She loves a challenge and is not afraid to try something she can’t do yet.

Why it matters: Listening to your Judge voice can keep you trapped in your Can Do Circle. Listening to your Explorer voice can encourage you to take risks and shake off failure so that you can attack the things you can’t do yet.
**Strong Questions**

*What is it:* A Strong Question gives you the power to direct your mind and make your life better.

*Why it matters:* Questions are a powerful way to avoid pressure, make healthy decisions, and overcome challenges. Whether you are trying to solve a problem for yourself, a friend or a team, start by asking Strong Questions.

**Difference Maker**

*What is it:* A Difference Maker is any person who makes the decision to take action to improve someone else’s life.

*Why it matters:* We affect the lives of the people around us whether we want to or not. We can always choose to be a force for good with our friends, family and teammates.
**Supercharged Brain**

**What is it:** The teen brain is physically different from a child or adult's brain. The teen brain is interested in taking risks and trying new things. However, the teen brain is also easily influenced by peer pressure and can change a bad decision into a bad habit.

**Why it matters:** While the brain is in this unique state, it is important for teens to surround themselves with positive peer pressure and manage their stress so that they do not make dangerous decisions. Tools like healthy coping mechanisms and a Never Do list can help teens take advantage of their supercharged brain.

**You and Me Circles**

**What is it:** The You and Me Circles illustrate the difference between Doormats, Black Holes and Strong Givers. Doormats have too much “You” in their circle and let others take advantage of them. Black Holes have too much “Me” in their circle and they often take advantage of others. Strong Givers have a balanced amount of “You” and “Me” in their relationships.

**Why it matters:** If you are in a Doormat or Black Hole relationship, you can use the You and Me Circles to ask Strong Questions, craft apologies or build better relationship habits.
Goals / Promises / Strong Questions (GPS)

What is it: GPS is a method to remember the things you need to build or fix a strong team. Every team needs common goals, promises about what they will do or not do and a Strong Question to guide their work.

Why it matters: Without the different parts of the GPS, teams will not work effectively together.