

Segment 1: Leadership Guide

The Turbo Button



What is it? A button inside your head and heart that you press any time you take action to improve your life.

Why it matters: Any time you take action to improve your life or help someone else, you are hitting your Turbo Button. You can hit your Turbo Button to solve problems or move toward your dreams.

The Victim Button



What is it? A button inside your head and heart that you press any time you don't take action to improve your life.

Why it matters: When we act like we are powerless to take action, when we blame or complain, we are hitting our Victim Button. We always have the power of the Turbo Button. The easiest way to avoid Victim is to ask yourself the Turbo Question: What can I do to make this situation better?

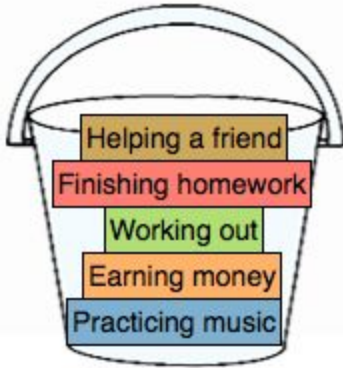
MAD Goals



What is it? MAD Goals are Measurable, Attainable, and have a Deadline.

Why it matters: Without goals, you can waste your time, talents, and Turbo. With goals, you can focus your energy and accomplish the things that matter most to you.

Instant Zone and Lasting Zone



What is it? The Instant Zone is full of the things that do not matter for your future, even if they feel good right away. The Lasting Zone is full of things that matter and help you accomplish your most important goals.

Why it matters: You have resources such as your time, energy, and money. You can spend your resources in one of two zones: the Instant Zone or Lasting Zone. Successful people spend most of their time in the Lasting Zone.

Risk & Reward Workers and your Boss Brain



What is it? Right now, my brain is changing a lot and learning how to make smart decisions. I have a lot of Reward Workers but not a lot of Risk Workers. My Boss Brain has a hard time hearing the risks of a situation but really likes rewards. My Boss Brain has an even harder time hearing risks when I am with my friends.

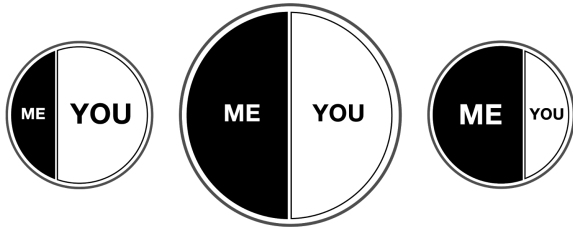
Be careful!



Why it matters: You can help your Boss Brain by removing yourself from situations where there might be bad risks and asking adults for their advice. You can reward yourself with positive things like strong friendships.



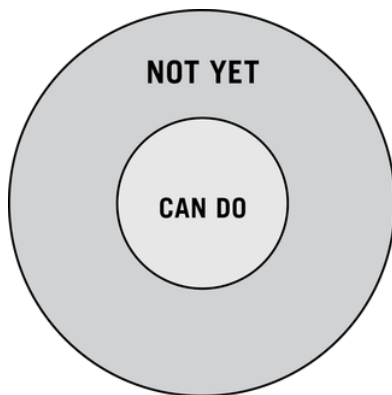
You & Me Circle



What is it? The You and Me Circle illustrates 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 Circle to ask Strong Questions, or build better relationship habits.

The Can Do & Not Yet Circles



What is it? The Can Do Circle shows all the things you can do. The Not Yet Circle shows all the thing you can’t do yet.

Why it matters: Success is any time you take action to grow your Can Do circle--even if you don’t reach your goal. Failure is any time you do nothing to grow your Can Do Circle.

The Judge and The Explorer



What is it: The Judge and Explorer are the voices in your head. The Judge tells you that you can’t get better. The Explorer tells you that you can get better.

Why it matters: If you listen to the Judge too much, you may get stuck. If you listen to the Explorer, you will try new things and not be afraid of mistakes.