

# Helping Students (& Ourselves)

## Aligning Our Habits with Our Goals & Values

### What Matters?

What do you want to be the center of your life?  
What kinds of relationships do you want to have?  
How do you want to experience the world?  
To what are you most deeply committed?  
How do you want to help others?  
What do you want to achieve?  
What are you grateful for?  
What gives your life meaning?  
What needs to change?

What is most important to you?  
Why?

### Helpful language

Tell me more  
Let me see if I get this  
Why is that important to you?  
Help me understand  
I get it, and...  
Can you tell me what you heard?  
I know this is challenging & I have faith in you  
Of course & you are up to it  
I have a concern  
Is this a help you or hear you conversation?  
How can I support you?

### Purpose

"The biggest problem growing up today is not actually stress; it's meaninglessness."  
- William Damon

Purpose is not an outcome.  
Purpose is a process & a practice

Rather than promising outcomes,  
we can offer presence, confidence  
& practice support

### The Process

Identifying what matters ☞  
Honest, kind self-evaluation ☞  
☞ Making a plan ☞  
☞ Unstruggling ☞  
☞ Anchoring ☞  
Beginning again

### Checking in

What is going on?  
What feels most important right now?  
How can I support you?

If you feel the urge to interrupt, argue,  
or fix the other person, let the urge pass.

"Tell me more..."

### Preference

Because we are human:  
We don't always feel like doing what is important.  
We sometimes feel like doing things that don't work.  
We sometimes prioritize comfort over values.  
We are often resistant to change.

We can acknowledge preference  
AND focus on purpose

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# The Process

## Identifying what matters

What Matters?

What do you need to be the author of your life?  
What kinds of responsibilities do you need to have?  
How do you want to spend your time?  
What are your most important commitments?  
How do you want to feel about it?  
What do you need to succeed?  
What are your goals & dreams?  
What gives you the most joy?  
What needs to change?

What is most important to you? Why?

## Honest, kind self-evaluation

The Calendar  
If it isn't on the calendar,  
one of two things is true:  
It is already a habit  
It won't happen

## Making a plan

What is working?  
What is not working?  
What do you think  
could work?  
What could you try?

## Unstruggling

Unstruggling

"Relax your face" & "Drop your tools"  
Let it all go  
Take a moment to breathe  
Drop your posture, unclench your jaw  
Close your mouth & relax your tongue  
Breathe like a relaxed baby  
Could you do this all day?  
"It's not that hard this way"  
"Think through it and you'll be there"  
"This is the right way to do it"



What's important to you?  
Why is that important to you?  
What is under your control?  
What will you do next?

## Anchoring

## Beginning again

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How do you want to help others?

What do you want to achieve?

What are you grateful for?

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# Unstruggling

"Relax your face" & "Drop your tools"

Lift & open posture

Relax shoulders, hands & jaw

Rest open palms on chest & stomach

Close eyes & smile gently

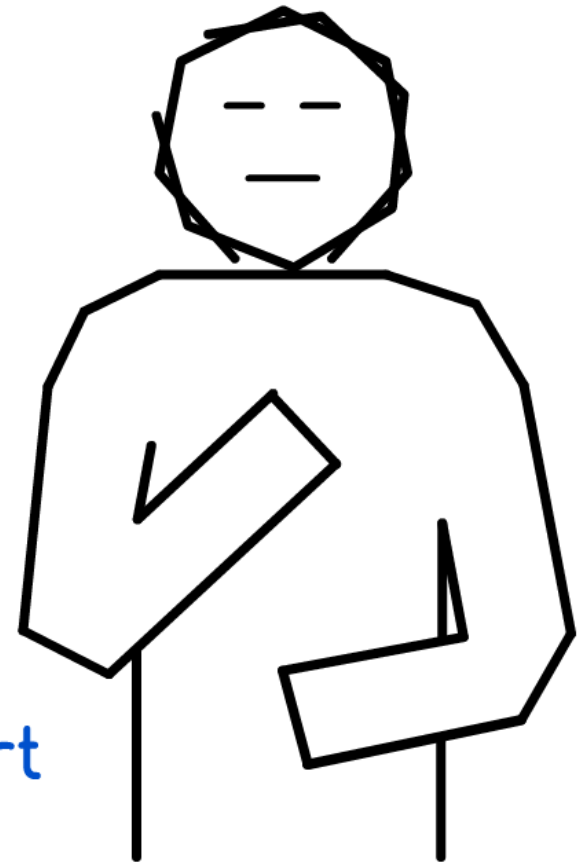
Breathe into a relaxed belly

Locate sensations of discomfort

"Of course I feel this way"

Find the thought that supports discomfort

"This is thought, not reality"



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Why is that important to you?

What is under your control?

What will you do next?

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