

IN MOTION

Participant Workbook

1

ACKNOWLEDGEMENTS

© Canadian Career Development Foundation (CCDF), March 2015. Revised 2020, 2021, 2023, 2024, 2026.

Authors: Donnalee Bell and Sareena Hopkins

Revisions: Donnalee Bell, Suzanne Klinga, Rod Palmer, Emily Worthen and Trina Stanford (2023, 2026)

Developed by the Canadian Career Development Foundation / Fondation canadienne pour le développement de carrière

www.ccdf.ca

p: 613.729.6164

a: 202-119 Ross Ave, Ottawa, Ontario K1Y 0N6 CANADA

w: ccdf.ca

e: information@ccdf.ca



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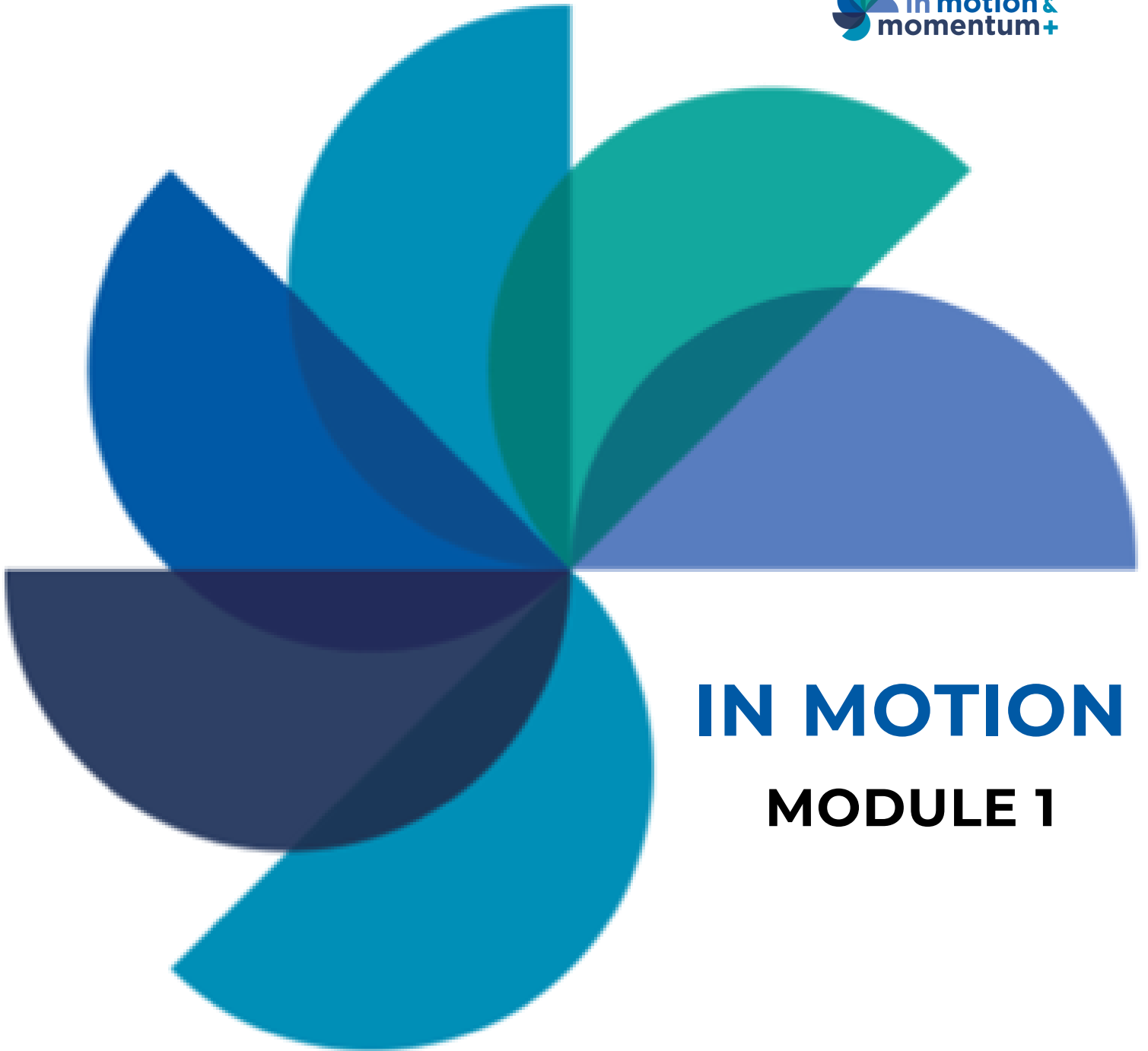
IN MOTION AND
MOMENTUM+ – In Motion
Participant Workbook

August 2024, Ottawa,
Ontario, Canada.

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IN MOTION

MODULE 1



WELCOME TO *IN MOTION*

Congratulations on being chosen to be part of this 3-week series! This is an opportunity only being offered to those who have shown potential. It's a real chance to take a step back, get clear about your own sense of direction and take control over important parts of your life. These next weeks are yours!

The objectives of this series are to:

- Encourage and support happiness
- Encourage and support health
- Help you to see your own capacity, skills and strengths
- Provide a safe place to explore and grow
- Help you explore possibilities that YOU want to explore
- Help you to see that you make a difference (in your own life, your family, your community)
- Help you to know that you have some control in your life
- Ensure you have some people who are really on your side
- Help you to know that we all can recover from setbacks – it can move us forward



WEEK 1

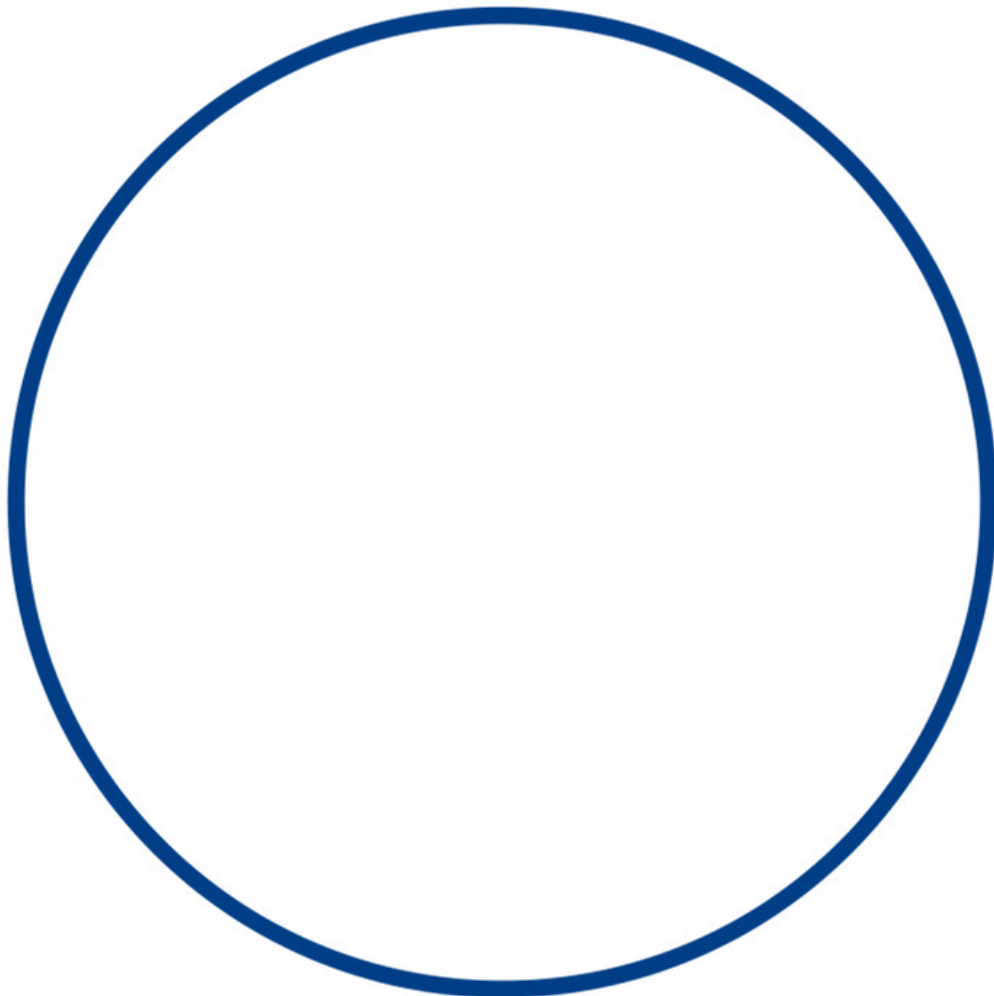
Choice in Motion

CIRCLE OF MOTION

Moving OK	Moving OK, but I want to make a small change	Not moving OK, I'd like to move differently
------------------	---	--

Possible Circle of Motion Categories

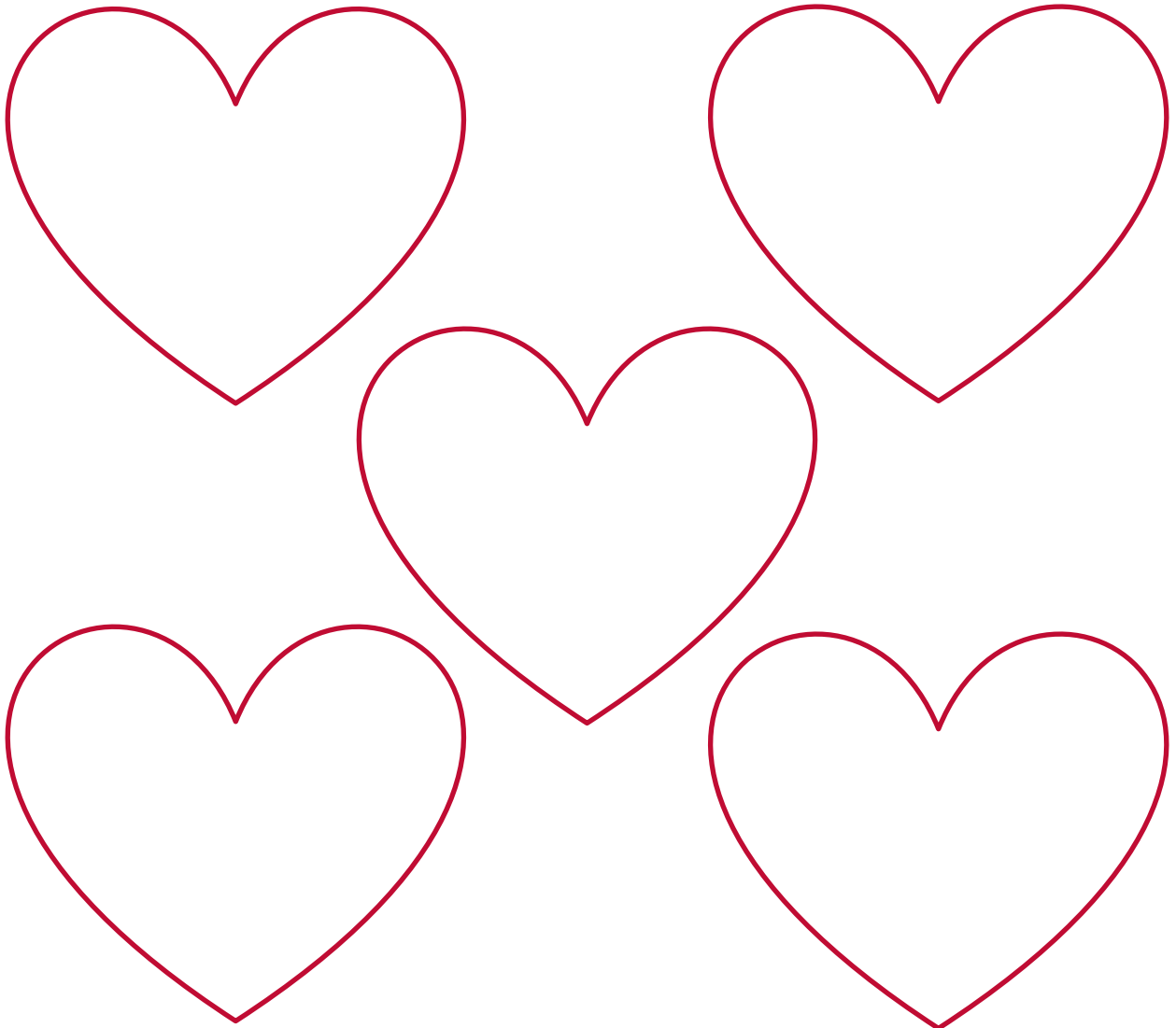
Work	Fitness/Health	School/Training
Family	Friend	Spirituality
Community Involvement/ Volunteering		



5 THINGS YOU LOVE TO DO



THINGS I LOVE TO DO

Five large, empty heart outlines drawn with a red line. They are arranged with one heart in the center and four hearts surrounding it (top-left, top-right, bottom-left, bottom-right), providing space for writing.

INTERESTS

Here are some examples of interests. They are all words or phrases that could be used to complete the sentence: “I really like....” Circle any that apply to you. Do not limit yourself to this list! Add others that are missing.

The Arts	Working with my hands	Directing a group
Theatre	Helping others	Reading
Being in a group	Meeting people	Dancing
Music	Outdoors/Nature	Travelling
Public speaking	Surfing the internet	Shopping
Writing	Working with numbers	Cooking
Classifying things	Having new experiences	Politics
Math	Giving directions	Discussing
Fashion	Planning activities	Geography
Animals	Physical activities	Literature
History	Scientific reports	Cultural diversity
International development	Finding information	Learning new things
Selling	Giving explanations	Assembling things
Biology	Talking on the phone	Meeting challenges
Talking/Discussing with people	Psychology	Chemistry
Physics		

LOVES AND INTERESTS

Record 4-5 interests that stand out as important to you

What I Love to Do	Interests that relate to what I love to do
1.	
2.	
3.	
4.	
5.	
Patterns	
Record 4-5 interests that stand out as important to you:	
1.	
2.	
3.	
4.	
5.	

OPTIONAL ACTIVITY: SKILLS AND STRENGTHS

Here are some examples of skills. They are all words or phrases that could be used to complete the sentence: “I am really good at....” Add any that are missing to make your skills list complete.

Staying positive	Overcoming challenges	Engaging in self-reflection
Helping others (e.g., listening, understanding)	Giving instructions, information	Social media savvy
Learning new things	Negotiating	Public speaking
Working with others	Housekeeping/Cleaning	Making decisions
Putting things together	Planning	Selling
Singing	Explaining or teaching	Problem-solving
Managing money	Cooking	Finding good deals
Understanding/Speaking other languages	Writing (grammar, spelling)	Repairing (e.g., computers, things)
Writing (e.g., text, music)	Working with hands	Working with numbers
Driving	Managing stress	Using imagination
Using strategies to protect my data	Creating step-by-step directions	Using graphics, charts, or tables
Working alone	Interviewing people	Comparing (e.g., things, information)
Seeking others' opinion	Playing a musical instrument	Using tools (e.g., saw, hammer)
Drawing	Reading comprehension	Training animals
Giving good feedback	Using the Internet	Making lists (e.g., of things, priorities)
Organizing		

OPTIONAL ACTIVITY: SUPPORTS TO HELP ME DO WHAT I LOVE TO DO

Circle those support that might help you do the thing you love to do.
Add any supports/supporters that are missing.

A Problem Solver	An Organizer	Financial Resources or a subsidy
More Time	Encouraging Words from Family and Friends	Someone to Do it with Me
A Group that I Can Join	A Discount	Access to a Library
A person who is good at fixing things	Identification Cards	A Mentor
A Teacher	A Babysitter	A Plan
Transportation	A Quiet Place	Space
A Donation	Better Health	A role model
A Community Group	A gym	Peers
A listening ear	Access to Free Materials	Art Supplies
A student loan	Someone who has the know-how	Credit Counselling

OPTIONAL ACTIVITY: SKILLS AND STRENGTHS

What I Love to Do	The Skills and Strengths I Have Because of this Love ...	My Supporters
1.		
2.		
3.		
4.		
5.		

DEPENDABLE STRENGTHS I HEARD

In the large group, you will be asked to listen to a story and write down or circle all the skills and strengths you hear. Below is a list of strengths with room to add more:

Adaptable	Follow-through	Paraphrasing information
Artistic	Giving direction	Planful
Asking questions	Giving good feedback	Practical
Assessing credibility of source	Good speaker	Presentation/Public speaking
Aware of bias	Good with money	Productive
Aware of tone and body language	Growth mindset (i.e., I can learn and build on my skills)	Proofreading
Budgeting	Helping others	Reading
Challenging habits	Independence	Repairing (e.g., computers, things)
Committed	Initiative	Researching
Communication	Innovative	Responsible
Computer Skills	Knowing when to ask for help	Securing data or personal information
Consulting others	Knowledge of other languages	Seeing possibilities
Convincing	Leadership	Selling
Cooperative	Learning from setbacks	Singing
Cooperative	Listening	Skimming/Scanning documents
Coordination	Listening to the opinions of others	Systems/Procedures
Creating/Inventing	Managing	Teamwork
Critical thinking	Marketing	Thinking ahead
Cultural sensitivity	Measuring	Training/Teaching (e.g., humans or animals)
Decisive	Mechanical Ability	Troubleshooting

Design	Meeting needs of customers or clients	Using a camera
Detail oriented	Memory	Using charts, tables, and graphs
Developing strategies	Monitoring outcomes	Using feedback constructively
Drawing	Multi-tasking	Using imagination
Energetic	Musical	Using scientific equipment
Estimating	Navigating through websites	Using social media
Evaluating options	Negotiating	Using tools (e.g., saw, hammer)
Finding information online	OK with uncertainty	Working alone
Flexible	Openness to new experiences	Working with numbers
Focused	Organizing	Writing (e.g., music, texts)

MY DEPENDABLE STRENGTHS STORY

Something I did well, enjoyed doing and feel proud of...

1. Describe what you did.	2. List the steps you needed to complete to do this.
3. I feel most proud because...	

DEPENDABLE STRENGTHS I HEARD IN _____'S STORY

Listen to the story of your fellow group member and write down or circle all the skills and strengths you hear. Below is a list of strengths with room to add more:

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Focused	Organizing	Writing (e.g., music, texts)

MY DEPENDABLE STRENGTHS STAND OUTS

Write down **4-5 strengths** that you have and count on:

1.

2.

3.

4.

5.

THREE THINGS YOU'D LOVE TO DO

Write down 3 things that you would love to do that you haven't done yet (or don't do enough):

1.

Skills, Strategies & Supports

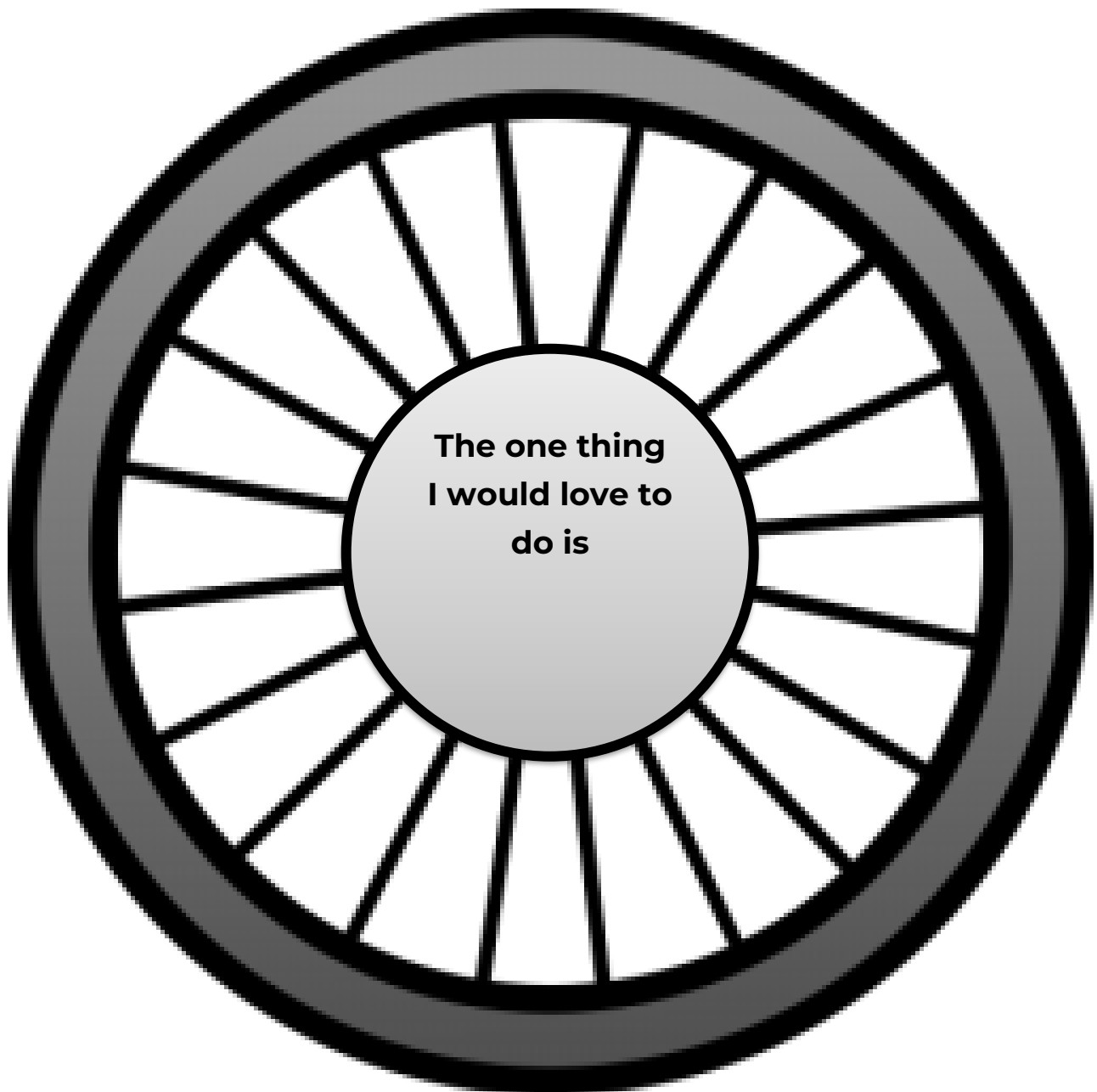
2.

Skills, Strategies & Supports

3.

Skills, Strategies & Supports

MOTION WHEEL: THE ONE THING I WOULD LIKE TO DO



VALUES AUCTION

Value Items	
To get a blank cheque for a year's travel around the world	
To have political power	
To give freely of myself in helping others	
To be a famous person	
To work at a job with no boss	
To win a million-dollar lottery	
To have a steady 9 to 5 job	
To advocate for the rights of all people	
To live on a tropical island where conditions never change	
To do something creative on a regular basis	
To be considered an expert in a particular field	
To find the cure for cancer	
To be doing something hardly anyone else has ever done	
To be trusted by others	
To be part of a team or group	
To not give up on what I've started	
To have a great relationship with my family	
To be a good parent	
To be sexy and always fashionable	
To change things in my community for the better	
To have an enjoyable, relaxed life	
To have the home of my dreams anywhere in the world	
To accomplish something worthwhile	
To have the freedom to live life as I want	
To continue to learn and gain knowledge	
To be attractive to others	
To have a safe and secure environment	
To be very smart	
To be wise	
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LIST OF VALUES

What values are most important to you? Add any to the list that are missing.

Love/Friendship	Harmony/Peace	Reaching my goals
Money	Honesty/Sincerity	Progress/Innovation
Independence/ Autonomy	Humour	Promoting Peace
Beauty	Integrity	Getting along with others
Competition	Justice	Respect for self and others
Physical comfort	Freedom (to act and express views)	Being recognized for my efforts
Contributing to society	Leisure/Having fun	Health
Creativity	Loyalty	Personal satisfaction
Culture/Language	Modesty	Stable job
Reaching my full potential	Being positive	Belonging
Education/Knowledge	Order	Social status/prestige
Cooperation	Openness	Work
The Environment	Not giving up	Variety/Change
Being the best/excellence	Being on time	Being recognized for my contribution
Family	Power	Peace and quiet

MY MOST IMPORTANT VALUES

Record the 4-5 values that are most important to you below:

1.

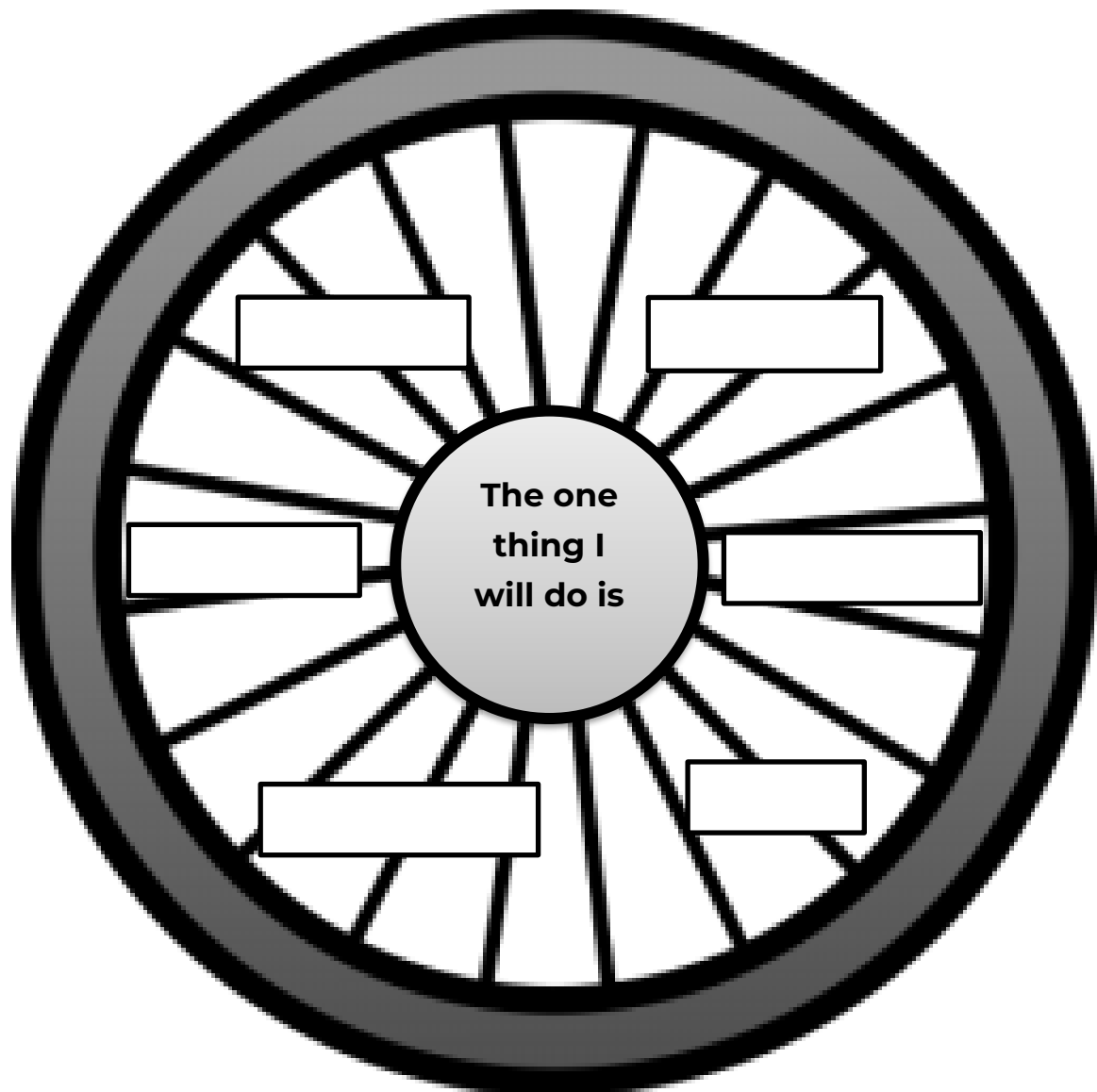
2.

3.

4.

5.

MOTION WHEEL: THE ONE THING I WILL DO



NOTES

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



WEEK 2

Moving my Way

GOAL TESTING HATS

With your goal in mind, answer the following questions:



What are all the possible benefits of me actually achieving this goal?



What are the possible disadvantages or challenges in doing this?



What are all the ways that that can address these disadvantages or challenges?



What additional information is needed to achieve this goal?



How do you feel about your goal?



Look at your responses to putting on the different hats, what, if anything, do you want to confirm, adapt or shift about your goal?

SMART GOAL

Is your goal SMART?

Specific: Who is involved? What do I want to accomplish? Where will this happen? When will this happen by? What is the benefit to accomplishing this goal?

Measurable: Answers the how -- how much, how many, how often, how will I know that I have accomplished my goal?

Achievable: Can you see yourself doing it?

Relevant: Is it meaningful to you?

Time-Bound: What is my timeframe for achieving this goal?

My goal for now is...

WHAT IS MY SELF-TALK TELLING ME?

How is your self-talk helping or hindering you in reaching your goal?

CONFIRMING MY GOAL

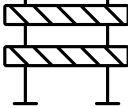
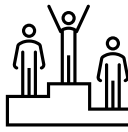
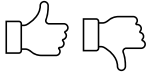
Answer the following questions:

What will happen if you do achieve your goal?

What will happen if I don't try to achieve my goal?

What's in it for me?

ACTION PLAN

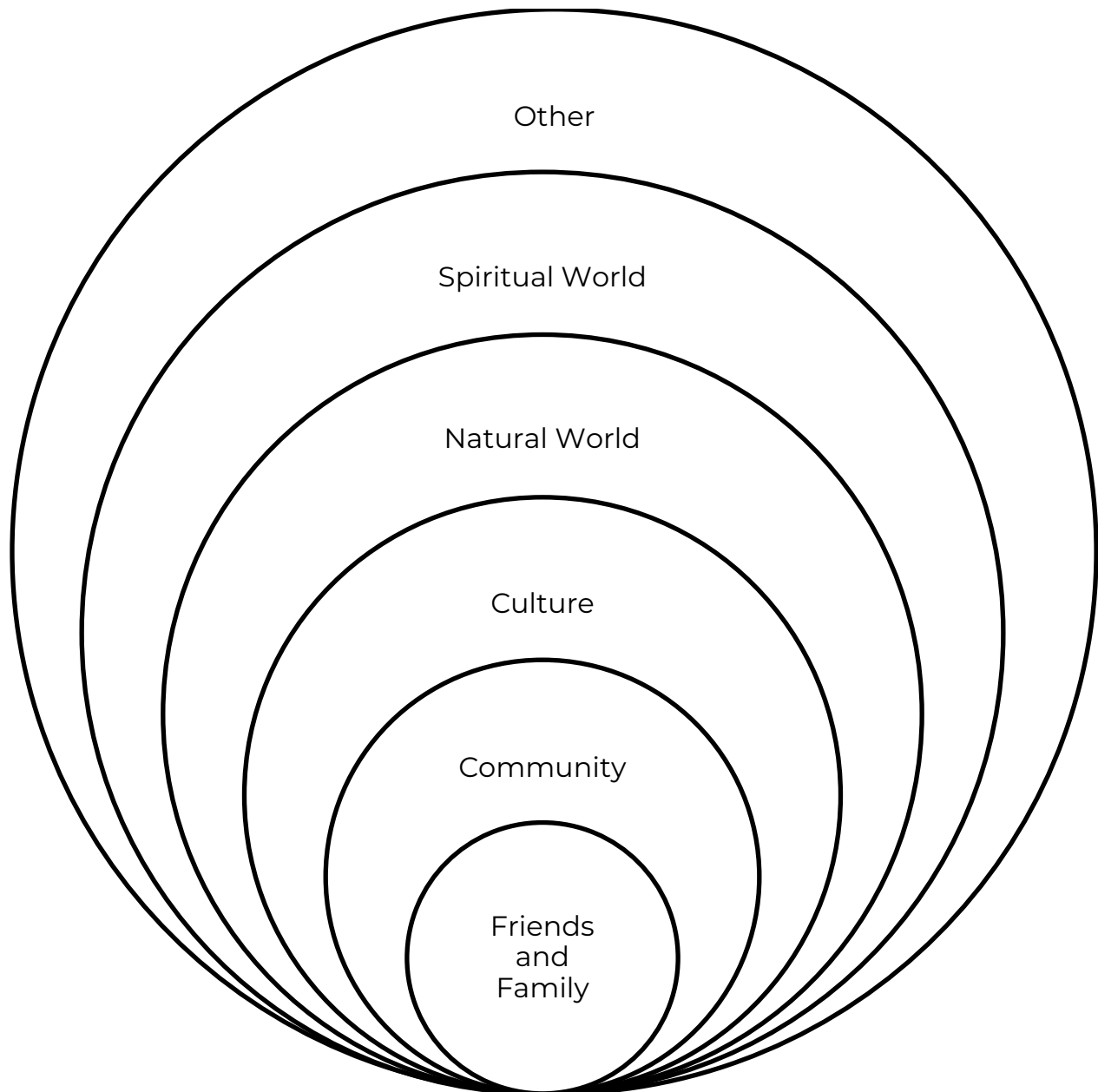
My goal for now is:						
✓ SMART						
Step #	 ACTIONS/STEPS	 HELPERS	 ROADBLOCKS	 REWARDS	 WHEN?	 DONE?
1						
2						
3						

SUPPORTER BINGO

Ask people to sign their names to anything they can do.

I know how to jump a car.	I'm a planner.	I make an AMAZING chocolate cake.
I know someone who babysits.	I know how to catch a fish.	I know how to fix a hole in a stocking.
I know how to drive a tractor.	I know how to make a whole week's worth of healthy meals cheaply.	I know how to roof a house.
I know how to plant a garden.	I can play a musical instrument.	I can make and balance a personal budget.
I can skip double-dutch.	I can recite a poem.	I know a funny "clean" joke.

MY SOURCES OF SUPPORT



TRANSFERRABLE SKILLS¹



Adaptability is your ability to achieve or adjust goals and behaviours when expected or unexpected change occurs. Adaptability is shown by planning, staying focused, persisting, and overcoming setbacks.

- ☐ Show responsibility
- ☐ Persist and persevere (i.e., stick with it)
- ☐ Manage emotions
- ☐ Set or adjust your goals and expectations
- ☐ Plan and prioritize
- ☐ Seek growth and self-improvement



Collaboration is your ability to contribute and support others to achieve a common goal.

- ☐ Work well with other people
- ☐ Value diversity and inclusion of others
- ☐ Manage difficult interactions with other people
- ☐ Facilitate an environment where you can collaborate with others
- ☐ Achieve a common goal with others
- ☐ Reflect and improve on teamwork



Communication is your ability to receive, understand, consider, and share information and ideas through speaking, listening, and interacting with others.

- ☐ Listen with intention (e.g., pay attention)
- ☐ Listen to understand
- ☐ Speak with clarity
- ☐ Speak with purpose
- ☐ Adapt to your audience and situation
- ☐ Adapt to other people's different communication styles and approaches



Creativity and innovation is your ability to imagine, develop, express, encourage, and apply ideas in ways that are novel or unexpected, or challenge existing methods and norms.

- ☐ Use your imagination and curiosity
- ☐ Identify opportunities to innovate
- ☐ Generate new ideas
- ☐ Develop your ideas
- ☐ Apply your ideas
- ☐ Facilitate a creative and innovative environment

¹ The following has been adapted from the *Skills for Success* framework presented at <https://www.canada.ca/en/services/jobs/training/initiatives/skills-success/learning-steps.html>



Digital is your ability to use digital technology and tools to find, manage, apply, create and share information and content.

- ☐ Use digital devices (e.g., computers, tablets, smart phones, and other handheld devices)
- ☐ Use common digital tools (e.g., programs, apps) to complete tasks
- ☐ Use digital information
- ☐ Use online tools and platforms
- ☐ Apply safe and responsible practices online
- ☐ Update and upgrade digital skills



Numeracy is your ability to find, understand, use, and report mathematical information presented through words, numbers, symbols, and graphics.

- ☐ Identify tasks that require numbers or math
- ☐ Gather numerical information (e.g., measure, count, estimate)
- ☐ Make connections between related pieces of numerical information
- ☐ Apply mathematical operations and tools you will need to answer the question (e.g., add, calculate, average)
- ☐ Interpret and evaluate the information
- ☐ Share the mathematical information, results and implications



Problem solving is your ability to identify, analyze, propose solutions, and make decisions. Problem solving helps you to address issues, monitor success, and learn from the experience.

- ☐ Identify the issue to address
- ☐ Gather information to help you address the issue
- ☐ Analyze the issue
- ☐ Develop multiple routes of action
- ☐ Address the issue
- ☐ Evaluate the effectiveness of the solution or decision



Reading is your ability to find, understand, and use information presented through words, symbols, and images.

- ☐ Identify what to read
- ☐ Find relevant information to answer key questions
- ☐ Make connections between different sources of information
- ☐ Understand and apply information
- ☐ Evaluate sources of information
- ☐ Use what you've read



Writing is your ability to share information using written words, symbols, and images.

- ☐ Identify when writing is necessary
- ☐ Plan the writing task
- ☐ Use written words and phrases to achieve the purpose of the writing task
- ☐ Choose an appropriate language and style for the writing task
- ☐ Choose an appropriate format for the writing task
- ☐ Review and revise your writing

MY TRANSFERABLES SKILL

Write down one skill you have used or developed in the past two weeks and describe how you have used/built that skill:

STAR

A way to remember this is to think of STAR...

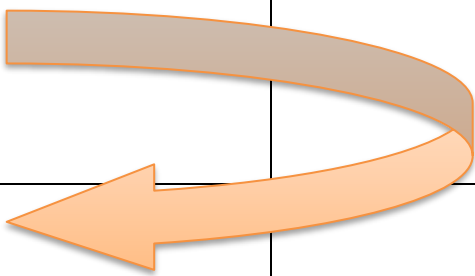
Every **S**ituation,

Leads to **T**houghts/Feelings

Which lead to **A**ctions

Which have consequences/**R**esults

Once you remember STAR, you can remind yourself that the key to STAR is to **STOP** before you jump to action. Take a deep breath, think about the ultimate result you want and take control of your reaction.

SITUATION	THOUGHTS / FEELINGS	ACTIONS	RESULTS
STOP	 Take stock of my initial thoughts and feelings Remember "I have a choice"	Choose an action that will move me in the direction of my goal	Move a step closer to my goal

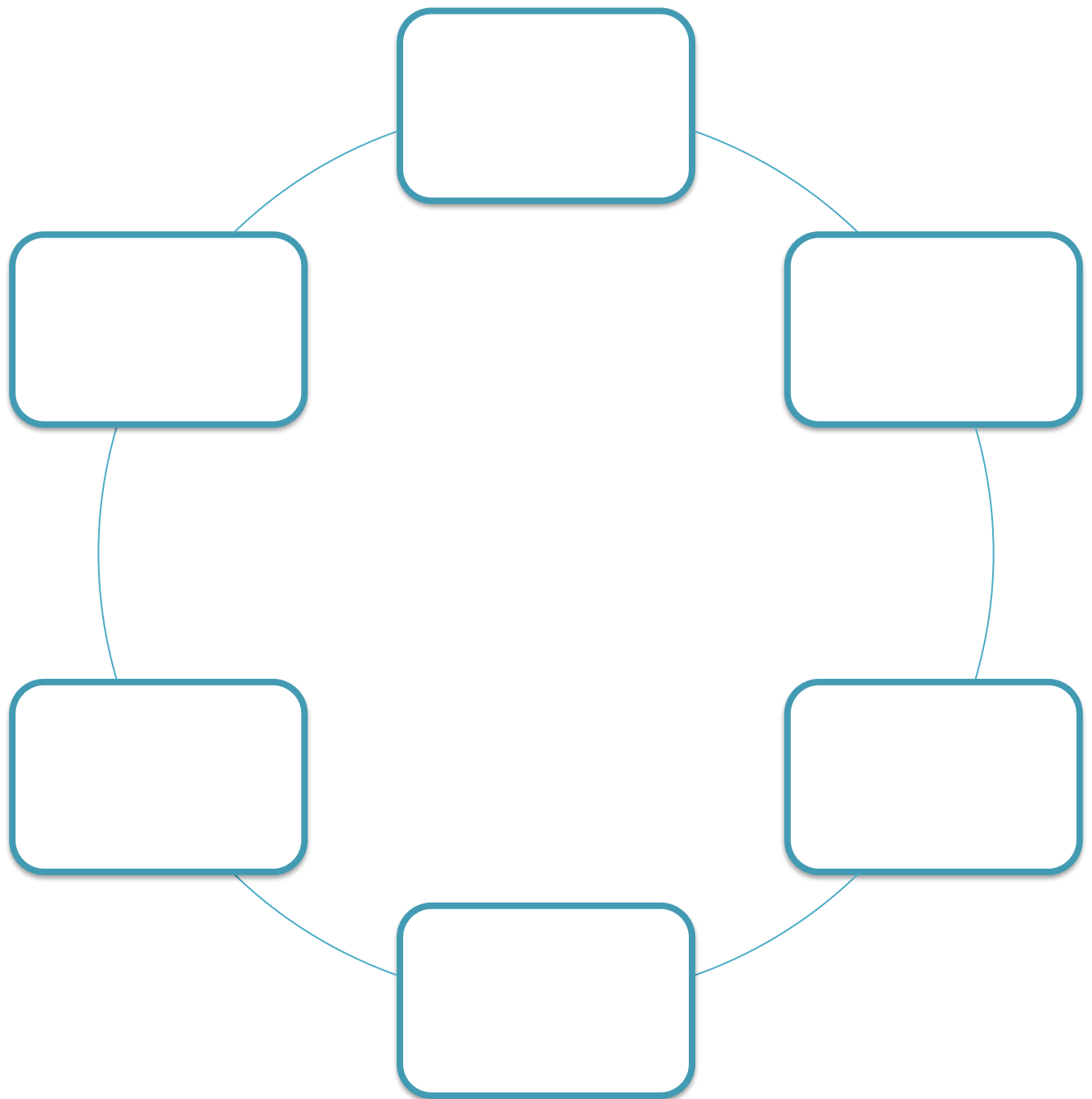
STAR

In small groups, work through three possible reactions, actions and results for the roadblock presented in the large group.

Situation	Thoughts	Feelings	Action	Result
	1.			
	2.			
	3.			

MY CIRCLE OF ALLIES

List your all the people who can assist you, encourage you and who believe in you to reach your goal. Members are anyone who can help you with achieving your goal.



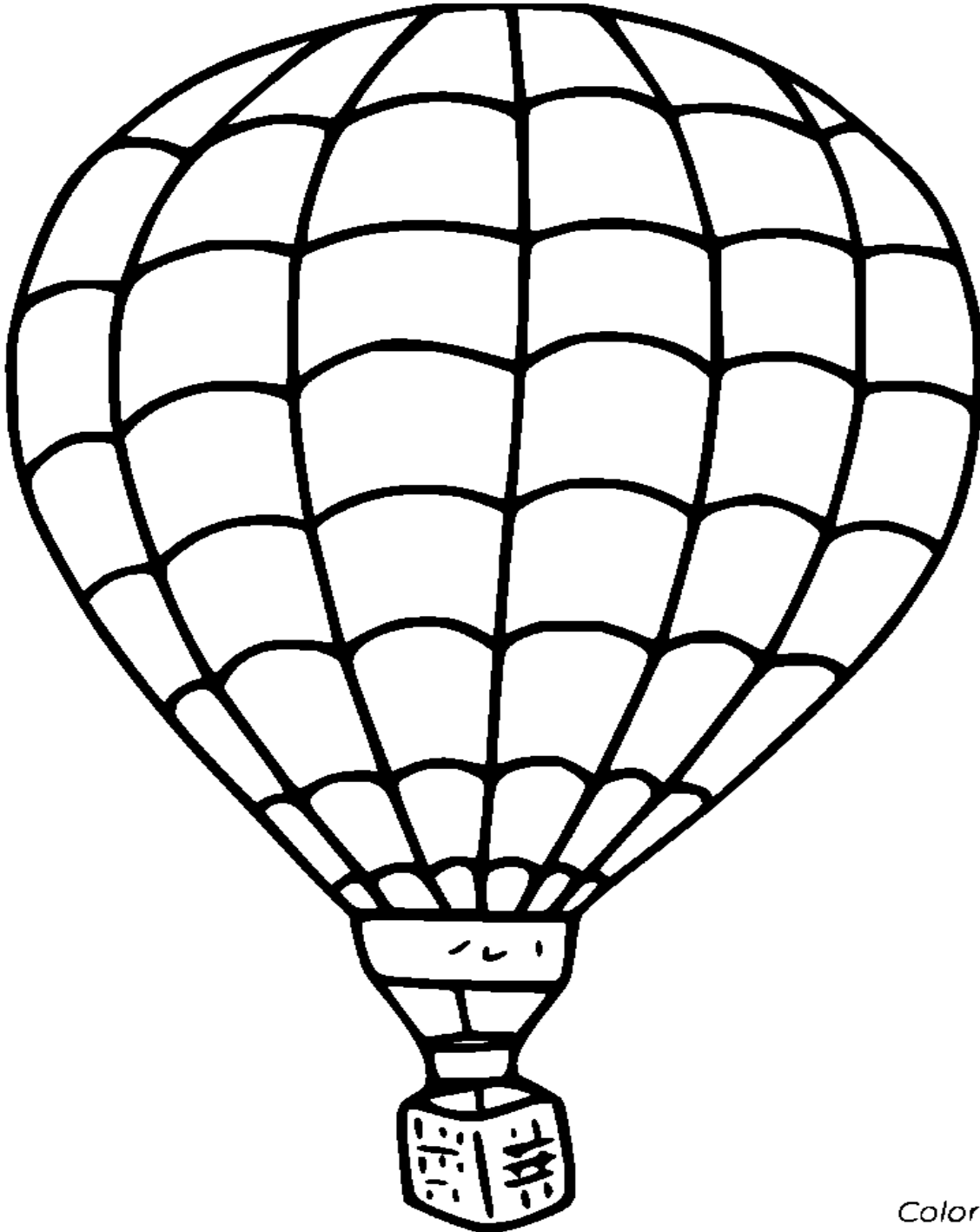


WEEK 3

Maintaining the Momentum

WHAT'S INFLATING MY BALLOON

Record on the balloon what is helping to inflate it:

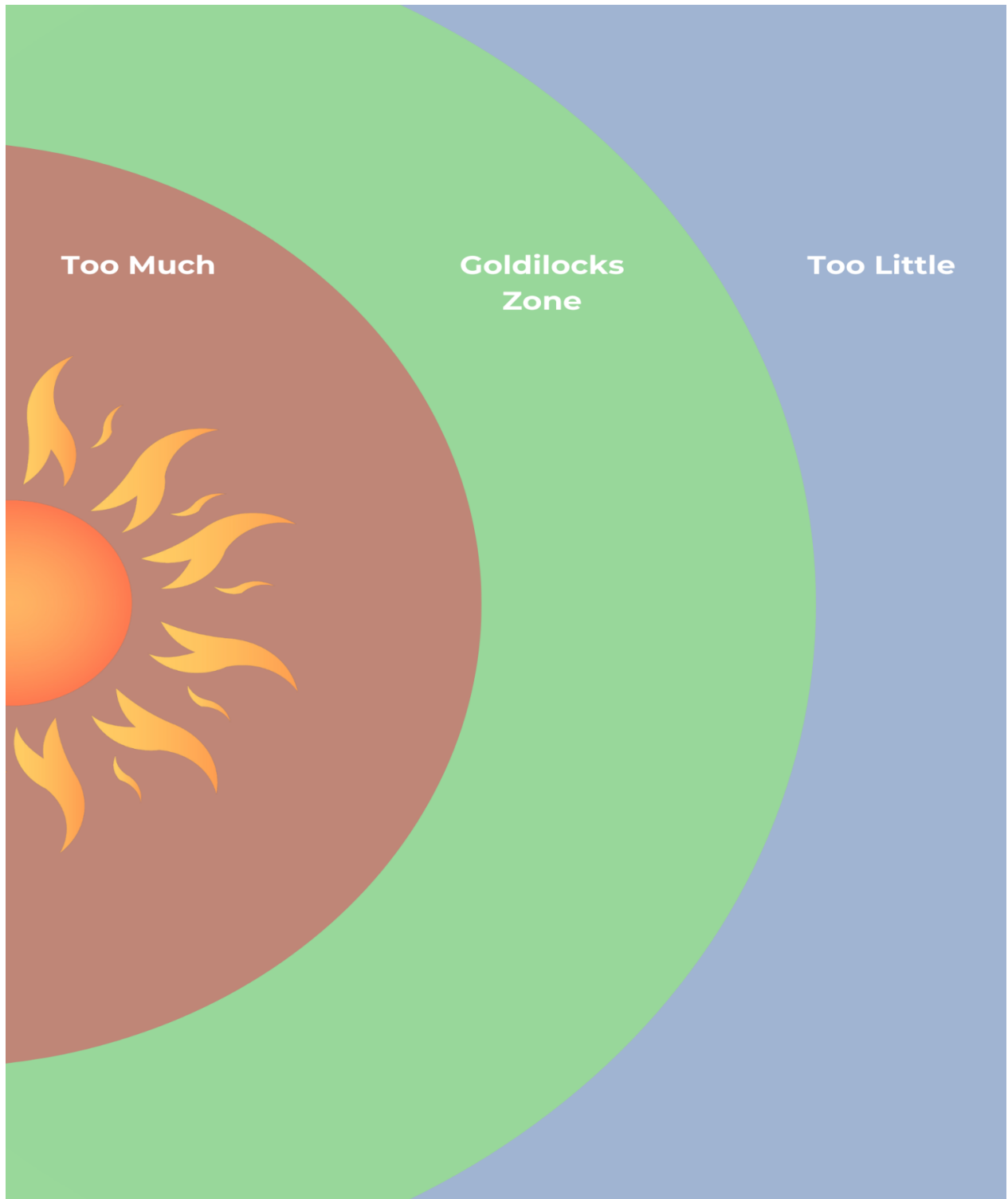


Colorin

MY INFLATION INHIBITOR

What or who is getting in my way or slowing me down?	How can I “release” this inhibitor?

THE GOLDBLOCKS ZONE



MY HEALTHY STRESS MANAGEMENT STRATEGIES

Strategies I use or want to try	The outcome of using this strategy	Favourites

BOUNCE BACK STRENGTHS STORY



What was the challenge or unexpected event?



What did you do to overcome it? How did you do it? What steps did you take?



Did anyone help you?



What skills/strengths did you use?



Did you use a strategy that helped you?



What are you most proud of?

BOUNCE BACK STRENGTHS

Below are some examples of positive coping skills, attitudes and strategies. They are all words or phrases that could be used to complete the sentence: “I use my... to overcome challenges”. As you listen to the stories of group members, circle the strengths you hear and add any additional ones.

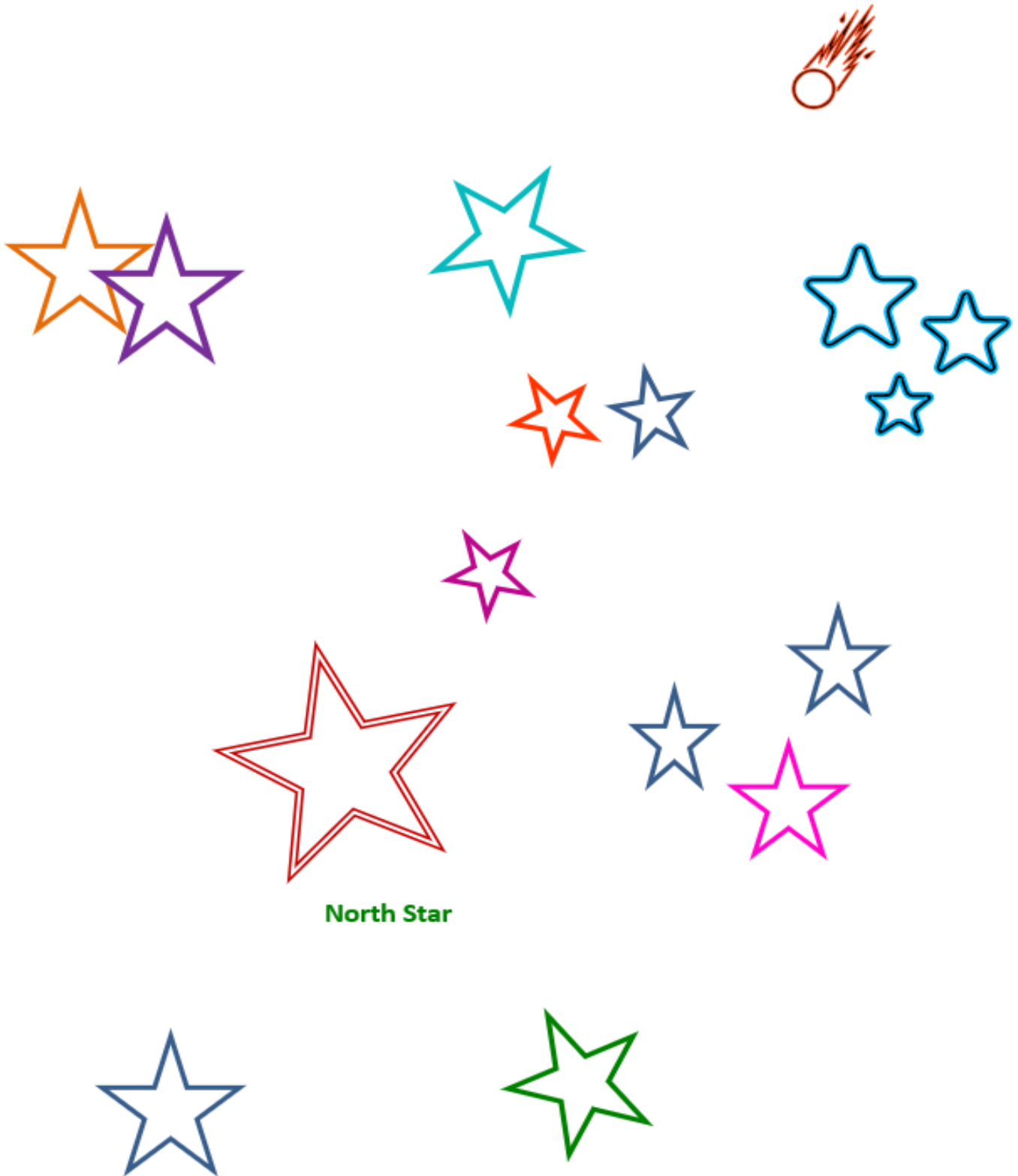
Ability to create win-wins/compromises	Ability to manage information	Achievement/Goal oriented
Adaptability/Flexibility	Global mindedness (i.e. ability to see things from many different points of view)	Belief in self
Communication skills	Creativity	Determination/persistence
Empathy	Healthy emotional expression	Healthy perspective when faced with adversity
High expectation for success	Humour	Initiative (i.e. seeing something that needs to be done and doing it)
Leadership	Motivation to succeed	Negotiation skills (i.e. the ability to bargain or resolve disputes)
Optimism	Organizational skills	Planning skills
Positive attitude	Positive self-talk	Problem solving skills
Realistic assessment of situations	Responsibility	Self-control (of negative impulses/emotions)
Sense of being in control	Teamwork skills	Thinking skills (thinking outside the box, creative thinking)
Time management skills	Ability to trust	Willingness to ask for help

BOUNCE BACK STRENGTHS

Below are some examples of positive coping skills, attitudes and strategies. They are all words or phrases that could be used to complete the sentence: “I use my... to overcome challenges”. As you listen to the stories of group members, circle the strengths you hear and add any additional ones.

Ability to create win-wins/compromises	Ability to manage information	Achievement/Goal oriented
Adaptability/Flexibility	Global mindedness (i.e. ability to see things from many different points of view)	Belief in self
Communication skills	Creativity	Determination/persistence
Empathy	Healthy emotional expression	Healthy perspective when faced with adversity
High expectation for success	Humour	Initiative (i.e. seeing something that needs to be done and doing it)
Leadership	Motivation to succeed	Negotiation skills (i.e. the ability to bargain or resolve disputes)
Optimism	Organizational skills	Planning skills
Positive attitude	Positive self-talk	Problem solving skills
Realistic assessment of situations	Responsibility	Self-control (of negative impulses/emotions)
Sense of being in control	Teamwork skills	Thinking skills (thinking outside the box, creative thinking)
Time management skills	Ability to trust	Willingness to ask for help

MOMENTUM CONSTELLATION



ADMIRABLE QUALITIES

What qualities do you see in those you respect and admire? This list is to help you fill in your Momentum Constellation. Circle the ones that you see in those you admire. Add any that you think are missing from the list.

Hospitable/ Welcoming	Curious	Intuitive	Realistic
Active	Determined	Cheerful	Reflective/ Thoughtful
Ambitious	Disciplined	Loyal	Reserved
Likable	Discrete	Methodical	Respectful
Attentive	Dynamic	Careful	Responsible
Independent	Emotional	Optimistic	A Dreamer
Leading edge	Energetic/ Enthusiastic	Organized	Sensible
Adventurous	Reliable	Original	Serious
A Joker	Demanding	Open	Helpful
Calm	Expressive	Passionate	Sociable
Competitive	Entrepreneurial	Doesn't give up	High Moral Standards
Confident	Flexible	Observant	Spontaneous
Convincing	Generous	A Perfectionist	Sympathetic
Courageous	Honest	Patient	Tolerant
Creative	Innovative	Positive	Brave
Critical Thinker	Honourable	Practical	A Planner

BOUNCE BACK CHALLENGE COPING SKILLS, ATTITUDES AND STRATEGIES

Circle all the skills you used to help you complete the Bounce Back Challenge and add any that are missing:

Ability to create win-wins/compromises	Ability to manage information	Achievement/Goal oriented
Adaptability/Flexibility	Global mindedness (i.e. ability to see things from many different points of view)	Belief in self
Communication skills	Creativity	Determination/persistence
Empathy	Healthy emotional expression	Healthy perspective when faced with adversity
High expectation for success	Humour	Initiative (i.e. seeing something that needs to be done and doing it)
Leadership	Motivation to succeed	Negotiation skills (i.e. the ability to bargain or resolve disputes)
Optimism	Organizational skills	Planning skills
Positive attitude	Positive self-talk	Problem solving skills
Realistic assessment of situations	Responsibility	Self-control (of negative impulses/emotions)
Sense of being in control	Teamwork skills	Thinking skills (thinking outside the box, creative thinking)
Time management skills	Ability to trust	Willingness to ask for help
Flexibility	Getting Help from Others	

RETURN TO THE WHEEL

Moving OK	Moving OK, but I want to make a small change	Not moving OK, I'd like to move differently
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Possible Circle of Motion Categories

Work	Fitness/Health	School/Training
Family	Friend	Spirituality
Community Involvement/ Volunteering		

