

LEADER



I WILL CONTINUE TO GROW
AND LEARN SO
I CAN TEACH & TRAIN YOU
NEW THINGS YOU
NEED TO KNOW &
OLD THINGS
THAT NEED TO GO

White Dog Blue



HANDLING HARD THINGS

It seems impossible to handle some things because they are “just too hard.” Things like rejection, criticism, embarrassment, conflict and differing views can throw us into an emotional tailspin. One of the reasons they seem so hard is because of the reaction our mind, body, and spirit are having, all at the same time.

Here’s some good news. There are some stellar ways to handle these hard things

Learn to recognize when your anxiety is kicking in.

Your mind starts racing

You can’t think clearly

Your body feels tense and yucky

Your heart starts racing, your neck/shoulders may hurt

Your emotions are all over the place (anger, fear, panic, excited, spicy)

You may feel all of the above all at once or in waves

Pause! You don’t need to react. Sometimes we react quickly, in the middle of our anxiety, and then things get worse. Take time to let your mind and body settle down before deciding what to say or do. Cortisol!

Your emotions are valid, your outbursts are not. Your emotions do not control you; you control them. When raging, you lose credibility and traction, it shows you are out of control and are no longer contributing anything of value to the conversation or situation. Remember: reactions are ridiculous. *If you are not sure what emotions may be active, check out the “Feelings List” at the end of this section.*

Breathe! Take 5 - 8 deep breaths. In through your nose, hold the air deep in your lungs. Then breathe out through your mouth. When we are anxious, we tend not to breathe deeply, and our brain and body do not get enough oxygen. Your mind needs this oxygen to process what is happening and what to do next.

Use the ATLAS tool to help you. The more you practice, the more this becomes your normal. Over time, you will grow in your ability to stay calm and process things in healthy ways.

YOU ARE NOT ALONE—It’s a good idea to have a trusted adult help you. They cannot fix the situation, but they can help you through it.



ATLAS

As you are developing into the calm, consistent, loving, leader that your dog needs, you will need to learn and grow. This is a tool you can use, it's called ATLAS. We start by observing and evaluating our personal skills. Then, we set goals for what we need to learn. We then lay out a plan of action and get started.

A

Know where you are now, Point A on a map. Have a parent/guardian, or trusted adult, help you. (There is a sample list on the next page of personal development skills.)



T

Tell the TRUTH to yourself and others. When you are embarrassed and try to hide, you become your worst bully. Be bold and brave.



L

Learn what it is that you need to know. Point B on a map. What skill do you want to develop? Write it down: goal, steps, ideas, fears & concerns.



A

Add partners. Find 1-2 people to help you go forward. Remember, your greatest champion is God. He will equip you. "I can do all things through Christ, who strengthens me." Philippians 4:13



S

Stay on course. It is hard to learn new things and be consistent. BUT, you will do this ONE-STEP-AT-A-TIME. In a short time you will see the growth! Use your self-discipline.



SELF-DISCIPLINE

One of the most important skills you can develop is self-discipline. Discipline is not punishment—it is the process of teaching, training, and redirecting so that growth can happen.

Self-discipline is the ability to say "no" to what you want right now so you can achieve what matters most in the future.

When you develop self-discipline, you gain the ability to set goals, stay focused, and follow through successfully.



PERSONAL DEVELOPMENT SKILLS

Below is a list of personal development skills that you will need in life. We are not born with these things, we develop these things. Remember, you will learn and develop these over time, with help and practice.

HONESTY & INTEGRITY	HOW I FEEL ABOUT MYSELF	HOW I HANDLE MY FEELINGS	EATING & HEALTHY LIFESTYLE	MAKING CHOICES
ANXIETY LEVELS	MY GENERAL ATTITUDE	PERSONAL BOUNDARIES	FRIEND RELATIONSHIPS	FAITH
ABILITY TO ADAPT & CHANGE	SELF-CONTROL & SELF-DISCIPLINE	HOW I HANDLE BEING EMBARRASSED	FAMILY RELATIONSHIPS	HONORABLE WORK
ACADEMIC STRUGGLES	HOW TO ASK FOR HELP	MY REACTIVITY	DISTRACTION & GETTING MOTIVATED	MY VOLUME & TONE

Choose one area that you would like to focus on. What did you choose?

Who can help you reach your desired goal in this area?

What are a couple ideas that you think will help you get started right now?

What might get in the way of your reaching these goals?



FEELING WORDS

ABANDONED
ACCEPTED
AFFECTIONATE
AFRAID
AMBIVALENT
AMUSED
ANGRY
ANXIOUS
APPRECIATED
ASHAMED
ATTRACTIVE
AWKWARD

BETRAYED
BEWILDERED
BITTER
BORED
BRAVE
BURDENED

CALM
CHEATED
CHEERFUL
CLEVER
COERCED
COMPETITIVE
CONCERNED
CONDEMNED
CONFIDENT
CONFUSED
CONTROLLED
CRUSHED

DECEIVED
DEFEATED
DEFENSIVE
DEPRESSED
DESPERATE
DESTRUCTIVE
DETERMINED DEV-
ASTATED
DISAPPOINTED
DISCOURAGED
DISGRACED
DISGUSTED
DISMAYED
DISTANT

EAGER
EMPTY
ENCOURAGED
ENERGETIC

EXCITED
EXHAUSTED
EXUBERANT

FASCINATED
FLATTERED
FLUSTERED
FOOLISH
FORTUNATE
FRANTIC
FRUSTRATED
FULFILLED
FURIOUS

GLAD
GOOD
GRATEFUL
GREEDY
GRIEF
GUILTY

HAPPY
HARASSED
HELPFUL
HELPLESS
HIGH
HOPEFUL
HOPELESS
HORRIFIED
HUMILIATED
HURT
HYSTERICAL

INFATUATED
INFURIATED
INSECURE
INTIMIDATED
IRRITATED
ISOLATED

JEALOUS
JOYFUL
JUMPY
JUSTIFIED

KIND

LAZY
LEFT OUT
LONELY
LOST
LOVED

LOVING
LOW
LUSTFUL

MANIPULATED
MEAN
MISERABLE
MISUNDERSTOOD

NEGLECTED
NERVOUS

OBSESSED
OFFENDED
OPTIMISTIC
OUTRAGED
OVERWHELMED

PANICKED
PEACEFUL
PEEVED
PERSECUTED
PITIFUL
PLEASED
PRESSURED
PRETTY
PROUD
PUZZLED

QUARRELSOME

RAGE
REBELLIOUS
REJECTRED
RELAXED
RELIEVED
RELUCTANT
RESENTFUL
RESIGNED
RESPECTED
RESTLESS
RIDICULED

SAD
SCREWED UP
SHOCKED
SHY
SKEPTICAL
SMOTHERED
SORRY
SPITEFUL
STUNNED

STUPID
SURPRISED
SUSPICIOUS
SYMPATHETIC

TEMPTED
TENSE
TERRIBLE
TERRIFIC
TERRIFIED
THREATENED
TIMID
TIRED
TORMENTED
TORN
TRAPPED
TROUBLED

UGLY
UNAPPRECIATED
UNCOMFORTABLE
UNDECIDED
UNEASY
UNLOVED
UNORGANIZED
UNSETTLED
UNWANTED
UPSET
UPTIGHT
USED

VALUED
VINDICTIVE
VIOLENT
VULNERABLE

WEEPY
WICKED
WONDERFUL
WORRIED
WORTHLESS

DOING HARD THINGS

1. Which of the following can be a sign that anxiety is kicking in?
 - A. Your mind starts racing and you have trouble thinking clearly
 - B. You suddenly become better at solving every problem
 - C. You never have any emotions
 - D. You always feel completely relaxed

2. When you are feeling overwhelmed or anxious, what is a good first step?
 - A. React immediately before you have time to think
 - B. Pause and give your mind and body time to settle down
 - C. Yell so people know you're upset
 - D. Pretend you aren't feeling anything

3. What does the statement "Your emotions are valid, your outbursts are not" mean?
 - A. You should never have strong emotions
 - B. Your feelings are real and important, but you are responsible for how you express them
 - C. You should hide your emotions from everyone
 - D. Strong emotions give you permission to hurt others

4. How can deep breathing help when you are anxious?
 - A. It makes the problem disappear immediately
 - B. It helps your mind and body settle so you can think more clearly
 - C. It guarantees that everyone will agree with you
 - D. It prevents you from ever feeling anxious again

5. Why can having a trusted adult help you handle difficult situations?
 - A. They can make every problem disappear
 - B. They can make all your decisions for you
 - C. They can support you and help you work through the situation in a healthy way
 - D. They can prevent you from ever making a mistake

ATLAS

1. What is the first thing you should do when using the ATLAS tool?
 - A. Pretend you already know everything
 - B. Observe and honestly evaluate your current skills
 - C. Give up if something is difficult
 - D. Ask someone else to do the work for you

2. In ATLAS, what does "Point B" represent?
 - A. Where you are right now
 - B. A place where you take a vacation
 - C. The skill or goal you want to develop
 - D. A reason to stop trying

3. Why is it important to tell the truth to yourself and others about your skills?
 - A. So you can recognize what you need to learn and grow
 - B. So you can avoid learning new things
 - C. So other people will think you are perfect
 - D. So you never have to ask for help

4. Who could you ask to be a partner as you work toward your goals?
 - A. No one—you should always do everything alone
 - B. One or two trusted people who can encourage and help you
 - C. Only someone who agrees with everything you say
 - D. Someone who will do the work for you

5. What does "one-step-at-a-time" mean when working toward a goal?
 - A. You must become perfect immediately
 - B. You should take small, consistent steps and keep going even when learning is difficult
 - C. You should quit when you make a mistake
 - D. You should only work on your goal when you feel like it

SELF DISCIPLINE & PERSONAL DEVELOPMENT

1. What is self-discipline?

- A. Punishing yourself when you make a mistake
- B. Doing whatever you want whenever you want
- C. Saying "no" to what you want right now so you can achieve something more important in the future
- D. Avoiding things that are difficult

2. Which is an example of self-discipline?

- A. Choosing to practice with your dog even when you'd rather play video games
- B. Quitting when training becomes difficult
- C. Ignoring your responsibilities
- D. Waiting until someone forces you to do something

3. What is the purpose of discipline?

- A. To punish people for making mistakes
- B. To teach, train, and redirect so growth can happen
- C. To make people feel bad about themselves
- D. To make sure nobody ever makes a mistake

4. Why are personal development skills important?

- A. They help us grow and become more capable throughout our lives
- B. They are only useful when training dogs
- C. We are automatically born with every skill we need
- D. They mean we never need help from anyone else

5. How do we develop personal development skills?

- A. By expecting ourselves to be perfect
- B. By avoiding challenges
- C. Through learning, practice, time, and help from others
- D. By giving up when we struggle