

HELP STUDENTS LIVE A LIFE THEY LOVE



GOODLIFEGUIDE PLAYBOOK

CREATED BY
NATE CHRISMAN



Thank you for purchasing an authorized edition of this book and for complying with copyright law.

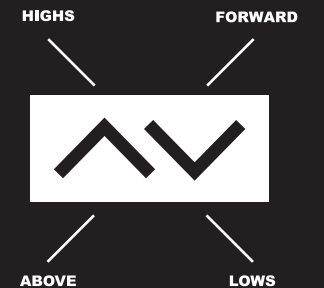
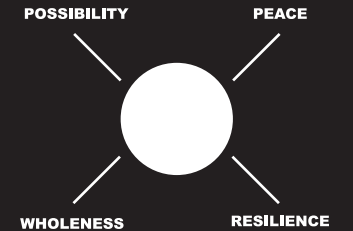
Copyright @ 2020 GOODLIFE, LLC

All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means - electronic, mechanical, photocopied, recorded, or any other - except brief quotations in printed reviews, without the prior permission of the author.

IWANTGOOD.ORG

SAMPLE LIFE

BRAND BREAKDOWN



**LOVE
YOUR
LIFE**



FROM THE AUTHOR

I designed this guidebook for people who understand that **the keys to the future are held in the hands of the next generation**. Many of us see the need to help young people who are facing significant challenges in today's world. Abuse, neglect, poverty, oppression, addiction, substance use, and apathy, among other issues, are things we can easily identify, but the more difficult task is identifying how we can help.

If you've ever been discouraged about the direction of the world, or hurt on behalf of a young person dealing with uncontainable circumstances, or maybe you're tired of seeing young people sit on the sidelines while you know they have so much to offer the world, this guidebook is for you!

None of us can do everything to solve the world's problems, but everyone can do something. Investing in the life of a young person is quite possibly the greatest contribution you can make to the world while dramatically impacting a life for **GOOD**. The story of our communities tomorrow will be determined by our willingness to effectively invest in a young person today.

This book will guide you on a journey to see students become more focused, confident, and resilient, living a life they love. The content of this book has been architected using evidence-informed prevention frameworks and provides a path for caring adults like you to effectively connect to today's youth. You can guide students with confidence knowing that what you're using has been curated with the best tools and methods available.

Hope is possible. A bright future is possible. Together, we're illuminating possibility for every student.

SAMPLE

ABOUT THE AUTHOR

Nate Chrisman and his wife, Mindy, live in the Dayton, Ohio area with their five children. Nate is the Founder and CEO of **THELEFT**, a non-profit community initiative for youth, and the creator of **GOODLIFE**, a lifestyle, curriculum, and resource brand for empowering youth to live a life they love.

EVERYONE IS A LEADER

Have you ever felt like someone was watching you?

You're not alone. We've all felt that way because it's true. We're so wired for social interaction and connection that we watch others and we are being watched by others all the time. If you find the same person lurking in a dark corner everywhere you go, you may want to take some action to investigate. But that's not what I'm talking about.

Suppose you're attending a sporting event or concert of your favorite professional team, famous artist, or performer. The event is minutes away from starting and you're in a sea of people trying to figure out where to go to get to your seat. You see the crowd of people around, but one seems different. He's dressed in a 3 piece suit, carrying a briefcase, and you see him make his way through an unmarked door. Everyone else around you is moving in the same direction as they make their way to their seat. Who do you follow?

Chances are you didn't follow the man in the suit. What you didn't know was that the man was making his way to his private suite and the inscription on the briefcase displayed his name with the title CEO. This man you didn't follow was the CEO of the company whose name is on the arena you're in. He has special access, carries the title of CEO, and no doubt has a large compensation package that paid for the \$2,000 suit he was wearing; and yet, you didn't follow him. You most likely followed an average, ordinary person and in the same way there was someone behind you who chose to follow you instead of the man in the suit.

Leadership expert John Maxwell defines leadership as influence. We're all leaders because we all have the ability and opportunity to influence others every day. The reality is, whether we realize it or not, we're already influencing our siblings, friends, or even others who only know us from a distance.

GOODLIFE Leadership Society is about becoming the greatest you can be. Exceptional leadership means learning to lead ourselves well before we can lead others. We're inviting every student on a journey to discover how to lead ourselves and others and truly experience a life we love.

EXCEPTIONAL
LEADERSHIP
MEANS
LEARNING TO
LEAD OURSELVES
WELL BEFORE
WE CAN LEAD
OTHERS.

YOUR INVESTMENT
AS A GOODLIFEGUIDE
HAS THE POWER TO
CHANGE THE
OUTCOME FOR A
STUDENT.

THE FRAME

The **GOODLIFE** is for every student.

We always present the vision over the need.

The **GOODLIFE** is not about making “bad kids” good. It’s about shining light into their lives that are often dim or dark. This means, students are often not able to see the possibility and potential for their lives. Often the circumstances, conflict, and chaos that fill their lives are so big, it’s difficult to see beyond them.

We want every student to become focused, confident, and resilient knowing that it’s possible to live a life they love and overcome adversity and the challenges they face. We want them to leave the status quo behind and thrive.

Your investment as a **GOODLIFEGUIDE** has the power to change the outcome for a student.

RELATIONSHIP = INFLUENCE

Every moment of support, encouragement, and empowerment with your student builds a stronger bond, giving you more influence with them. Never underestimate the power of consistently and intentionally investing into their life.

A great guide does not have all the answers, but they help the one they’re guiding discover clarity and direction on their own. **A great question is ALWAYS better than great advice.** We win as a guide when those we’re guiding self discover something that brings value to their life, even when it’s the realization we wanted to tell them all along.

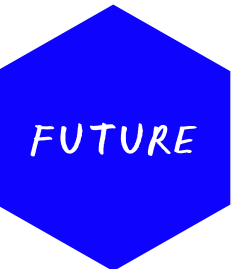
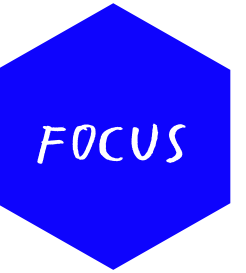
There will be times when a student isn’t “getting it” and we step in to offer insight and perspective and help bring clarity to their thought process. This should be the exception, not the rule. Remember that most of us are not counselors or psychologists, we’re simply walking students through a process that will help them learn, grow, and know they have someone who cares for them.



DO
YOU
LOVE
YOUR
LIFE?

As people, we're all unique and come from different walks of life. However, no matter our age, gender, or background most of us generally want the same things. We want to live with internal peace, free from crumbling under the weight of anxiety and the negative pressures of life. We want meaningful relationships with others we really know, and who really know us and love us anyway. We want to make decisions that we know are best and will lead us to the best life possible. We want to live life with purpose, knowing that we're adding value to others and the world around us.

GOODLIFE illuminates the possibility to discover the life we love. **GOODLIFE** delivers the teaching and tools to experience more life and a better story through the core areas we call the "4 Factor."



Focus

“THE INSIDE YOU THAT
NO ONE CAN SEE
WILL DETERMINE THE
OUTSIDE YOU THAT
EVERYONE CAN SEE.”

EVERYTHING BEGINS WITHIN

FOCUS is all about examining our thoughts, emotions, source of meaning, motives, and intentions that guide our lives.

The “inside you” that no one sees ultimately determines the “outside you” that everyone sees. We can only put on a “good” front for so long until things close in on us and reveal that things haven’t been “good” at all. We do well at filtering our lives online and crafting the “story” we want everyone else to see, but we often fail to examine and pay attention to what is happening on the inside.

FOCUSCODES

- We live like who we are matters most.
- We embrace the tension that makes us better.

FRIENDS

“THE LIFE WE WANT
WILL HINGE ON THE
FRIENDS WE HAVE.”

RELATIONSHIPS CAN MAKE YOU OR BREAK YOU.

Relationship equals influence and influence equals power. This means that the people we invest our time, energy, and emotion into will be the ones who often have the power to influence and direct our lives. We'll go to them when we need advice, help, or just someone to hang out with. If we're going to live the **GOODLIFE** we must pay close attention to the people we're surrounded by, because the life we want will hinge on the friends we have.

FRIENDCODES

- We become the kind of friends we'd like to have.
- We invest into the relationships that help us grow.

FREEDOM

“FREEDOM IS THE
POWER TO OWN THE
STORY OF YOUR LIFE.”

CHOICES DETERMINE OUTCOMES.

The greatest gift we have is freedom. Freedom is the pathway to think, believe, and act as we choose. In some extreme cases, our freedom in one or more of these areas has been violated and/or taken from us. For others, the way someone else used their freedom to think, believe, and act has impacted our story.

Even when circumstances and the decisions of others bring devastating hurt and discouragement into our lives, we still have the power to determine how we will think, believe, and act in response. Placing blame on people and circumstances gives those people or things power and, as a result, we give away the freedom we have to own our life story. Freedom is about acknowledging that we have the power to choose the outcome of our story.

FREEDOMCODES

- We make decisions today that we're still glad we made tomorrow.
- We live like every decision matters.

FUTURE

“WHAT IS, IS NOT ALL
THERE IS.”

SAMPLE

THE PATH OF POSSIBILITY.

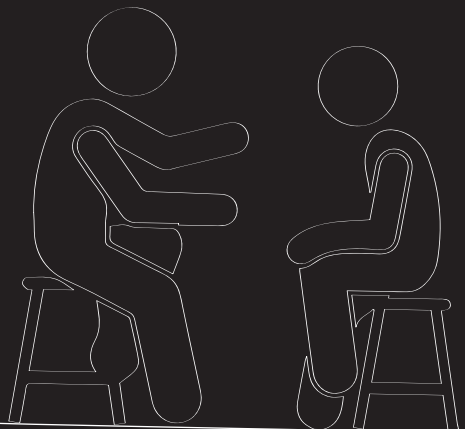
What “is” is not all there is. Every moment of our lives has led us to where we are now. We are all standing at the edge of where we have been and where we will go. When we embrace the gifts and desires we have and the experiences life has brought us, we can use them to create the life we want to live. The past can shape us and teach us but it does not define us. We experience the **GOODLIFE** when we choose to own every moment as we take one step forward at a time.

FUTURECODES

- We stride toward the life we want.
- We do the small things that make big things happen.

AS A GOODLIFEGUIDE:

I WILL SUPPORT, ENCOURAGE,
AND EMPOWER STUDENTS AS
THEY SEEK TO LIVE THE
GOODLIFE.



GOODLIFEGUIDE (S.E.E. YOUR STUDENT)

Memorizing these 3 words can help focus you each time you're engaging with your student.



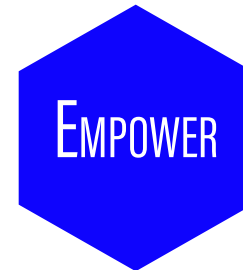
Support

Caring, listening, accepting, and respecting



Encourage

Add value to their life through words

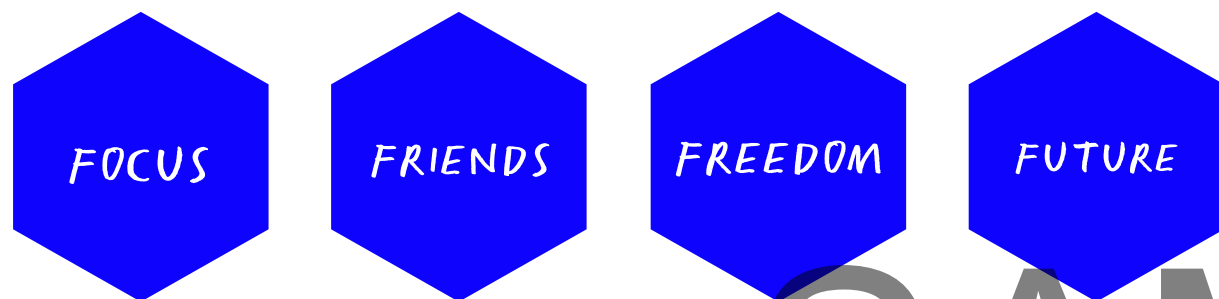


Empower

Lead them to self-discover purpose, meaning, and direction

HOW TO USE THIS BOOK

Each month is built around a 4Factor core area of life:



These are the 4 core areas that when healthy, can create the opportunity for students to love their life. During your first session each month, you'll want to share the 4Factor core overview found at the beginning of each month's content. Then, move on to the first week's content. Each month includes 4 sessions. Depending on when you start, you may want to combine multiple weeks' questions into one session and adjust the weekly challenge as needed.

NOTE: August includes "get to know you" content that can be used as your first set of conversations no matter what month you begin coaching.

The monthly content is laid out in 3 sections: Connect, Question, and Challenge.

Connect

This section is designed to help you introduce the week's content and for you and your student to get to know each other better.

Question

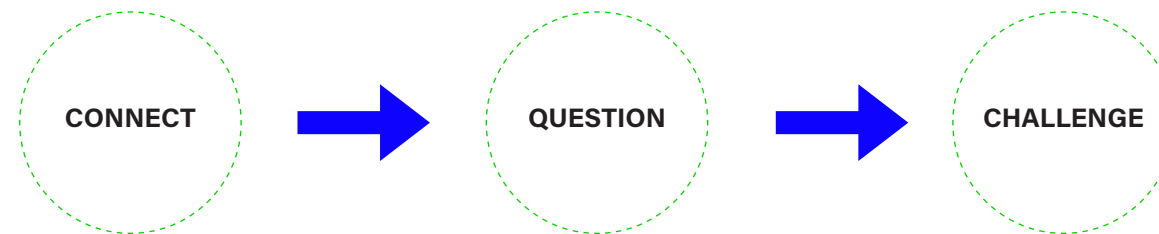
This section is designed to inspire self-reflection and self discovery.

Challenge

Each week's challenge is designed to put what each student has discovered into action.

Guide Tip

It's important to understand that this book is meant to be used as a framework. As the guide, you have the freedom to word things in a way that sounds like you while not compromising the meaning of the content. We recommend that you read each week's Question, word for word, but adapt the Connect and Challenge section as needed to work best for you and your student. We want the conversation to stay comfortable, relevant, and as natural as possible.



FOLLOW THE PLAYBOOK

GOODLIFE prevention and social emotional learning curriculum has been architected using evidence-informed prevention frameworks. **GOODLIFE** provides the **PLATFORM** for **CARING ADULTS** to effectively connect to today's youth with confidence, knowing that what they are using to guide, mentor and empower youth has been curated with the best tools and methods available.

Research shows that mentored youth are less likely to skip school or engage in drinking, drugs, and violence. Mentoring also reduces risks of early antisocial behavior, alienation, family management problems, and lack of commitment to school. Finally, mentoring helps to produce healthy beliefs, creates opportunities for involvement, and reinforces pro social behavior.

The **GOODLIFEGUIDE** Playbook will be most effective when used consecutively year after year, even if you're guiding the same student you had last year. The life and leadership principles delivered through the monthly content will apply differently during each season of a student's life. Every question is designed to facilitate meaningful conversations designed around evidence informed frameworks that will lead to positive outcomes for students.

GOODLIFE IS FOR YOU

The **GOODLIFE** Framework is not only relevant for students, but also for the guides. Investing time to reflect on and apply the weekly content to our own lives will be the most effective way we can guide our students to do the same. Relating to students through our own learning and growth is an extraordinary way to connect.

BEST PRACTICES

Getting matched with a student and the process for becoming their guide is determined by the organization with which you're affiliated. Your organization will provide you with the proper steps they require for you to become an approved guide.

During your journey, students may share sensitive information with you. Before you begin, please consult your organization's best practices and policy procedures.

“WE CAN
TEACH WHAT
WE KNOW, BUT
WE DUPLICATE
WHO WE ARE.”

-BEN HOLADAY



GOODLIFE
IS THE LIFE YOU
LOVE.

THE JOURNEY

LOVE YOUR LIFE

The **GOODLIFE** is the life you love.

Welcome to the journey of discovering inner peace, meaningful relationships, life-giving choices, and liberating possibility to live a life you love!

GOODLIFE is a lifestyle of loving what is truly good. Loving our lives begins with loving what is truly good in life. There are many things we often call "good" that are not good for us at all. **GOODLIFE** teaches how to experience more life through the core areas we call, the "4 for more."

CONNECT

Share with the student why you chose to be a mentor and why you think this will be a positive experience for you and the student you are mentoring. Share some things about yourself to help the student get to know you.

QUESTION

How do you think this could be a good experience?

CHALLENGE

Each week I'll be giving you a challenge to help you grow and further personalize our discussions. This week, I would like you to journal about what would make this mentoring experience good for you? What do you think would make it not good for you?

SAMPLE

CONNECT

Discuss last week's challenge with the student you're mentoring and share some of your own ideas about what would make this a good or bad experience.

QUESTION

Tell me about yourself. Where do you live? Who do you live with? What do you like? What do you do with your free time?

CHALLENGE

To help me get to know you better, journal about some specific things in your past and/or present that have made your life challenging.

CONNECT

Empathize with the challenges the student you're mentoring faces. Find some common ground where your story helps you identify with what they shared with you.

QUESTION

What is something you are enjoying in life right now?

CHALLENGE

Journal about some of your most favorite moments or memories?

SAMPLE

CONNECT

Discuss last week's challenge and share some of your favorite moments and memories.

QUESTION

When is a time you felt most fulfilled and/or satisfied in life?

CHALLENGE

Journal about why you think you felt fulfilled or satisfied in what you shared with me.



**THE INSIDE YOU THAT
NO ONE CAN SEE WILL
DETERMINE THE
OUTSIDE YOU THAT
EVERYONE CAN SEE.**

SAMPLE

FOCUS

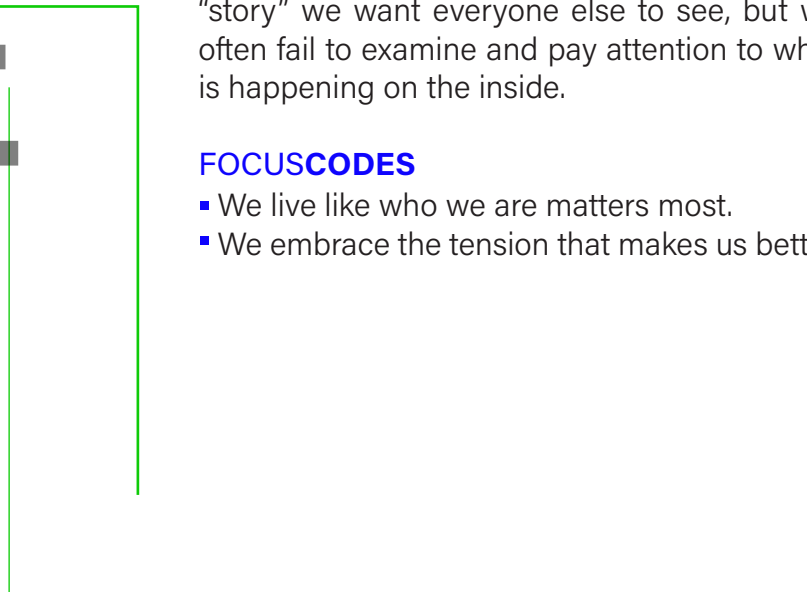
EVERYTHING BEGINS WITHIN

FOCUS is all about examining our thoughts, emotions, source of meaning, motives, and intentions that guide our lives.

The “inside you” that no one sees ultimately determines the “outside you” that everyone sees. We can only put on a “good” front for so long until things close in on us and reveal that things haven’t been “good” at all. We do well at filtering our lives online and crafting the “story” we want everyone else to see, but we often fail to examine and pay attention to what is happening on the inside.

FOCUSCODES

- We live like who we are matters most.
- We embrace the tension that makes us better.



CONNECT

Share about your experience in making decisions that didn't lead you where you wanted to be and impacted the story of your life.

QUESTION

What is the story you want others to tell about you? In other words: How do I want to be viewed and or known by others?

CHALLENGE

Write down all the things you wish were true about you.

SAMPLE

CONNECT

Help the student think more deeply about the list they've made. Guide them to not only think about vision for achievements but more importantly about vision for personal development and character. We want to guide students to become great people before they try to do great things. We'll challenge students to make a list of personal character attributes in week 3.

QUESTION

What is the story you tell yourself about you? (You're looking for answers like: I'm not smart. I'm smarter than most. I'm not good enough. I don't have what it takes. If only I had _____ then I could succeed.

CHALLENGE

Make a list of the positive things you believe about yourself and all of the negative things. Be as open and brutally honest as possible even if it's uncomfortable.

CONNECT

Speak truth into the life of the student. Share the positive things you see in them. Then, help them to understand the difference in acknowledging areas that may need improvement in their life and outright lies they may believe about themselves.

QUESTION

What character qualities would have to be true about you to live the story you want to tell? (You're looking for answers like: integrity, discipline, honesty, kindness, generous, etc)

CHALLENGE

Determine and write down one action statement you can take this week to become the person we've discussed. (Things like: Ask a mentor for advice before making a decision. Invest in my personal growth through reading, learning, journaling, prayer, meditation, etc.)

SAMPLE

CONNECT

Tell the student you're proud of the work they've put in to examining the person within. Challenge and encourage them to take next steps to put their work into action.

QUESTION

How would your daily actions need to change to pursue the life you want? Here, you're discussing last week's challenge and helping them think of more daily application ideas. (Things like: Waking up at a certain time each day. Exercising. Showing kindness to one person each day.)

CHALLENGE

Based on what you've discovered about yourself - where you are now, and where you want to be - journal about which "four for more" GOODLIFE areas you are most healthy in and least healthy in. Explain why? (See "4 for More" section in the beginning of this book.)

