

TRENT SHELTON

WITH DAVID TIECHE

STRAIGHT UP

HONEST, UNFILTERED,
AS-REAL-AS-I-CAN-PUT-IT
ADVICE FOR LIFE'S
BIGGEST CHALLENGES



A PDF COMPANION TO THE AUDIOBOOK

LESSON 01

SINK OR SWIM

REHAB TIME

Here are a few questions to help you think about this chapter and how it relates to you. Spend some time on these questions, and answer them as honestly as you can.

COACH PEP TALK

This chapter is about facing reality, but often we don't like to do this. We prefer to deny reality or pretend. It's not easy to force ourselves to think about these things in our lives, because it's painful. But as I learned, if you aren't honest, you might drown. And that's no good. So, try to be as honest as you can about the aches of your own heart.

QUESTION 1

In this chapter, I faced a situation that was pretty bad, but I didn't want to admit it was as bad as it was. Is there anything in your life right now that isn't going very well that you really wish were different?

The reality I've been avoiding/not facing honestly in my life is . . .

As you think about this problem, fill out this chart.

Things I <u>CANNOT</u> control in this situation	Things I <u>CAN</u> control in this situation

QUESTION 2

Looking at the column on the right, what is something you can do today or this week to start making progress on this problem?

The one thing I can do today/this week to make things better in my reality is . . .

.....

.....

.....

.....

.....

.....

.....

LESSON 02

GRAB THE BUOY

REHAB TIME

COACH PEP TALK

Just like I had to reach out for the buoy, you might have to reach out to someone for help. The best person is ideally a parent. They love you the most, and in a lot of situations they are likely the best people to talk to. If you're someone who just doesn't have parents you can rely on, try to find someone you trust and who believes in you. Take some time to fill this form out.

PERSON I KNOW WHO MIGHT BE ABLE TO REALLY HELP ME IN THIS SITUATION	WHAT I NEED FROM THEM

One of the best ways to reach out to someone is sending an email or text. Here's a template and sample note to help you with that email or text.

Dear So-And-So,
In one sentence, describe the situation.
Describe how you're stuck.
Describe what you need.
Request to meet.
Thank them.
Sign your name.

Dear Mr. Kenobi,

I have a tough situation in my life right now that I need help with. As you know, I live with my aunt and uncle on a moisture farm way out in the middle of nowhere. They want me to run the family business. It's not that I don't love my relatives, it's just that I want so much more than moisture. If I'm honest, I aspire to join the Rebellion, and maybe even become a star pilot and lead a strike force of X-wings against the evil Empire. But I feel trapped. I don't know what to do.

Would you be willing to meet with me, to give me advice and help me figure out what to do in this situation? I really respect you, and I sense you'd help me.

Let me know where and when works best for you.

Thank you.

Sincerely,

L. Skywalker

LESSON 03

WHAT IF THE END ISN'T THE END?

REHAB TIME

COACH PEP TALK

Being young is difficult, mainly because you haven't been alive that long. If you're fifteen, that means you have only fifteen years of life to look back on (and some of that, you hardly remember!). Which is why age has its benefits. In this activity, I'm going to have you chat with two people who are significantly older than you. They'll help and encourage you with their perspective.

ACTIVITY

Pick two people who are at least fifteen years older than you, and ask them these two questions. Make sure these are people you respect (and like!). Listen to their answers.

NAME OF PERSON	WHAT TO SAY
PERSON 1: _____	QUESTION 1: Can you tell me about a time when something happened to you that (at the time) you thought was very bad, but now, looking back on it, turned out to be very good for you? QUESTION 2: What did you learn from this situation?
PERSON 2: _____	

What did you learn from this exercise?

[illegible]

LESSON 04

OWN YOUR PAST (BEFORE IT OWNS YOU)

REHAB TIME

COACH PEP TALK

I need you to be kind to yourself when you're thinking about your own mistakes. But I also want you to realize that mistakes are often great life teachers. Examine your life, and answer this question: How did my past mistakes help me learn and grow?

YOUR STORY

The toughest thing I've been through is . . .

.....

.....

.....

Here are two things I learned from that tough experience:

.....

.....

.....

Complete this sentence: That difficult experience in my past turned me into a person who . . .

.....

.....

.....

BURN SOME BRIDGES

REHAB TIME

COACH PEP TALK

It's a serious thing to cut someone out of your life. Think hard on it. But sometimes it becomes crystal clear that you need to go in a direction that is the exact opposite of where someone else is headed. They're going down a path that's destructive for you. These questions are designed to help you unearth that.

QUESTION 1

This bigger question comes in three parts, which have to do with identifying people who you might want to cut out of your life. Think about them for a bit.

When I ask you, "Is there someone in your life who consistently makes you feel bad about yourself or your life?" does anyone come to mind?

.....

When I ask you, "Is there someone in your friend group who is constantly trying to influence you in a negative way?" does anyone come to mind?

.....

When I ask you, "Is there someone who is in your life who shouldn't be?" does anyone come to mind?

.....

QUESTION 2

Being honest with yourself, is there any reason to keep this person in your life? Are they for you, and helping you become who you are trying to become?

.....

.....

.....

.....

QUESTION 3

What steps could you take to remove yourself from this person? How could you begin to burn the bridge to that person? What needs to change?

.....

.....

.....

.....

LESSON 06

THE WORST PHRASE EVER

————— REHAB TIME —————

COACH PEP TALK

Giving up because something will likely be difficult is no reason to not do a thing. Nothing worth ANYTHING has ever been easy. We all have places in our lives where we're tempted to sneer and say, "Well, that's easier said than done." These questions are designed to help you see what those areas are for you . . . and help you change your perspective.

QUESTION 1

Is there some area of your life that, when you think about it, makes you feel overwhelmed with how difficult it will be, or how hard you'll have to work, or how much work it will require? What is that area?

.....

.....

.....

QUESTION 2

Why is working hard for that thing worth it? What will you gain?

.....

.....

.....

LESSON 07

COMPARISON IS DEATH

————— REHAB TIME —————

COACH PEP TALK

One way to get out of the trap of comparison is to shift your focus from what you ARE NOT to what you ARE. I want you to complete this activity by choosing at least three people from the list on the left and then texting them the script that's written on the right.

PEOPLE WHO KNOW ME WELL AND LIKE ME	WHAT TO ASK THEM
(circle three) MOM DAD GRANDMA GRANDPA TRUSTED ADULT COACH NEIGHBOR GOOD FRIEND 1 GOOD FRIEND 2 SIBLING RELATIVE FAVORITE AUNT FAVORITE UNCLE FAVORITE TEACHER YOUTH PASTOR/WORKER	Text them this question Hey, _____! I am doing an activity for a book, and I am supposed to ask someone who knows me well the following questions. Could you please help me by texting back some answers? QUESTION 1: What do you think makes me unique? QUESTION 2: What do you think I am good at? QUESTION 3: What 2–3 adjectives come to mind when you think of me?

What did you learn from this exercise?

.....

.....

.....

LESSON 08

STRAIGHT TALK ABOUT
FORGIVENESS

————— REHAB TIME —————

COACH PEP TALK

Discovering if you have a person you have not forgiven because they’ve hurt you is not always easy. But it’s a necessary activity if you want to move forward. This activity is designed to help you identify what’s going on inside you, and if you have areas of unforgiveness in your own heart.

STEP 1

Go through this list of questions and see if anyone comes to mind. If so, it's likely you're dealing with unforgiveness.

Do you hold a grudge against someone in your life who has hurt you in the past?

Do you get angry being around someone in your life, or even feel that way just thinking about them?

Do you keep a mental list of offenses someone has made against you?

Is there someone you tend to lash out at?

Is there some moment in your life where someone hurt you that you keep replaying in your head?

Is there someone you find yourself gossiping about?

STEP 2

If someone's name came to mind during step 1, then go to the next chapter, LESSON 09, and do the activity included in this PDF.

LESSON 09

HOW TO FORGIVE SOMEONE (EVEN IF THEY DON'T DESERVE IT)

REHAB TIME

COACH PEP TALK

Forgiving other people is hard work. Here's a step-by-step process that has helped me:

STEP 1: Be honest about your pain.

What was done? What was said? How did it impact you? How did it make you feel? How did this affect your life, and how is it still affecting your life?

STEP 2: Make a decision to forgive.

This is the hard part, because you won't feel like forgiving. That's okay. To forgive is to make a promise to not bring up the wrong with the person, or with others, or in your own thoughts. It's a promise not to dwell on the hurt, and to stop wishing harm on the perpetrator, wishing instead that God would work in their life and do good things in their life.

STEP 3: Choose empathy.

Empathy happens when you try to take on another person's perspective. Why do you think the other person did this to you? Put yourself in their shoes.

STEP 4: Ask God for help.

Remember that God forgives us. And that God commands us to forgive. Plus, God wouldn't ask you to do something you can't do without helping you. So ask for help.

STEP 5: Repeat as needed.

As we looked at before, forgiveness usually isn't a one-time thing. Every time the memories flood back, and you feel yourself getting upset, go through this process again. I promise, it does get easier.

LESSON 10

THE TWIN ASSASSINS OF BLAME + COMPLAIN

REHAB TIME

COACH PEP TALK

Blaming and complaining are pretty common, and if we're not intentional, we'll easily slip into these habits. This activity is meant to help you identify things you've been in a B/C mindset about, and help you switch to an A/C mindset.

QUESTION 1

Being honest with yourself, is there something that you've complained a lot about recently to your friends or the people around you? What is it? Perhaps there's something going on.

QUESTION 2

When you complain, what do you say?

QUESTION 3

Who do you tend to blame for this situation?

QUESTION 4

What is one step you can take (that you can control) to change your situation?

.....

.....

.....

LESSON 11

YOUR INTEGRITY IS WORTH
MORE THAN \$14.61

REHAB TIME

COACH PEP TALK

Sometimes we make the WRONG decision in life, and other times, we make the RIGHT decision. The woman in the coffee shop in this story did BOTH on the same day. I have found that it's sometimes helpful to think back both on the times you got it wrong AND the times you got it right to figure out what you can learn from those decisions. Because in the end, we want to get it RIGHT.

Time you made the WRONG decision	Time you made the RIGHT decision
What did you do?	What did you do?
What factors pushed you to make the wrong decision?	What factors pushed you to make the right decision?
What did you learn about yourself from this situation?	What did you learn about yourself from this situation?

QUESTION

Has there been a time recently when you've faced a tough choice and known what the right thing to do was, but didn't want to do it? How can you take a step to be brave and do the right thing the next time you need to make a difficult decision?

.....

.....

.....

.....

LESSON 12

STOP LIVING FOR THE EXTERNAL

————— REHAB TIME —————

COACH PEP TALK

It's good to spend a little time thinking about who you are, what you are about, what you love and why. Fill out the form on the next page and be as honest as you can.

BONUS POINTS: After you fill this out, text the questions back and forth with a good friend to share and compare answers. This will help you get to know them too.

THE ME MATRIX

What is something you're legitimately afraid of?	
What is something that makes you different than other people?	
What is your actual favorite movie?	
Write down five of the most awesome songs you've ever heard that you absolutely love.	
Besides your immediate family, who is your favorite relative? Why?	
What fictional character do you most identify with?	
If you got a tattoo tomorrow, what would it be and why?	
What's the most adventurous or daring thing you've ever done?	
What was your favorite vacation that you've ever taken and why?	
What is something in this world that upsets you/makes you mad?	
What's the best thing about you?	

LESSON 13

YOU WERE GIVEN WORTH AT BIRTH

REHAB TIME

COACH PEP TALK

Don't drink the poison milkshake. Drink the good one. Here's what I want you to do: read this poem (Psalm 139) and really interact with the words in the space provided.

Read the poem. Highlight or underline the things that stand out to you.	Why did you underline what you did? Why did it stand out to you?
PSALM 139:13–17 NLT <i>You made all the delicate, inner parts of my body and knit me together in my mother's womb.</i> <i>Thank you for making me so wonderfully complex!</i> <i>Your workmanship is marvelous—how well I know it.</i> <i>You watched me as I was being formed in utter seclusion, As I was woven together in the dark of the womb.</i> <i>You saw me before I was born. Every day of my life was recorded in your book.</i> <i>Every moment was laid out before a single day had passed.</i> <i>How precious are your thoughts about me, O God.</i>	

LESSON 14

PROTECT YOUR PEACE

REHAB TIME

COACH PEP TALK

If you don't protect your peace and disconnect, you'll burn out. So how do you do this? I have a strategy that I've been using for a while that a lot of people have found to be helpful. I call it the FOUR A'S. Read the explanation for each A below and then fill out the chart.

A=APPRECIATION

Gratitude really helps your mindset. Often, we get so busy thinking about what we DON'T have that we don't stop to properly thank God for all the things that we DO have. I mean, first off, appreciate the fact you're alive. Appreciate the fact you have people who love you (name them). And here's a trick: don't just be grateful FOR the things you have. Be grateful TO God for giving them to you. It not only reminds you that you have good things, but that you have a Good Father who graciously GIVES you good things, like food, shelter, love, friends, and purpose. Gratitude is great for your soul.

A=AFFECTION

I know that stress is a real thing, but you know what else is a real thing? Hugs. Now, I'm not talking about random hugs. Hugging strangers is weird. I'm talking about hugs from people you love. There are studies that show that people who are hugged at least once a day feel more connected to the world (and are even less likely to get sick). Hugging actually releases oxytocin, often called "the bonding hormone." This hormone promotes attachment in relationships, and after a hug, it literally stays in your brain and influences your mood. I'm telling you: a hug a day can keep the stress away.

A=ACCOMPLISHMENT

How you start your day will influence your day. You want to start your day with a win. Set up a thing you can accomplish—and check off the list—so that you can gain positive momentum in your life. Get a small win. Maybe it's writing in your journal. Or doing a short workout. Or walking the dog. Do something small so you can say, "I did this today." You want to start the day off positive, because when you get a win (even a small one), you feel good.

A=ACTIVITY

Get your body moving. This is not only good for your body, it's good for your mind and soul. Do something that gets your body moving. Go walking or hiking or hit the weight room.

APPRECIATION	What are some things I'm deeply grateful to God for in my life?
AFFECTION	Who is someone who I love and have hugged today? NAME:
ACCOMPLISHMENT	What's a small task I can do in the morning that is an "easy win"?
ACTIVITY	What's a physical activity I like that can get my body moving?

LESSON 15

PROTECT YOUR LIFE

REHAB TIME

COACH PEP TALK

It's time to figure out who's in the house of your life and think about whether or not that person should be in that room. It's possible you need to move people out or around. Take some time to examine who's in your house and what effect they are having on your life.

ROOM	WHO'S IN THIS ROOM?	IS THIS PERSON GOOD FOR YOU? YES/NO/UNKNOWN
FRONT PORCH		
LIVING ROOM		
KITCHEN		
UPSTAIRS		

NUTRIENT-RICH SOIL

REHAB TIME –

COACH PEP TALK

It's time to evaluate the impact of the people around you. Think about the ten people you spend the most time with. Put their names on the list below. Then rank how much time you spend with them and how much of a positive influence they have on you (-10 is the lowest score and +10 is the highest). Multiply the two numbers together to see the total impact this person has on your life. Are there any changes you might need to make to your environment? Note: this exercise only works if you are honest.

[illegible]

LESSON 17

EVERY HERO NEEDS A GUIDE

REHAB TIME

COACH PEP TALK

I read once that every person needs at least twelve caring adults—people older than them—in their community and circle. That's a lot of people, actually. This exercise is designed to help you see who your guides are, and who you should add to your list of guides.

QUESTION 1

Make a list of every adult you have in your life who truly cares about you and pours into your life. How many people did you come up with?

QUESTION 2

Is there someone in your life (who is older than you) who you admire or respect? What is it about them or their life that you look up to? What would it look like to ask them for help or spend more time with them so they could help you in your life?

LESSON 18

NOT EVERYONE IS YOUR FRIEND

REHAB TIME

COACH PEP TALK

Figuring out who's around you and what kind of friend they are is the first step. The chart below will help you think about who is around you right now (or who has been around you in the past) and what kind of friend they might be.

TYPE OF FRIEND	DESCRIPTION	NAMES
Situational Friends	You're just friends because you're in the same place (like school) or do the same thing (like a sport or club)	
Fun Friends	You do fun stuff together, but you're not sure they'd help you if you needed it	
Dory Friends	They're loyal, but not truly helping you grow or develop	
Best Friends	They help you get better, point you to what's right, and help you get closer to God and who He made you to be	

LESSON 19

LOYALTY IS RARE

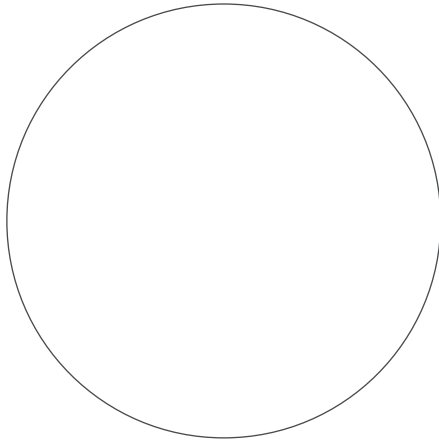
REHAB TIME

COACH PEP TALK

I know it's a sobering reality to think that maybe the people you're hanging around with aren't actually FOR you. Sometimes it's easier to be friends with the wrong people than to be alone. I get that. But in the end, we have to know who our real friends are. That's what this activity is designed to do. At the very least, look for the warning signs, and if you see them, you know, "This person is around me, but they're not really FOR me." That might save you some heartache.

ACTIVITY

Think about your friend group. Fill out this circle with everyone who might be "in your corner."



As you listened to this chapter, did anyone in this circle come to mind?
As you look at the names in your circle, do you have friends who:

Get jealous when you succeed?

Get mad at you when you say no to them?

Put you down, even a little bit?

Encourage you to do stuff you know is wrong?

LESSON 20

YOUR CIRCLE MIGHT NEED TO SHRINK

REHAB TIME

COACH PEP TALK

Your friends influence your life. You are who your friends are, and in a very real way, your friends can mean the difference between losing and succeeding. So it's time to evaluate the people in your life—and the impact they're having on your life. Complete the following questions, being as honest as you can.

ADD TO YOUR TEAM

Who is someone you should initiate a friendship with or spend more time with? In other words, who's someone you should INVEST in?

.....

What would that look like? Write down a couple of ways you could build that friendship.

.....

.....

.....

CUT FROM YOUR TEAM

Who is someone you should SEVER ties with, for your benefit and theirs?

.....

What would that look like? What are some things you'll have to change, or stop doing, to distance yourself from that person?

.....

.....

.....

LESSON 21

FRIENDS TELL EACH OTHER THE TRUTH

————— REHAB TIME —————

COACH PEP TALK

I'm going to have you practice the ARC method of communication. But I need you to understand something: the ARC method only really works with people you actually know and love. Don't do this with strangers or people you don't really know that well—it won't work.

QUESTION 1

Have you ever had to have a tough conversation like the ones I listed in this chapter? What was that like? Why was it tough?

.....

.....

.....

.....

.....

.....

.....

.....

QUESTION 2

In the space below, make a list of all the friends who are like Robbie to you—you care about them, and they care about you. These should be people you know would also tell YOU the truth.

.....

.....

.....

.....

.....

.....

QUESTION 3

Are there any tough, important conversations you KNOW you need to have with any of the friends on that list? Use the worksheet below to practice having a conversation with them about what's bothering you.

ARC WORKSHEET

ARC	
APPRECIATION	Make a list of two or three SPECIFIC things you honestly love about the person.
REASSURANCE	What does this person mean to you? Why is your life better because of them?
CONCERN	What is the issue, in one sentence? Be as direct as possible. Is there a way to say it in a way that's kinder?

LESSON 22

YOU CAN'T CHANGE PEOPLE

REHAB TIME

COACH PEP TALK

Being a good friend means helping your friends make good choices, both influencing them and supporting them to make (and continue to make) good choices.

STEP 1

Who is the most supportive person in your life? What kinds of things do they do to make you feel encouraged?

.....

.....

.....

.....

.....

.....

STEP 2

Choose five of your closest friends. Individually send each of them this text:

TEXT MESSAGE

Hey. So, I was just listening to Trent Shelton's book *Straight Up*. In one of the chapters on friendship, it said that good friends SUPPORT each other in making good choices. I was thinking, is there a way that I could be more supportive of you?

LESSON 23

YOUR DEEPEST PAIN CAN BE YOUR BEST FRIEND

REHAB TIME

COACH PEP TALK

If you're anything like I was, you don't believe that something really good and beautiful can come out of your worst moments. That's fine. But do this for me. In this exercise, you're going to talk to two people you respect who are at least twenty years older than you. You're going to ask both of them this question individually.

TEXT MESSAGE:

So I'm listening to this book *Straight Up* by Trent Shelton, and he said something in one of the chapters, and I wanted to know if you agree with it. He said that sometimes the lessons you learn in your worst moment in life can be used to help other people. What do you think about this? Do you think this is true?

LESSON 24

DEALING WITH HATERS

REHAB TIME

COACH PEP TALK

Dealing with haters is never easy. Answer these questions to figure out who the negative people are in your life—and how you can neutralize their ability to affect you.

QUESTION 1

Have you ever had to deal with a hater or someone who verbally bullied you? How did you handle it? Did it work?

.....

.....

.....

QUESTION 2

Is there someone in your life now who comes at you with negative talk or tries to tear you down to make themselves look better? What do they say or do?

.....

.....

.....

QUESTION 3

What would it look like to kill them with kindness? What words would you say?

.....

.....

.....

LESSON 25

PERFECTION DOESN'T EXIST

REHAB TIME

COACH PEP TALK

One of the most important parts of relationships is to share honestly about the tough parts of life. Here are some questions to help you figure out how well you do this.

QUESTION 1

On a scale of 1–10 (with 1 being “not at all” and 10 being “very”), how vulnerable and honest are you with your friends and family about the tough things that you face in life?

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

Why?

.....

.....

.....

QUESTION 2

Who are the people you trust the most to share tough things with?

.....

.....

.....

QUESTION 3

What is the toughest thing that you're going through right now? Have you shared this with anyone?

.....

.....

.....

LESSON 26

HOW TO KEEP GOING

REHAB TIME

COACH PEP TALK

One of the toughest parts about suffering is believing something good can come out of that season. This is where it's important to remember and pay attention to your life. Think about your past struggles and how good things eventually came out of those hard times. This can give you hope that if it turned around before, God can do the same thing again.

What I went through	When I went through it	Something good that came from it in my life

LESSON 27

HOW TO DEAL WITH HEARTBREAK

REHAB TIME

COACH PEP TALK

Okay, I know it's no fun to stop and think about all the pain you experienced from your last heartbreak, but if you don't dig in, you don't break through. Complete this exercise to see what you can learn from your past failed relationships.

QUESTION 1

Have you ever been through a breakup? What did you learn about yourself (and life and love) from that breakup?

.....

.....

.....

QUESTION 2

If you've been through a breakup before, rate yourself on how likely you are to do the three following things.

Get support from friends vs. Isolate

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

I tend to reach out to my friends. I tend to isolate and be alone.

Kill the relationship, not your ex

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

I vilify my ex in my mind. I accept that my ex wasn't bad, they were just a bad match for me.

Take yourself out of the game and rehab

1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	----

I take myself out of the dating game and work on myself. I jump into other relationships so I can feel better about myself.

RED FLAGS IN RELATIONSHIPS

REHAB TIME

COACH PEP TALK

The baseline for all relationships, romantic or not, is that there should be safety and respect, and the person should help you grow. As you answer these questions and review the red flags, keep that in mind. And if the relationship does NOT meet that baseline, you have to be honest enough and brave enough to end it. It's better to be alone than with someone who is a bad fit for you.

QUESTION 1

Are you in a relationship with someone right now?

YES / NO

IF YES . . . go through this checklist. Do any of these red flags apply to your current relationship?

The problem is always you, never them.

They isolate you from your friends.

They invalidate your feelings.

They demand trust, but don't want to earn it.

It's all about what they need.

They play games.

If the answer is yes to any of these, what are you going to do about this?

.....

.....

.....

IF NO . . . do you see any of those red flags in any of your friends' relationships? How can you talk to them about it?

.....

.....

STRAIGHT TALK ABOUT SEX

REHAB TIME

COACH PEP TALK

This is a delicate topic, and I'm not telling you how to run your life. I just don't want you to use your freedom in a way that hurts you or your future. Here are some questions about sex that only you can answer for yourself. Take some time and be thoughtful about your answers.

QUESTION 1

Have you seen sexuality used in a way that hurts people? What was the situation?

QUESTION 2

Is sex more than just pleasure? Do you agree with the statement from this chapter that sex is pleasure AND commitment AND connection? Why or why not?

QUESTION 3

You don't want to give yourself to somebody who doesn't deserve you. What might it look like for someone to deserve you? What kind of person would they be? How would you know if they deserved you?

LESSON 30

IT'S NOT FAILING IF YOU'RE TRYING

REHAB TIME

COACH PEP TALK

Seeds can't grow without soil, water, and sun. There are things each of us needs in order to grow too. As long as you have them, rest assured God is up to something. These questions have helped me figure out what I need in order to grow (especially spiritually).

QUESTION 1

Jesus once said, "Remain in me, and I will remain in you. For a branch cannot produce fruit if it is severed from the vine, and you cannot be fruitful unless you remain in me" (John 15:4 NLT). What are the times when you've felt most connected to God? What was going on in your life? Who was there? Was there anything unique going on?

QUESTION 2

What are the times in your life when you've grown the most? What was going on in your life? Who was there? Was there anything unique going on?

QUESTION 3

Do you need to do anything in order to grow? Is there something you might need to add? Something you might need to cut out to make space and time for something more important? What steps could you take?

.....

.....

.....

LESSON 31

YOU CAN'T FIX LAZY

REHAB TIME

COACH PEP TALK

We're all a little lazy at something. Take some time to do some reflection about where in your life you've gotten a little lazy about something that's actually important. If you can't think of anything, there's an easy solution: talk to your parents about this. They have X-ray vision for this. Believe me, if you come to them and explain what you're trying to do, they will be *thrilled* to help.

Important thing I'm actually pretty lazy about	One small step I can take to get better at it and stop being lazy (Make sure it's something you can measure)	Date/Time I will complete this small step

GET COMFORTABLE WITH BEING UNCOMFORTABLE

REHAB TIME

COACH PEP TALK

I want to be clear on this: being uncomfortable for no reason other than being uncomfortable is dumb. I'm not asking you to do that. What I am asking you to do is push yourself in areas that matter to you so that you eliminate regret. Like I tell my son all the time, "I don't want you to settle for a C when some effort could get you a B. If you can't get an A, that's fine, but don't settle for a C." Make sense? These questions will help you.

QUESTION 1

Answer these questions as honestly as you can. They might help reveal places where you have settled for being comfortable.

Is there any area that is important to me (that I'm good at and want to grow in) where I have been lazy?

.....

Is there any area I've become bored in that I really want to be fully engaged in?

.....

Is there an area I've purposely NOT challenged myself in that I really should be challenging myself in?

.....

QUESTION 2

Based on my answers, what is a small step I can take to push myself out of my comfort zone to grow?

.....

What do I hope might happen because I've pushed myself? What kind of growth or change would be awesome in my life?

LESSON 33

BUSYNESS IS SOMETIMES LAZINESS

REHAB TIME

COACH PEP TALK

Like Tim, sometimes we aren't thoughtful about the ways we're spending our time. Sometimes we do things because we think other people want us to do them, or because we think we *should* do them, not because we want to. This activity is a chance to examine how you spend your time.

NOTE: Don't you dare try to cut out important stuff just because you don't want to do it, like household chores or homework.

NOTE: You probably spend too much time on entertainment and video games. I want you to think about what's helpful to your life and what's not.

TIME AUDIT

Multiply the last three boxes together for a total score. (If there are activities with a really high number, that's an indicator).				
What I spend my time doing	How many hours per week I spend on this	How much this activity helps me grow (scale of 1–10)	How important this activity is to me (scale of 1–10)	How much I would miss this if I stopped doing it (scale of 1–10)

LESSON 34

SWEAT THE SMALL STUFF

REHAB TIME

COACH PEP TALK

You need to take a small step. But what is it? I want you to spend some time thinking about what your big goal is, and what is one small step you can ABSOLUTELY do without fail for the next thirty days. Remember, if it's too difficult to absolutely commit to for thirty days, then make it simpler. The point is movement in a direction toward your goal, not perfection.

OVERALL GOAL	
ONE SMALL STEP (that I can absolutely commit to for the next thirty days)	
HOW OFTEN I WILL DO IT?	
WHO WILL I TELL ABOUT IT? (so I can be accountable)	

LESSON 35

HOW TO CHANGE
(PART 1: COMMITMENT)

REHAB TIME

COACH PEP TALK

I want you to complete this exercise so you can move from wishful thinking to actual goals with real action steps.

STEP 1

Here are several areas of life. Of these, which do you feel is most important for you to focus on right now? Circle one.

SCHOOL / MONEY / FRIENDS / FAMILY / DATING / PHYSICAL HEALTH / CONNECTION WITH GOD / WORK / SERVING OTHER PEOPLE WITH MY GIFTS

STEP 2

What is the reality of this area in your life right now? Be honest. It does no good to sugarcoat things.

.....

.....

.....

STEP 3

Be specific about what you want to be different in your life.

Complete this fill in the blank:

By (insert a specific time frame) I want (insert specific life goal) to happen in my life.

STEP 4

Brainstorm all the things that you could do to help you achieve the sentence you filled in above.

.....

.....

.....

STEP 5

Pick 1–3 things you are convinced will help you achieve that goal. Write them down below. Be sure to include how often you will do them.

1.
2.
3.

LESSON 36

HOW TO CHANGE (PART 2: DISCIPLINE)

REHAB TIME

COACH PEP TALK

If it's true you'll spend your energy on what you most want, it would be good to spend some time thinking about that. Answer these questions below and do the hard work of excavating what your big yes might be.

QUESTION 1

What is your big yes right now?

.....

QUESTION 2

What are some things you need to say no to in order to move toward your big yes?

.....

.....

.....

LESSON 37

HOW TO CHANGE (PART 3: CONSISTENCY)

————— REHAB TIME —————

COACH PEP TALK

You need to be consistent to be successful. In the previous lessons, I had you think about what you wanted your goal to be. Now, put some time and thought into figuring out what consistent steps you can take toward it. For example, I want to improve my fitness (a high value for me), so I run trails every morning (six times a week, with a Sabbath). Answer these questions to find your own 20 Mile March.

QUESTION 1

Go back to Lesson 34. What's your goal? Write it below.

.....

QUESTION 2

In your quest for consistency, what is your personal 20 Mile March? What is something you should do very regularly to accomplish your goal?

.....

.....

.....

LESSON 38

HOW TO CHANGE
(PART 4: FAITH)

————— REHAB TIME —————

COACH PEP TALK

Prayer is a deeply personal thing and is tied to your religious beliefs. The following activities are meant to help you connect with your faith in God and are written from my faith tradition. But I understand that some folks aren't Christian, and some folks aren't particularly religious at all. That's totally cool (I got nothing but love for you). But if that's you, go ahead and read these activities and feel free to skip them if you don't think they're helpful.

ACTIVITY 1

Read the following verse, taken from Matthew 7:7–11, where Jesus is teaching about prayer and faith:

Ask and it will be given to you; seek and you will find; knock and the door will be opened to you. For everyone who asks receives; the one who seeks finds; and to the one who knocks, the door will be opened. Which of you, if your son asks for bread, will give him a stone? Or if he asks for a fish, will give him a snake? If you, then, though you are evil, know how to give good gifts to your children, how much more will your Father in heaven give good gifts to those who ask him!

Reflect on this verse for a while. Highlight what stands out to you. What is Jesus saying in this verse about His Father? What is He saying God's attitude is toward us? What does this verse teach us about prayer?

.....

.....

.....

ACTIVITY 2

Life is not static, and we need different things from God at different points in our life. In the list below, which of the following reflects what you most need from God right now? Circle one or two.

I need God to see me and understand my situation.

I need God to love me and provide what I need.

I need to know God is with me.

I need God to guide me and give me wisdom.

I need God to give me strength and courage to do what's difficult and right.

ACTIVITY 3

Write out a short prayer to God regarding your area(s) of need, keeping in mind the teachings of Jesus in Matthew 7:7–11.

.....

.....

.....

LESSON 39

HOW TO CHANGE (PART 5: HEART)

REHAB TIME

COACH PEP TALK

Pushing through tough times is never easy. I want you to use the following questions to think about your own life and how you've pushed through tough times in the past.

QUESTION 1

Think about a time when you gave up because it was too tough. Looking back on it, is there anything you wish you had done differently?

QUESTION 2

Is there any area in your own life right now where you're tempted to quit because the storm is too intense? What is that situation?

QUESTION 3

Do either of these heart motivators apply to your situation? Which one could help you keep going even though you’re weary?

- The destination is too important.
- There are still people who need help.

LESSON 40

FACE THE DOG

REHAB TIME

COACH PEP TALK

You’ll never get traction in your life if your actions and reactions are caused by fear. In the table below, I’m going to ask you some questions about what kinds of things fill you with nervousness or dread. Chances are you avoid those things. Think about what you’re avoiding, or running from, and how you can take a step to face the dog.

What is something I am anxious about or afraid of?	How do I avoid or run from this thing?	What small step could I take to face (or get more exposure to) this thing?

LESSON 41

FAILURE ISN'T FATAL

REHAB TIME

COACH PEP TALK

Failure goes hand-in-hand with success. If you want to beat a video game, you will lose a life or two in the process. If you want to lift more weight, you will reach a point where you can't lift more. If you want to get better at math, you'll get some problems wrong. It's how it works. Think about what you want to get better at and how failure will help you along in that process.

QUESTION 1

What's something that you want to get good at?

QUESTION 2

In order to get good, you'll have to fail. What does failure look like in this particular area as you work to get better (for example: falling off the beam to get better at gymnastics)?

QUESTION 3

Take a baby step: write out a particular way you want to fail in the next month in order to get better.

LESSON 42

HOW TO HACK FEAR

REHAB TIME

COACH PEP TALK

It's time to be honest about your fears, and no, I'm not talking about how much you hate clowns. It's deeper than that. These questions will help you process how to get to the bottom of your own fears and make progress in overcoming them.

QUESTION 1

What is something you're afraid of?

.....

QUESTION 2

Why are you afraid of this thing? Write out your reasons.

.....

.....

.....

QUESTION 3

What's the **best** thing that could happen if you tried to do the thing you're afraid of? Try using leverage statements. What's something bad that could happen if you **don't** do the thing you're afraid of?

.....

.....

.....

QUESTION 4

What would it look like to gain exposure to your fear? How could you practice getting close to what you're afraid of? What would that look like?

.....

.....

.....

LESSON 43

YOU ARE PURPOSE

REHAB TIME

COACH PEP TALK

Okay, so we already established that finding your purpose is not something you are going to be any good at. But sometimes other people who know and love you can help. So your assignment is to get their feedback by completing this activity below.

ASSIGNMENT

Think of five family members or friends who are older than you by at least ten years (so basically people who are not your peers) and text them this question: What are three adjectives you think best describe me, and why?

PERSON	WORDS THEY USED TO DESCRIBE ME	HOW I FEEL ABOUT THESE WORDS

QUESTION

What did you learn from this assignment? Were there any themes about you that popped up? Why do you think you have these traits? What purpose could they serve?

.....

.....

.....

.....

.....

.....

.....

.....

LESSON 44

YOU ARE PURPOSE
FOR A PURPOSE

————— REHAB TIME —————

COACH PEP TALK

If your purpose is tied to helping other people, I want you to spend some time brainstorming things you’ve done in your life (and have enjoyed) that have helped other people.

Thing I love to do (and am good at)	How it helps (or has helped) other people

LESSON 45

YOU ARE UNIQUE IN YOUR PURPOSE

CORE VALUES ACTIVITY

Read this list of core values. Using a highlighter or pen, mark the ones that jump off the page to you as especially important in your life. Then, choose 3–6 that are the most important to you.

Accountability	Enthusiasm	Joy	Respect
Attitude	Excellence	Justice	Sacrifice
Authenticity	Faith	Kindness	Self-control
Boldness	Faithfulness	Leadership	Self-discipline
Character	Family	Learning	Selflessness
Collaboration	Generosity	Love	Servanthood
Compassion	Gentleness	Loyalty	Steadfastness
Confidence	Goodness	Mercy	Stewardship
Courage	Grace	Obedience	Submission
Creativity	Gratefulness	Openness	Teaching
Dedication	Growth	Order	Teamwork
Devotion	Honesty	Passion	Thankfulness
Discipline	Honor	Patience	Transparency
Discovery	Hope	Peace	Trustworthiness
Diversity	Humility	Perseverance	Truth
Efficiency	Humor	Personal Growth	Unity
Encouragement	Integrity	Relationships	Wisdom
Endurance	Intimacy	Reliability	

REHAB TIME

COACH PEP TALK

Now it's time to go through these three circles and think more deeply about who you are, who God has made you to be, how you're built, and what life experiences you have.

QUESTION 1: Core Values

Which core values from the list on the previous page stood out the most to you? Write them down below. What did you learn about yourself in this exercise?

QUESTION 2: Gifts and Talents

What are your unique gifts and talents? What things are you good at that perhaps don't come as easily to other people?

QUESTION 3: Life Experiences

Make a list of five important life experiences you've had. How have these helped to shape who you are?

MONEY WON'T FILL YOU

REHAB TIME

COACH PEP TALK

Timothy Keller once wrote, "An idol is something we cannot live without. We must have it. Therefore, it drives us to break rules we once honored to harm others, even ourselves, in order to get it."³ Money is a common idol in our world. I want you to complete this activity to see that the best things in life are things money can't buy.

QUESTION 1

It's been said that the most important things in life can't be bought with money. For you, what are those things?

.....

.....

.....

QUESTION 2

How could you move toward getting the things on that list?

.....

.....

.....

QUESTION 3

It's also been said that the biggest problems in life can't be solved with money. What are the biggest problems you're facing right now? How could you move toward solving those problems without money?

.....

.....

.....

LESSON 47

PLEASURE ISN'T HAPPINESS

REHAB TIME

COACH PEP TALK

There's a difference between pleasure and joy. Here's a chance to really think about that truth. Complete the questions below to see how you can move toward joy.

QUESTION 1

Has there ever been a time when you did something fun, but it turned out to be a toxic activity that hurt your life a bit?

.....

.....

.....

QUESTION 2

What's the difference between pleasure and joy? Has there ever been a time when you felt deep joy? What was going on?

.....

.....

.....

THAT BLUE CHECK WON'T FILL YOU

REHAB TIME

COACH PEP TALK

You and I both need to be thoughtful about the role of technology and smartphones and social media in our lives. Here are four questions that I ask myself to help me analyze whether I'm using my phone or my phone is using me. Answer these honestly and see what answers you come up with.

QUESTION 1

Is your phone crowding out your time for silence, solitude, and contemplation? What steps should you take to ensure that you have time with yourself?

QUESTION 2

Is your phone more addictive than it should be? What steps could you take to decrease its control over your behavior?

QUESTION 3

Is your phone distracting you from doing your best creative work and/or thinking deep thoughts? What steps could you take to limit distractions?

QUESTION 4

Is your phone stealing your attention from the most important people in your life? What steps could you take to make sure this doesn't happen?

.....

.....

.....

LESSON 49

BUILD YOUR LEGACY

REHAB TIME

COACH PEP TALK

Leaving a legacy starts today. And it doesn't have to be a big thing. Think through these questions about leaving a legacy, and then jump into action. Change starts with you!

QUESTION 1

Who is someone who absolutely made your day a little better today? What did they do? How did this make you feel?

.....

.....

.....

QUESTION 2

What is a little act of service that you can do today for the people you live with to make their lives better?

.....

.....

.....

QUESTION 3

Think about someone you will see tomorrow. What could you do to help that person have a better day?

LESSON 50

WRITE A BRAND-NEW STORY

REHAB TIME

COACH PEP TALK

I believe that you can use the pain of your past to help guide you to build a strong future. I also believe that you can become the person that you needed when you were younger. As you think about what kind of life you want to lead, fill out and think about this chart. It might be a little painful to think about (or a LOT painful) but that's okay. Use that to guide your future.

WRITING A BRAND-NEW STORY

What didn't you have in your life growing up that you wish you did?	
As you think about the time when you have your own family, what is the number one thing you will do differently for them?	
What is the number one thing you would give your younger self if you could?	

DON'T MAKE THE SEQUEL SUCK

REHAB TIME

COACH PEP TALK

Figuring out what went wrong in a plane crash is usually pretty easy. What's far more difficult is figuring out what went RIGHT. If you are part of a pretty good family (as I was), sometimes it's hard to put your finger on why it's a good family. These questions might help you put it into words.

QUESTION 1

What are some of your favorite memories with your family? Write out as many as you can think of.

.....

.....

.....

QUESTION 2

When you think about raising your own family, what kinds of things will you absolutely continue to do that your family does now? What do those things build in your family?

.....

.....

.....

QUESTION 3

What are three adjectives that describe your father? Do you have those same qualities? What aspects of your father do you most admire?

.....

.....

.....

QUESTION 4

What are three adjectives that describe your mother? Do you have those same qualities? What aspects of your mother do you most admire?

.....

.....

.....

LESSON 52

TWO WORDS YOU HATE (BUT REALLY NEED)

————— REHAB TIME —————

COACH PEP TALK

When I was little, I loved Thanksgiving. Still do, but when I was little, I thought that the food just magically appeared. But now that I'm older, I see how much work it takes from adults to make Thanksgiving happen. They spend hours cooking the meal, and then they spend hours cleaning up afterwards. This is what service and duty and obligation look like. This is what adulting looks like. Answer these questions to see who has served you, and what that's meant to you—and how you can take steps to serve others.

QUESTION 1

Who are the two people in your life who have served you the best? Who has been dedicated to making sure you were okay and had what you needed?

.....

.....

QUESTION 2

Take some time and try to make a list of the “messes” that they cleaned up that they did not make. This can be literal or figurative.

QUESTION 3

Going forward, what is a mess that you see that needs cleaning up (that perhaps you didn't cause)? What would cleaning up that mess yourself look like?
