

Tearing Off Your Label

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Four Steps to Tear Off Your Label:

1. Stop Living Up To Your Label. Prove Your Label Wrong!

- Believe in the real you . . . not the label
- How has living up to my label affected the past, today, future?
- When this label is off how will it effect me, family, friends, school?

2. Remember: It's EASY to Prove that your Label Is True

- Just keep doing the same things over and over.
- To tear off the label you must do something different, and use **Self Respect, Desire, Time, and Effort**.
- When I prove the label wrong why will I have more opportunity and freedom?

3. Your Label Is From The Past, Today

"YOU" Decide To Keep It Or Start. . .

"TEARING IT OFF!"

Imagine . . .

You wake up tomorrow and your label is gone, what would be different?

4. Let "The Real Me" Stand Out So Much That The Past Label Must Be Torn Off!

- What observable behaviors do I need to use more to show I am bigger and better than a label?

Every night ask yourself:

- What did I do today to tear off the label?
- How can I do more of this tomorrow?

"The Real Me"

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- What do I like about myself?
- What do others like about me?
- My accomplishments.
- My strengths, goals and dreams.
- If I had to label myself what would it be? (Must be positive)

1 Discuss Labels



2

Why Is It Easy To Give Up When You Have A Label? Are These Ever An Excuse?

How Much Do I Believe In This Label?

1 2 3 4 5 6 7 8 9 10
 It's Staying On! Some It's Coming Off!

"The Label Is Not The Can"

Climbing Out

2 What is the **"POT"** that you are in?

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3 When I get in Trouble (or in the pot)
Am I keeping others in, or myself?
How?

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6 What are the reasons
for staying **"IN"** the pot?

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7 What will my future
be like if I don't get out?

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8 What are the reasons for
getting out of the **"POT"**?

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-

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4 How do Friends (others) affect me in both
Positive ways and Negative ways?

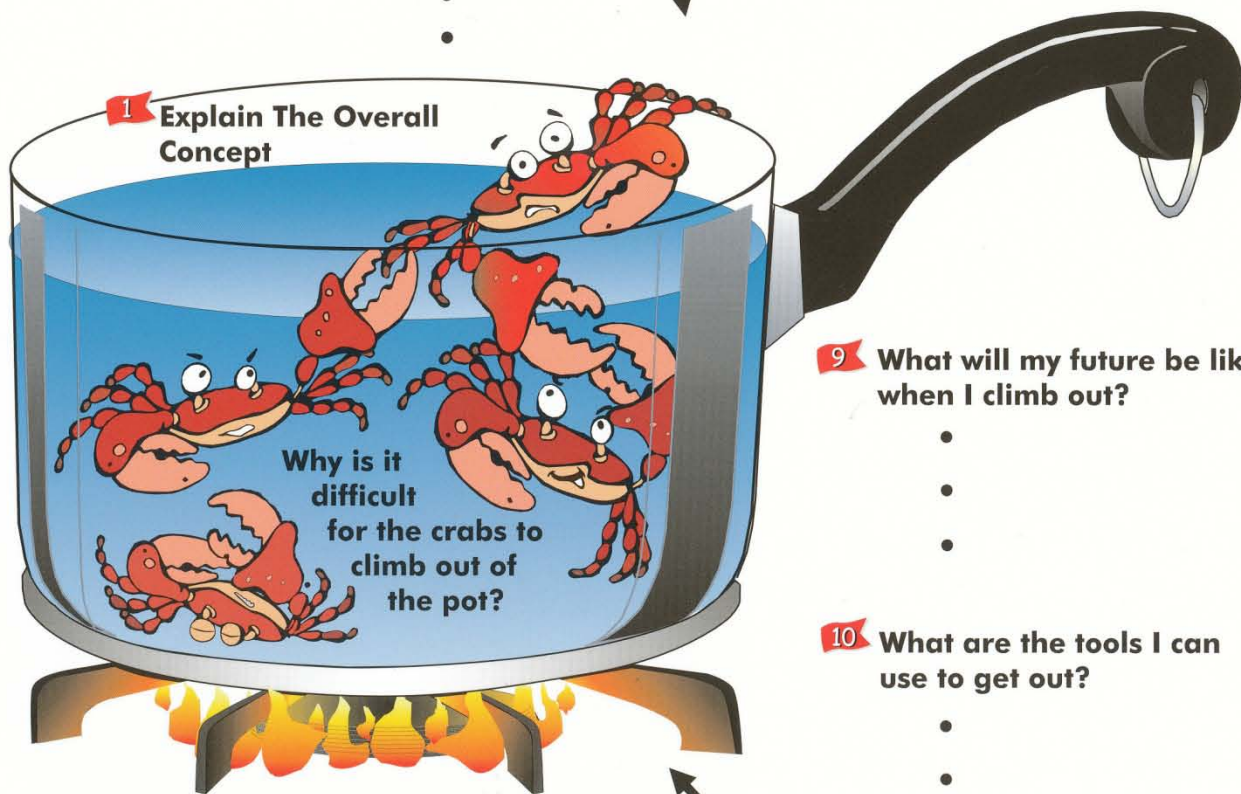
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5 Who wants to see **"Me"**
climb out? Why?

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9 What will my future be like
when I climb out?

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10 What are the tools I can
use to get out?

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Warning: If you try to get out you will be **Attacked!** . . . Why?

The "Reality" Ride

2 GOAL:

What choices will give me...

- Opportunity
- Freedom
- Self Respect

More Options

9 What will my "Reality" be when I ride here?

At Home:

At School:

With Peers:

In Future:

What Would Motivate Me To Ride Here?

Who Can Support Me?

7 What Problems Do I Keep Having Over And Over?

No Options

6 "Reality" Consequences of Crash

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-
-
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Will These Things Give Me Lasting
Opportunity?
Freedom?
Self Respect?

5 Things That Get Me In Trouble . . .

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-
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4 My Challenges...

Home:

School:

Peers:

Easy - Fast

"Harder But Worth It"

3 You Know You're In The Loop If You Feel

- Frustrated
- Confused
- Angry
- Scared
- You keep getting the same results

Start Ride Over

Crash!

"Hit The Wall"