

## Creating Change Discussion Guide

**ASSERTIVENESS** – Having bold or confident behavior (not being hostile or passive)

**BEHAVIOR** – The way you conduct yourself or respond to your environment

**CONFIDENCE** – Having faith or belief that you will act in a right and effective way.

**CONTROL** – To have power or influence over

**COURAGE** – Mental or moral strength to withstand danger, fear, or difficulty

**CREATIVITY** – The ability to create, invent, or imagine

**DESTINATION** – The purpose for something, or a place to journey to

**EFFORT** – A serious attempt, hard work, or using your power

**GOALS** – The aim or end point of whatever your effort is being directed to

**HABITS** – Usual patterns or behavior that may be repeated without thinking

**HOPE** – To expect with confidence and belief in your ability to succeed

**INSIGHT** – Ability to see the inner nature of things, by looking more deeply

**MOTIVATION** - The process of influencing or stimulating a movement or change

**POSITIVE** - Showing acceptance, approval, or optimism

**PREPARATION** – Making something ready for use

**PROGRESS** - A forward or onward movement (getting better)

**RECOVERY** – An upturn after hard times, like combating an illness or a problem

**RELATIONSHIPS** – Kinships or attachments between people who are related, or connected by friendships or dealings

**STEPS** – A series of movements or actions that can move a person upward

**SUCCESS** – Reaching a good or desired outcome or goal

**SUPPORT** – To hold up, help, or to keep (something) going