



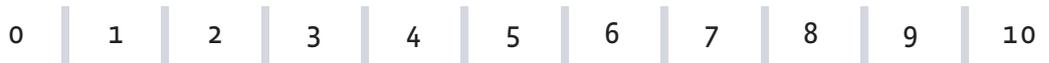
WEEKLY SESSION BEST HOPE (GOAL) AND SELF-EFFICACY EVALUATION FORM

SESSION NO _____

DATE _____

Best Hopes

Today I would rate progress to my best hope which I stated at the start of Pit-STOP as (please circle the appropriate number below). *Remember a score of zero means no progress has been made towards your best hope, a score of ten means your best hope has been reached fully, and a score of five is exactly half way between the two.*



How am I doing? (Self-Efficacy)

Please tick in the box on how much you agree or disagree with each one when you think about you and your young person.

Even though I may not always manage it, I know what I need to do with my young person

Strongly Disagree 1 Disagree 2 Not sure 3 Agree 4 Strongly Agree 5

I can make a difference to my young person

Strongly Disagree 1 Disagree 2 Not sure 3 Agree 4 Strongly Agree 5

I am able to do things that will improve my young person's behaviour

Strongly Disagree 1 Disagree 2 Not sure 3 Agree 4 Strongly Agree 5

In most situations I know where my young person is and how they are acting

Strongly Disagree 1 Disagree 2 Not sure 3 Agree 4 Strongly Agree 5

The things I do make a difference to my relationship with my young person

Strongly Disagree 1 Disagree 2 Not sure 3 Agree 4 Strongly Agree 5

THE SESSION

I found this session to be (please circle one):

NOT INFORMATIVE | NEUTRAL | QUITE INFORMATIVE | VERY INFORMATIVE

MY HOME CHALLENGE THIS WEEK IS TO:





PARENTS MOT

When to have a parent MOT?

- When you are vaguely dissatisfied, depressed or tense.
- When you can't remember the last time you had a good night's sleep, relaxed, or ate a healthy meal.

What to do: Read each question and put a 'tick' if you can say yes to that question.

Do you usually get six to eight hours sleep?	<input type="checkbox"/>
Do you eat something fresh and unprocessed every day?	<input type="checkbox"/>
Do you allow time in your week to touch nature, no matter how briefly?	<input type="checkbox"/>
Do you get enough sunlight, especially in winter?	<input type="checkbox"/>
Do you drink enough water?	<input type="checkbox"/>
Do you see a dentist every six months?	<input type="checkbox"/>
Do you know enough about your body and health needs?	<input type="checkbox"/>
Do you feel you get enough fun exercise?	<input type="checkbox"/>
Do you make time for friendships?	<input type="checkbox"/>
Do you nurture your friendships?	<input type="checkbox"/>
Do you have friends you can call who really listen?	<input type="checkbox"/>
Can you honestly ask for help when you need it?	<input type="checkbox"/>
Do you do things that give you a sense of fulfilment, joy and purpose?	<input type="checkbox"/>
Is there abundant beauty in your life?	<input type="checkbox"/>
Do you make time for solitude?	<input type="checkbox"/>
Are you getting daily or weekly spiritual nourishment?	<input type="checkbox"/>
Can you remember the last time you laughed until you cried?	<input type="checkbox"/>

These questions are not meant to make you feel bad or guilty. They are only meant as kind reminders to help you see how you are currently caring for yourself.





DON'T GIVE UP ON YOUR MOJO. HERE ARE TEN VERY ACTIONABLE WAYS TO GET YOUR GROOVE BACK:

1. ADDRESS STRESS. If you are feeling overwhelmed and stressed, lighten the load and address the source of the stress before you do anything else. Whether it's work, a personal conflict, too many things on your to-do list, or too many demands on your time from family or friends, you need to pinpoint the reason and take action. With the help of a friend, coach or counsellor who can give your perspective and feedback, let some things go or find ways to delegate. Very few things in life are worth the physical and emotional toll of chronic stress.

2. REMEMBER WHAT FUN IS. Fun is way underrated, and it is an essential element of a strong mojo. Right now, go grab a pen and paper. Think about the times in your life when you really had fun, and write them down. Go over the events in your head and mentally re-live these fun and happy times. Circle some of these activities that you might want to enjoy again. Then pick a couple and go do them!

3. GET PHYSICAL. Hopefully some of these fun activities are physical activities. Without putting the pressure on you to start an exercise routine (which can feel like work and create more stress), think of some ways you can get physical and really enjoy it. I know which one you are thinking of, and by all means, go for it. Exercise might be dancing with a group of friends, taking a bike ride, playing tennis or anything else that makes you smile. Go wild, drive to the mountains and take a hike. Go skinny dipping at night. Get up from your chair and skip around the room or do some jumping jacks. Just get moving and enjoy it.

4. TAKE AN ELECTRONIC SABBATICAL. It's so easy to plop in front of the television or computer when you are feeling low on mojo. Once you are in that chair, it is so hard to get back up. For a few days at least, turn off the TV and computer so that you are forced to do something. Have a conversation with your spouse or children. Clear clutter or organize something. Go buy some flowers and arrange them. Read something inspirational or motivating. Do something that is positive, productive and joyful. No more sitting and zoning out.





5. BE FABULOUS. When you are in a crowd of people, look around you. Most people are not model perfect. In fact, most people have many physical imperfections. Even so-called perfect people tend to focus on their flaws. So forget about comparisons, and make the very best of what you have. Be fabulous! Take care of yourself. Get a great haircut, put on some make-up, wear clothes that make you feel happy and attractive. Highlight the beauty inside of you by reflecting self-confidence on the outside.

6. HANG OUT WITH THE BEST. During this time that you are getting your groove back, spend time with people whose mojo cup is full. Be with people who motivate you, uplift you, want the best for you, and who are just fun to be around. If there are people in your life who drain you or make you uncomfortable, this is the time to put them on hold until you reclaim your mojo. Don't isolate yourself. Go out with fun people and have some fun.

7. DO SOMETHING ADVENTUROUS. Shake your life up a bit. Do something that is totally out of character or unexpected. Book a trip to an interesting, exciting destination. Go roller-skating!! Tell someone you care about how you really feel. Be spontaneous. Do something that you've always wanted to do.

8. LOVE YOUR BODY. When we lose our mojo, we can mistreat our bodies with too much alcohol, fatty/sugary foods, or medications. It's impossible to get your groove back when your body is sedated with yucky stuff. Treat your body with loving kindness. Eat mojo-supporting foods like lots of veggies, fruits and lean meats and less processed, high fat bad-for-you foods. Read the list of the top ten mood-boosting foods and what to avoid.

9. TRAIN YOUR BRAIN. When you are down on your mojo, your mind likes to take over with negative thoughts, worry, and over-thinking. You have to treat your unruly mind the way you would a puppy or small child. Every time it spirals off into negative thinking, redirect your memories to positive thinking or thoughts, reasons to be grateful or anything pleasant. You will have to do this many times until your mind knows you mean business. Before long, it will be natural for you to redirect negative thinking patterns.

10. IF YOUR MOJO IS LATE, DON'T WAIT. If you have taken action to get your groove back, but you are still feeling lethargic, tired or in the dumps after a few weeks, absolutely go to your doctor. There are a variety of physical and emotional reasons for feeling this way, and it might be something as simple as low iron or poor sleeping habits. When you have little energy, you may not feel like making an appointment. But don't give up your precious, beautiful days to a mojo thief. Take action and reclaim your magic.

