

# TOP 20 TRAINING

**MAKING A POSITIVE DIFFERENCE THROUGH SOCIAL-EMOTIONAL DEVELOPMENT.**

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## **Above and Below the Line: How Our Thinking Governs Our Experience**

### Above the Line

A positive view on life and  
how we see the world  
Energetic moods and emotions  
Focused on what is important

Positive attitudes and beliefs  
Hopeful and optimistic  
Power to control my life

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### Below the Line

A negative view on life and  
how we see the world  
Depressing moods and emotions  
Lose focus on what is important

Negative attitudes and beliefs  
Hopeless and pessimistic  
Powerless victim of life

1. Living or Visiting
2. Life Looks Different from Above or Below the Line
3. Making Decisions Below the Line → Mess
4. Conditions Do Not Determine Experience: Keep Your Day
5. Invitations: conditions/situations that invite us to go BTL.
6. Indicators: feelings we have or behaviors we manifest when BTL.
7. Submarine: maintaining dignity during our BTL visits.
8. Trampolines: means by which we can think straight and bounce back ATL.

### **FOR STUDENTS**

- **Make Invitations**
- **Avoid Tornadoes**