

# REVEALING THE EXCELLENCE WITHIN

*The Neuro Way To Improving  
Astuteness, Behavior And Safety Awareness  
For Teens, Tweens & Family*

# SHOW TIME

**FRIENDLINESS**

**RESPECT**

**RESPONSIBILITY**



These 3 traits show the **START** of Your **Immediate, Change in Attitude and Behavior.** Words are not enough; your actions have to speak louder! Expect people to doubt you at first, but show you're serious—daily, You can do it! Don't give up.

**In 4 Steps** RTEW Helps You  
**ACHIEVE IMPRESSIVE TRANSFORMATION**  
(From 12 Days to 12 Months)

Character Trait Modules 1 – 3

**SHOW TIME** - Step 1

Friendliness  
Respect  
Responsibility

**Deals with addressing your actions and infractions** that cloud and damage your reputation. Face it, you've hurt and disappointed others **and now you need to make amends** and start the turn-around. Words are not enough; you have to show you're serious. Don't expect people to believe you right away. **First, this needs to be a sustained outward effort** that is displayed in many situations to many people.

Character Trait Modules 4 – 6

**PROGRESS** - Step 2

Honesty  
Forgiveness  
Kindness

Will enable you to display the **critical inner changes** that you are working hard to make. Step 1 was what you needed to show to others signaling your new way of acting and being. This **Step 2 deals with the inner you**. Anyone can act differently but **lasting change takes place in the mind and the heart**—which is now being shown by your improved outlook, behavior and attitude.

Character Trait Modules 7 – 9

**HEARTFELT** - Step 3

Dependability  
Appreciation  
Confidence

**Change in actions is** the outward proof that you're making the effort to be a different and better person than you have been or were before. **Step 3 goes deeper below the surface; it shows that your change is taking root within and is a deliberate conscious effort**. These traits should endure and be present regardless of situations or circumstances.

Character Trait Modules 10 – 12

**EUREKA** - Step 4

Consideration  
Positivity  
Selflessness

**Total Inner and Outer Change**—the last frontier that shows **you get it on many levels**. You understand that the better you treat people, the better you feel and the more others like you and like being involved with you. You also have the confident judgment to know how and when to apply selfless, beneficial qualities without fear of being exploited or taken advantage of.

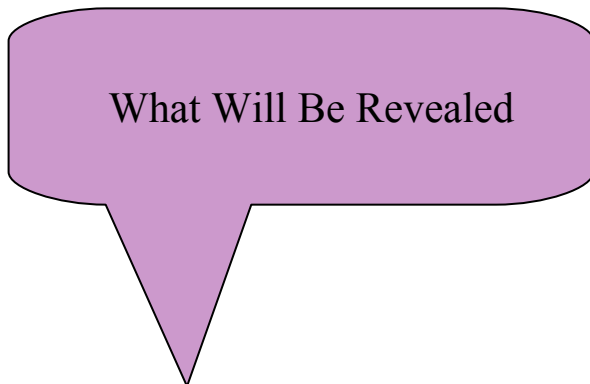
**What Excellence You Have Within—and Outside too!**  
Take A Bow, You've Earned It.

## LET THE CHANGE BEGIN !

### STEP I

#### Character Traits Study and Development

- Friendliness
- Respect
- Responsibility



The journey to change begins with taking that First Step – Step I is your hardest but most rewarding. This is the step nobody believes or maybe ever thought you would take. Everyone will take notice but wonder, “Are you serious, can you keep it going? What happens if people don't forgive or forget the 'old' you, will you get discouraged and revert back to your old ways?”

If you are serious and stay the course by displaying these traits, you will be given the chance to prove you're dedicated to the change, but you have to Show It first...day-by-day in as many ways as you can and keep progress on your mind. You will complete these 4 Steps to reveal a better and improved you. Get Started!

Cornerstone Trait:  
FRIENDLINESS

Display Acts of  
**Friendliness**

What does it mean to be friendly? What are the characteristics and actions of a person who is a friend? You are helpful, positive and supportive. Does this key cornerstone trait, Friendliness, define you? Let's look a little deeper into the word friendly and the trait of friendliness.

A new student comes to your class, what would you do?

1. Feel threatened and give them the cold shoulder
2. Smile and introduce yourself
3. Play a joke to make fun of them

A classmate or coworker is at home sick with the flu, should you:

1. Spread the news that they're contagious
2. Take notes and call him to see if he's alright
3. Take her parking space

Your elderly neighbor is struggling raking leaves:

1. Chuckle and think of him as weak
2. Offer to help her—free of charge
3. Throw trash on his lawn after he's finished

If your answer was number 2 for all of the above, you'd exemplify friendly traits. If you answered differently, let's work on this critical characteristic. Think of yourself in any of the above situations. How would you like to be treated?

Here are some ways to be friendly:

- Do something thoughtful or helpful that benefits another
- Don't joke or make fun of someone in distress or having a problem
- Offer to assist someone in obvious need
- Speak positively when others speak negatively about someone

Let's do some activities that will help us improve traits that display our "Friendliness"

ASSIGNMENT: Add to the above list on ways to show FRIENDLINESS on chart paper.

## Week One – One Fine Day

How do you show that you are a FRIENDLY person?

**Materials:** Journal  
Pen/Pencil

Examine the following scenarios and write your answer.

### Scenario 1

A student is coming down the hall balancing her books, coat, cap, and a book bag in her arms; you can see that she is having a problem walking with all her things. Suddenly another student runs past her and she drops everything. The student who surprised her and caused her to drop her things is pointing and laughing. He tells you to look at her mess and how clumsy she is. How would you respond?

### Scenario 2

You are in the cafeteria and the new student is looking for a place to sit. You have a seat next to you but your books are in it. The student looks your way; how would you show that you are friendly?

### Scenario 3

It's time for dismissal and it's raining; a student doesn't have an umbrella. She's walking home but her books, clothes and hair are getting wet. She's a quiet girl who stays to herself. You have a big umbrella and she lives near you. What's the friendly thing to do?

### Scenario 4

A co-worker is struggling with balancing a spreadsheet; you are the spreadsheet guru. If you do nothing, the boss will eventually come to you and ask you to take over the assignment. Do you give your co-worker some tips or do you secretly tell the boss that the co-worker can't handle the assignment and it would be better if you took the project over?

### Scenario 5

You find out a new company is hiring and is conducting an orientation for interested candidates. You plan on going if you can get off work and know that the competition will be stiff. You have a friend that has been looking for a job and is very personable but has lost hope. Do you go to the orientation alone, hoping you get the job then tell your friend afterward or do you tell your friend about the orientation and offer to take them with you?

In scenario 5, let's look at character motivation. Do you think it's an act of unselfish Friendship or naive stupidity? What if your friend gets a job and you don't, would you be jealous? In scenario 4, If you had the opportunity to make yourself look good at the expense of another, would you? Isn't getting ahead all that matters?



## **ASTUTENESS TIP**

Your friend comes to you and wants your help with a prank. The old guy up the street has a garage full of tools and “junk.”

He occasionally leaves the garage door up and chances are, the car door won't be locked. The plan isn't to steal anything, just look around and see if there's something of value that could be sold at a yard sale he's planning. Mmmm, this is gonna be easy and you can't get caught.

You in? Why not?

Friendliness Trait

## **Remember The Time**

Think of a situation that you were directly involved in or witnessed first-hand.

### **Scenario 1**

Action: Describe the situation. What happened?

Re-Action: How did you handle it? What did you do?

Outcome: How did it end? What was the end result?

If there was a negative outcome, how could you have re-acted differently?

## Week Two - Partner Collaboration on Friendliness

**Materials:** Chart paper  
Markers

Work with a partner to develop scenarios that shows acts of friendliness. The scenarios should not include any students in your school. You want to discuss scenarios that you may have seen or heard about in your neighborhood, in the newspaper or on television. **INTERNET ACTIVITY:** Log-on to Google Earth and locate your home address; take a view of Mount Rushmore.

## Week Three - Character Safari {Are You A Good Friend?}

**Materials:** Journal  
Pen/Pencil  
Newspapers/Magazines/Books/Internet

This week, write in your journal acts of Friendliness displayed at your school, work place or neighborhood. Observe the playground, the hallways, the cafeteria, and the way people treat each other. At the end of the week think about where you observed the most acts of Friendship. Watch your favorite TV program; are the characters friendly? Ever notice how some celebrities aren't friendly to another? Have you ever tried to be a friend to someone who wasn't being friendly to you?

Look through the above Materials to find acts of Friendliness. Choose one article or event to discuss. In your journal record the scenario and what you think motivated the character to be Friendly. Ask someone 50 or older why, "The end does not justify the means!"

## Week Four - Opposite Connection

**Materials:** Paper  
Pen/Pencil

Draw a T-chart and list acts of friendliness on one side and acts of unfriendliness on the other side (of your behavior this week). Think about what motivated you to do acts of unfriendliness. What could you have done differently to show you are friendly?



Examine the lyrics of these songs about displaying **FRIENDLINESS**; be prepared to discuss two.  
**Ask ma or dad to show you some old school dance moves!**

**Songs to Listen to and Research Lyrics:** That's What Friends Are For (Stevie Wonder, Gladys Knight, Elton John, Dionne Warwick); Smiling Faces (Friends of Distinction); Lean On Me (Bill Withers); Reach Out And Touch Somebody's Hand (Diana Ross); Will You Be There (Michael Jackson); You've Got A Friend (James Taylor); Anytime You Need A Friend (Mariah Carey), Count On Me (Whitney Houston)



Cornerstone Trait:

RESPECT

Showing and Giving

## Respect

**Respect** shows a person or thing, that you observe and value their/its right to be as is. Everyone or thing should be respected. It is common to want respect for yourself, your thoughts and your property (pets). Unfortunately, people tend to show/give respect based on emotions, views, appearance and/or popularity. Let's take a closer look at showing and giving respect.

You are riding the bus and an elderly person gets on with her bags. The bus is crowded. You have a seat. How would you show Respect?

1. Let her place her bags near your seat
2. Tell her to hold on because the ride is jerky
3. Offer her your seat

Your teacher has asked everyone to be quiet and listen to the important morning announcements. You have something you want to tell your friend. How would you show Respect?

1. Write it down and throw the note to him
2. Leave your seat and whisper in your friend's ear
3. Wait quietly until the announcements are over

The teacher asked the boys to take their hoodies off in the classroom. You are wearing one because you have a bad haircut. How would you show Respect?

1. Remove the hoodie and put on a cap
2. Tell her you are cold, have a bad hair day and can't take it off
3. Take it off and get to work.

Showing respect helps you to prepare yourself for adulthood and the workplace. If you are a student who shows respect at all times, you will probably be the student the principal will use to represent the school for out of school activities, such as field trips and school contests. Think about this for a minute. If you owned a business and needed to send someone to a conference, would you send the employee who's friendly and respectful or the employee who's loud and has a bad attitude? The person you send represents you, so when your school leaders need someone to represent the school they will select the student who has the friendly, respectful attitude.



## Week One – One Fine Day

Examine the scenarios regarding RESPECT; write your answer.

**Materials:** Paper  
Pen/Pencil

### Scenario 1

Your teacher left her purse on the desk, she goes next door to assist another teacher who is having problems with her class. One of the students gets up and goes to the waste paper basket which is near her desk. He looks at the teacher's purse then scans the room to see if anyone is watching. He sees you watching, what would you do?

### Scenario 2

The cafeteria staff decorated the cafeteria with flowers as centerpieces on the tables. A student decides to use a marker to write his name on the leaves and to draw funny faces on a few of the flowerpots. Do you think the staff will feel disrespected when they see the flower pots defaced? Would you feel property disrespect if you spent money and effort to paint your garage and someone wrote in large letters "KB Likes MW" on it? What if after you cut your grass and cleaned the yard a while later you discovered trash thrown on it?

### Scenario 3

Men at work are discussing sports while on a break when a female co-worker comments on the highlights of the game also. She has an interesting view on why one team lost. The men continue talking as though she hasn't said anything. Do you think her opinion is being respected ... why or why not? You're on break at work in the employee cafeteria and open the refrigerator and see a cold can of pop. Do you take it and drink it? What if it's a 2 liter bottle, is it okay to just pour a glassful or take a few swigs from the bottle?

### Scenario 4

There's a fight on the playground and several students are running to see the fight. The playground teacher is asking everyone to go inside but the students continue to push pass him. He grabs one student and asks him to go back into the building; the student looks at him and starts using profanity and pushes pass the playground attendant. Does this student know what it means to respect an adult or authority figure? Was he justified in using profanity and disobeying the attendant since no other student was stopped?

### Scenario 5

You're at work and have to take a restroom break; while you're gone a co-worker accesses your desktop computer and scans through your emails before you return. What's the problem with what she did?

*"Don't Worry About Anything! Instead Pray About Everything; Sincerely Tell What You Need And Be Exceedingly Thankful...It Is Done!"*



## ASTUTENESS TIP

On your way to school, there's that same car, again, driving slowly and watching kids. Hmm.

Maybe it's nothing but, you wonder...double hmm.  
This looks suspicious. You never see any kids get in or out of his car.

Is it just a lost driver?

1. Remember the car color and if easy, get the license number
2. Never approach the vehicle
3. Never stop and talk to any driver while walking anywhere
4. Be prepared to run in the opposite direction from the car but head to school
5. Report what you suspect or encounter to your teacher

Respect Trait

## Remember The Time

Think of a situation that you were directly involved in or witnessed first-hand.

### Scenario 1

Action: Describe the situation. What happened?

Re-Action: How did you handle it? What did you do?

Outcome: How did it end? What was the end result?

If there was a negative outcome, how could you have re-acted differently?

## Week Two – Partner Collaboration on Respect

**Materials:** Paper  
Pen

Work with a partner to develop a story that you two can read aloud that tells of respect for another person or their property. At the end of the week read it to someone else (a family member or friend) and lead a discussion on respect and why it is important. **INTERNET ACTIVITY:** Go to Google Earth and view Glaciers on the Polar Ice Caps; go to space.com and view pictures of earth from outer space.

## Week Three – **Character Safari** {Respect Accepts Difference}

**Materials:** Journal  
Pen

List in your journal all the positive music and television shows you have heard or seen this week. Write in your journal your opinion on the actor's or singer's behavior that showed respect. Decide which song or television show had the most instances where Respect was shown. Ask someone 50 or older why they think self-Respect matters so much.

## Week Four – Opposite Connection

**Materials:** Journal  
Pen

Make a T-chart in your journal and list the ways students should respect adults at their school on one side. Then, list the ways students respect each other on the other side. Compare and contrast the similarities and any differences listed; write an explanation why any differences exist. Ask a friend to read his or her journal entry and start a discussion on whether or not there should be any differences shown in regards to respect for adults versus students.



Examine the lyrics of the following songs about **RESPECT**; be prepared to discuss at least 2.  
**Ask ma or dad to show you some old school dance moves!**

**Songs to Listen to and Research Lyrics:** Respect Yourself (Staple Singers), Can You Feel It (The Jacksons), I'll Always Love My Momma (The Intruders), Why Can't We Live Together (Tim Thomas), Respect (Aretha Franklin), The Earth Song (Michael Jackson), Respect Yourself (Madonna), Crossover Lover (Mic D OSG)

Cornerstone Trait:  
RESPONSIBILITY

The Admirable Quality of  
**Responsibility**

Being responsible means you are a dependable and trustworthy person. When you are accountable or liable for your actions, that's being responsible. You also show responsibility when you admit you're at fault for an act you committed or caused to happen. A responsible person is someone who acts in good faith and does things as expected but accepts the blame if things don't go as expected.

Do you realize that going to school everyday on time is a responsibility that prepares you for adulthood. Your school schedule can be compared to an adult work schedule.

<u>School Schedule</u>	<u>Work Schedule</u>
6:00 Arise/Morning Routine	6:00 Arise/Morning Routine
8:30 School Starts	8:00 Workday Begins
10:30 Washroom Break	10:00 Break
11:30 Lunch	12:00 Lunch
1:00 Washroom Break	2:00 Break
2:30 Dismissal	4:30 Workday Ends

Notice the similarities in moving from a school schedule to a work schedule. Being responsible in school prepares you for success in the workplace. Such as...

1. When your teacher gives you an assignment and you complete it in the allotted time that's given, you are showing that you are a responsible person as far as time to complete a task is concerned.

As an adult, the supervisor gives you work to do and if you do not complete it to the best of your ability—as expected, you may get fired or reassigned. In the school system you will fail and receive an “F”.

2. When your teacher needs a student to enter school contests whom he has confidence in, he will look for the student who's friendly, respectful and responsible to represent the school.

In the workplace, the supervisor will recommend the responsible person for a raise, a promotion or to handle important assignments.

All of the above acts of responsibility prepare you for your adult life. One day you will have the responsibility of paying rent, buying groceries, paying bills and perhaps being responsible for raising your child(ren).

## Week One - One Fine Day

How do you exercise RESPONSIBILITY?

**Materials:** Paper  
Pen/Pencil

Examine the following situations and be prepared to share your written opinions.

### Scenario 1

At dismissal your friend wants you to go to the corner store with her. You have to pick up your little sister from preschool on the corner in the opposite direction. If you go with your friend you will be late and your parents will have to pay a late fee. She says it will only take a minute but you know it's crowded and the neighborhood kids hang out there. Your friend tells you a guy that you like is there. She promises it will only take five minutes. What would you do?

### Scenario 2

Your friend knows your parents will not be home for the weekend. All your friends know you have the big screen TV at your house. He asks you to let the guys come over and watch the football game. You know he takes a drink occasionally and a couple of the guys are known marijuana smokers. Your parents allow you to have friends over to watch the game sometimes, but never when they're away. Should you take a chance and let the guys come over or say no? Explain.

### Scenario 3

You're in charge of organizing the office Christmas party and at the last minute you're informed that the person who was to bring the sandwiches won't make it, what's the responsible thing to do? Make a speech that the co-worker dropped the ball and there won't be any food or do you make it happen yourself?

### Scenario 4

At work, you supervise the supply room. The company hires summer interns and the person whom you assigned inventory made a mistake and now there's a shortage of typing paper. There are multiple layers of responsibility...how so?

### Scenario 5

Your teacher wants you to take an urgent message to the office. On the way to the office you go into the lunchroom to talk to a girl you have been eyeing for awhile. Suddenly, you hear your name being called over the school intercom. When you get back to class what should you do?



## **ASTUTENESS TIP**

EVERYBODY is at the game.  
The visiting team brought their cheer leaders and a few fans.

Aww, too bad they came all this way to lose in a blow out.

You hear some talk that a bunch of kids are planning to tease and make fun of the losing visiting team and their fans as they leave the building and get back on the bus.

Ha ha, we won and they lost! You in on it?

Responsibility Trait

## **Remember The Time**

Think of a situation that you were directly involved in or witnessed first-hand.

### **Scenario 1**

Action: Describe the situation. What happened?

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If there was a negative outcome, how could you have re-acted differently?





With RTEW, Your Child Will  
**GAIN A MENTAL EDGE & IMPROVE  
 ASTUTENESS, BEHAVIOR & SAFETY AWARENESS**  
 IN 4 EASY FUN STEPS

**AT-HOME ENRICHMENT**  
 Benefits  
 The Entire Household!  
 (Including your pet)

Counters Negative Influences

On Your Kid...  
 TV,  
 Movies,  
 Gaming,  
 Internet,  
 Social Media,  
 Music Lyrics

A Gang ... And A Bully ... And Creepy So Creepy ...  
 And A Predator ... And A Kidnapper ... A Robber ... And An Abuser ...  
 A Wacko Shooter ...

# IT'S A JUNGLE OUT THERE

**PARENTS Give Your Kid A MENTAL EDGE**

REVEALING THE EXCELLENCE WITHIN: The Neuro Way To Improving Astuteness, Behavior & Safety Awareness For Teens, Tweens And Family

**IMPROVES**  
 Safety Awareness  
 Behavior  
 Astuteness

This 4 Step Neuro Gift-Set

Can Be Completed in **12** Days !

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