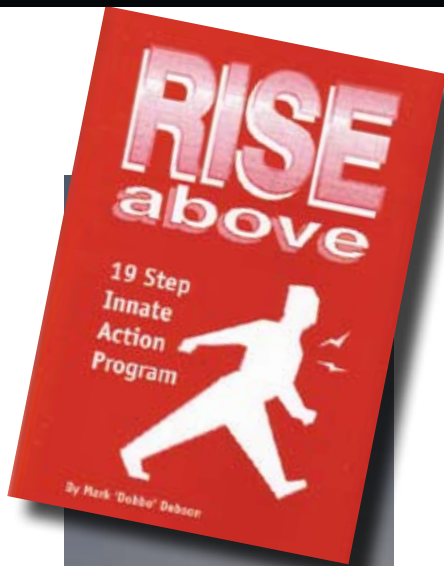


ASPIRE PROGRAMS



Rise Above

- Hand Book 19 Step
Innate Action Plan

The Rise Above hand book is the "How to" of Rise Above. It elaborates on the 19 step program in Rise Above with clear steps to take on a daily or weekly basis. Although it refers to Rise Above, the Handbook is a book of its own with new information and activities independent of the original book.

\$10 + Postage

The Action Program is an expansion of the content in Rise Above. Its intention is to be a guide to implementing the concepts in Rise Above and also acts a resource to teachers who are seeking to translate the information to the class room.

It can be read independently but typically it is appreciated by people who have enjoyed Rise Above.

A short excerpt from Rise Above.

Step No. 13.

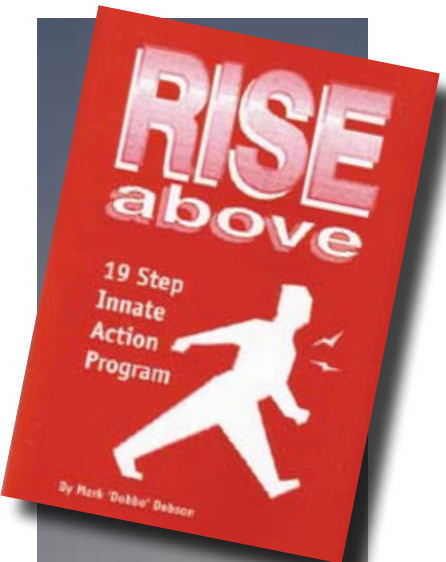
Increasing time with positive people.

(Refers to page. 106 of Rise Above)

When you were young you hung out with your parents in a very 'kid' kind of way. Then you grow up and you start fighting as you try to find independence until eventually, (you may not be here yet) you are independent and find new ways to hang out with people. For example, as a child it's water fights and cricket in the backyard, when you are a little older it's movies and any underage activity like bowling, golf and shopping. Then you get older and you tend to chat more over coffee or a drink. When you recognize this you can actually design how you interact with friends before it starts to happen. You can teach your friends how to hang out with you.

For instance when you make time to hang out with someone who really energizes you, choose a unique place to go or a unique thing to do. A picnic, a unique restaurant, ice cream party late at night, laying in a hammock, sitting in a tree, at a football game, the airport etc.

You see when you have a great time somewhere unique, that happy feeling kind of sticks to the place and next time you go there you will have the same experience. As a matter of fact, one of the kids I have been coaching recently has always had a terrible relationship with her mum. She told me it could never be better. What rot! Of course it can. I told her to call her mum up at work and see if she was free that night to go out for coffee. It blew her mum away. She thought there must have been some bad news or something but no, they just went out for coffee and chatted like adults. And it went perfectly. Neither of them had fought in a cozy coffee shop late at night, nor had they even been to one together late at night. This meant that this unique place and activity had the opportunity



To start a conversation, compliment first, then follow up with a question.

to have a new feeling attached to it. With the girls leadership of sharing in a calm way, that's exactly what happened.

You have the chance to do the same. To create memorable moments for your friends by taking time out to enjoy somewhere new and special.

So the space below is to begin a list of cool places to hang out. Then call a friend and suggest you go out to enjoy one of your new ideas.

Here are some ideas to get you going:

Golf range, pancake store, mini golf, roller skating, a café, a book store where there are couches, a park with cool trees, a swing set, sitting in a car in a drive way late at night, on a blanket staring at the stars, baking together in the kitchen, painting together etc.

It doesn't matter what you do, it just needs to be unique and easy. As for starting a great conversation, just start by telling them something you have never told them before. Especially if it includes complimenting them.

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