

# p2w Reflection Cards

The P2W Reflection Cards are a product of the Pathway to Work project, designed to support Work Readiness participants on their journey to employment. They help participants explore the Skill for Success of adaptability, and in particular the attitudes and behaviours that help manage change.

Each card includes a brief description of an attitude, behaviour or strategy, followed by a reflection activity.

## Ideas for using the cards

- Choose one card. Use it to facilitate a warm-up or wrap-up discussion.
- Have participants choose a card at random and complete the reflection activity independently or in small groups. Have volunteers share their thoughts, insights or strategies.
- Have participants review multiple cards and choose a card that they would like to discuss in small or large groups.

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p2w  
pathway  
to work

ptp  
Adult Learning and  
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## A daily dose of nature

Our ancestors spent time on the land observing patterns and gaining wisdom from what the land offers us.



Get outside and notice the ways that nature can nourish you. That's how to get a daily dose of Vitamin "Nature".

**Next time you feel stressed, take a walk. Look for five things in nature that bring you joy. Focus on each one and breathe in *acknowledgement* of the gift and breathe out *stress*.**

## Choose your direction

"You have brains in your head. You have feet in your shoes. You can steer yourself any direction you choose."



Wise words from Dr. Seuss, and a reminder to choose our own path and then get moving! Each new sunrise brings an opportunity to move in the direction of our dreams.

**What is one thing you can do today to embrace the opportunity?**

## Declutter your world

Clutter can be negative thoughts, dresser drawers stuffed with old socks or posts on social media accounts that waste our time.

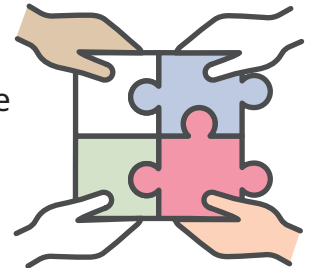


Watch your focus and productivity improve when you have more space and energy for the people and things that help you. It's time to consider what you can set free.

**Is there an area of your life that feels cluttered? What strategy can help you reduce the clutter?**

## Everything we do is interconnected

When we throw a pebble in the water, waves ripple out... just like the work we do in this program will ripple out to other areas of our lives. Working on ourselves benefits ourselves, our families and our communities.



**Can you think of ways that the work you do in this program will benefit you? Your family? Your community?**

## Faith

Dr. Martin Luther King Jr. said, "Faith is taking the first step, even when you don't see the whole staircase."



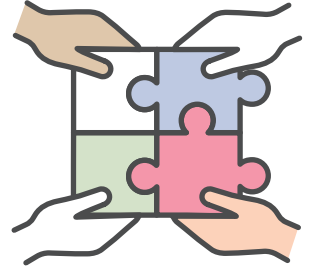
Faith is having the courage to believe in what's ahead even if we can't see the whole journey yet. It reminds us that things will get better, even when current circumstances are difficult.

Sometimes the best thing we can do is to let go of our worries and just breathe!

**Set a timer for five minutes. Close your eyes. Think about a goal you have. Continue to inhale *faith* and exhale *doubt* until the timer goes off.**

## Find your circle of support

A circle of support is made up of people we choose to *support*, *guide* and *mentor* us. They can be friends, family, elders, co-workers – really anyone we respect and admire. Change can be difficult, and we all need a little help from our friends.



Surround yourself with a powerful support group as you manage change in your life.

**Who is in your circle of support?  
Who can you ask to join your circle?**

## From to do to ta da!

Anything worth achieving requires intention, attention and action.

Intention + Attention + Action = RESULTS.



Start by writing down the tasks you want to do, then set aside time to tackle each task. When you're ready, get rid of distractions (no phones please!) and focus on getting the task in front of you done.

**Identify five tasks you'd like to accomplish. Start a to do list and decide when you will tackle each task.**

## Getting unstuck

Feeling stuck? Good news! You are not really stuck. You might be repeating old habits that worked for you in the past, but that you have now outgrown.



Applying old habits can keep us from moving forward. We need to change our habits to get a different result.

**Are there any habits that no longer serve you? Talk to friends, family or mentors who have made the same change you desire and ask them how they did it.**

# Habits

Did you know about half of our habits are unconscious? That's right. We do a lot of things without really thinking about them!



Some of our habits are healthy, like brushing our teeth every morning, but others are not. When we become aware of our habits, we can change the ones that aren't healthy for us.

**Are there any habits that are unhealthy for you? Are there any you are willing to kick to the curb for seven days?**

# Keep looking forward

It's easier to stay motivated when we keep asking ourselves about what is ahead for us: what is possible and what we can learn. We definitely need to pay more attention to where we are going than where we have been!



Accept and acknowledge your past, learn from it and apply what you learned towards the future. You cannot change your past but you can change how you feel about it.

**What is one lesson from your past that you can apply towards the future you desire?**

# Letting go

Grudges are expensive, but forgiveness is free. Holding a grudge or staying angry is a perfect waste of our energy. It can also cost us our happiness because sometimes the hurt we carry can transfer into new relationships.

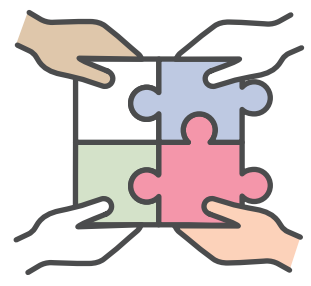


Reclaim your happiness! Learn and laugh, apologize when you should and let go of what you can't change

**How do you think this strategy can help you? Your family? Your community?**

# Look for teachers

"When the student is ready, the teacher will appear," according to many wise thinkers.



There will be times when everything seems uphill. That's when we can find strength and support if our eyes and heart are open to receiving them.

Pause and pay attention to those around you who can be your teachers. Listen to the guidance they can offer.

**Who in your family, circle of support or community can be your teacher?**

## Music as medicine

Leader of the rock band U2, Bono, once said, "Music can change the world because it can change people."

Music can clear our heads, heal our hearts and lift our spirits.

**Think about songs that make you feel better. Make a list of the top 10 you can turn to when you need a pick-me-up.**



## Overcoming setbacks

"Our greatest glory is not in never falling, but in rising every time we fall."



This saying tells us to be OK if we try something new but stumble at first.

Celebrate that you had the courage to try – and then get back up and try again – just like Walt Disney who didn't give up even though his concept of Mickey Mouse was rejected over 300 times!

**How do you think this saying can help you? Your family? Your community?**

## Plan for pause

We need to listen to our own energy levels when it comes to doing and being our best. Giving ourselves a break can be SO essential in helping to stay motivated and finish what we start.



Give yourself something to look forward to! Plan for downtime, breaks, vacation and rest. These will help you push through when you feel bored or uninspired.

**Think about the next seven days. Are you able to build in some downtime?**

## Planting a garden

Our minds are like a garden, where our thoughts are the seeds. And like a gardener, we can choose the seeds we plant.



We can plant seeds of positivity, gratitude and curiosity. Or we can plant seeds of negativity and judgment.

Plant the right seeds and grow a beautiful garden that will attract beautiful and helpful people.

**How do you think this idea can help you? Your family? Your community?**

## Seize the day

Each day is a gift of a new beginning. We can continue what we started the day before or if that wasn't working, we can take the new day as an opportunity to try something different.



**When you wake up tomorrow, pay attention to what it's like to start your day in gratitude. Think about what you are thankful for. Focus your attention on what's positive and possible. Gratitude can trick your brain into uncovering opportunities.**

## Self-talk

We don't always speak to ourselves the same way we'd speak to someone we love – with kindness and affirmations. We may dish out negative self-talk and end up feeling bad.



When you find you are being too hard on yourself, think of someone who has been encouraging and helpful to you. What are some of the words they used?

**How can you use their words to change the negative self-talk into positive self-talk?**

## Setting boundaries

Sometimes it's OK to walk away. We don't need to stay stuck in situations that are hurtful just because we're afraid of what people will say.



Setting boundaries shows others how we expect to be treated.

**How do you think setting boundaries can help you? Your family? Your community?**

## Shifting gears

Sometimes we find ourselves struggling to complete the task we have next on our to do list. This can be frustrating and make us feel like we will never achieve our goals.



In these situations, try turning your attention to an easier-to-accomplish task. Sometimes achieving a goal in another area can help give the momentum and fresh perspective needed to come back and CRUSH your goals!

**What are some of the easier tasks on your to do list?**



## Take control of what you can

We get to be in charge of two things: our attitude and our effort.



Our attitude is how we think and feel about something, and our effort is how we use our physical and mental energy.

Instead of getting upset about the things that are out of your control (like the weather), focus on what you can control. Life is much simpler when you let go of what you cannot change and focus on what you can.

**Think about a task you've been having trouble getting done. How can a change in attitude or effort help?**

## The power of yet

Words matter. The words we use can influence how we see things. That's why it's important to choose our words wisely.



Instead of saying "I can't..." try saying, "I can't...**yet.**" This way you signal to your brain that whatever you are pursuing is still doable.

**What are three things you are still working toward? Write them down as statements like this: "I can't \_\_\_\_\_ yet." Don't they seem more possible with that powerful little word?**

## Time to move

Let's take a lesson from dogs and learn to "shake things off". Dogs will often shake after a lot of handling or touching if they feel stressed, excited or anxious.

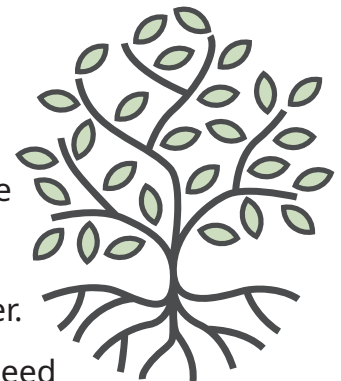


Physical activity can increase blood flow, help us find fresh thoughts and even improve our mood. It helps us get out of our heads and gives us new ways of seeing challenges.

**Whether it's walking, dancing or doing a few stretches, move your body! What's a physical activity that's easy, enjoyable and accessible for you?**

## You are not a machine

If we prioritize our health and well-being, we have a better chance of being our best self, whether as a learner, parent, friend or partner.



Unlike a machine, we need to plan for good sleep, connection with friends and for relaxation and joy.

Make room in your life for the things that help you feel good and most alive.

**What is one activity that makes you feel good? How can you make more time in your life for it?**

# You're in the driver's seat

If we drive around aimlessly, we may never get to where we want to go.



You are in the driver's seat of your life, so plan how to arrive at **your** destination! Be intentional with your time and be intentional about what success means for you.

**List three things you need to get done to move you towards your goals. Choose one and plan how you will accomplish it. Be sure to break down the steps into bite-sized pieces. Then, look ahead and drive with focus and attention.**