MVV

Phase 1

By: Sophya Galan

100+ Words

1. Committed
2. Thorough
3. Conscientious
4. Structured
5. Disciplined
6. Focused
7. Cautious
8. Direct
9. Vast
10. Mutual
11. Consistent
12. Professional
13. Loyal
14. Ethical
15. Incorruptible
16. Upright
17. Reliable
18. Valiant
19. Respectable
20. Honest
21. Transparent
22. Challenging
23. Goal-Oriented
24. Autonomous
25. Collaborative
26. Innovative
27. Inclusive

28. Motivating
29. Flexible
30. Recognizing
31. Purposeful
32. Supportive
33. Creative
34. Curious
35. Open-ended
36. Promoting
37. Empowering
38. Communicative
39. Diverse
40. Fun
41. Growth
42. Professionalism
43. Qualitative
44. Forward
45. Appreciated
46. Feedback
47. Active
48. Balanced
49. Diplomatic
50. Affectionate
51. Empathic
52. Fair
53. Agile
54. Authentic

55. Altruistic
56. Gracious
57. Healthy
58. Amusing
59. Bold
60. Broad-Minded
61. Cheery
62. Confident
63. Devoted
64. Eager
65. Enough
66. Free
67. Humble
68. Illuminated
69. Independent
70. Inspirational
71. Informed
72. Loving
73. Mediator
74. Neat
75. Positive
76. Flourishing
77. Realistic
78. Uplifting
79. Resilient
80. Satisfied
81. Tactful

82. Self- Assured
83. Thriving
84. Understanding
85. Versatile
86. Wise
87. Sensitive
88. Sociable
89. Thankful
90. Willing
91. Yielding
92. Energetic
93. Intuitive
94. Tolerant
95. Gentle
96. Attentive
97. Friendly
98. Imaginative
99. Competent
100. Cherished
101. Entertaining
102. Grateful
103. Hopeful
104. Alert
105. Courteous
106. Bright
107. Faithful
108. Cool-Headed

10 Words

1. **Devoted**
- ❑ An individual that showcases their time to someone or something.
- ❑ Committing fully to someone (Devoted By Dean Koontz)
- ❑ Being loyal to someone's needs (Devoted Health)
- ❑ "Intense longing for the beloved" (PraiseCharts)
- ❑ "Upliftingly facing challenges" (Something in the Water By Carrie Underwood)

2. Self-Assured
- ❑ "To be sure of yourself" (TrackingHappiness)
- ❑ "Knowing how to identify your negative thoughts" (WikiHow)
- ❑ "Being genuinely confident" (Inc.com)
- ❑ "Trusting your abilities, capacities, and judgments" (Selfcarefundamentals)
- ❑ "Cultivating a positive mindset" (Beliveinmind)
- ❑ "Having an inner compass that gives them certainty in their decisions" (CliftonStrengths)
- ❑ "Consciousness is the true foundation of what we know and perceive" (The Self-Aware Universe By Amit Goswami)

3. Balanced
- ❑ "Parallel" (GrammarBook)
- ❑ " Constructive and healthy" (Verywellfit)
- ❑ "Improved outcomes" (LogRocketBlog)
- ❑ "Making simultaneous investments" (WallStreetMojo)
- ❑ "Searching for peace and harmony" (Get the Balance Right by Depeche Mode)
- ❑ "The need for light and dark and good and bad"(Everyday Life By Coldplay)
- ❑ " Keeping your life in order, without the fear of losing control" (Bright Eyes By Balance Beam)

4. Promoting

❑ Ranking someone to a higher position

❑ Helping someone better grow themselves

❑ "Elevating someone to their full potential" (Harvard Business Review)

❑ "Contributing to a person's growth" (Harvard Business Review)

❑ "When I'm more than I thought I could be" (One Moment in Time By Whitney Houston)

❑ "It's all about who wants it the most" (Champion By Carrie Underwood)

5. Flourishing

❑ Actively growing as an individual

❑ "Happy and content" (PositivePsychology)

❑ "Self-development and growth" (PositivePsychology)

❑ "Life satisfaction" (PsychologyToday)

❑ "Vigorous and healthy growth" (BerekelyWellBeing)

❑ "Living in a state in which all aspects of one's life are good" (Today)

6. Empathic

❑ Being able to understand the emotions of others and feel what they are experiencing

❑ "Feeling and absorbing other people's emotions" (PsychologyToday)

❑ "Tuned in to the feelings of others' (Healthline)

❑ "Feelings deeply rooted in our brains and bodies" (GreaterGood)

❑ "Feeling what another person is feelings at a deeper level" (VeryWellMind)

Continued…

7. Versatile
- ❑ "Learning new habits'' (HarvardBusinessReview)
- ❑ "Being well-rounded'' (Forbes)
- ❑ "Broadening youre creative skillset'' (CreativeBlog)
- ❑ "Capable of or adapted for turning easily from one to another of various tasks'' (Workology)
- ❑ "An individual who can be a team player through their ininatives in different things and by their strong work ethic''

8. Intuitive
- ❑ Going with your gut feeling
- ❑ "The ability to understand something instinctively, without any need for conscious reasoning or an explanation" (PsychologyToday)
- ❑ "Potent, trustworthy, and impeccably attuned to your path" (MBGMindfulness)
- ❑ "You're inner voice" (ScienceofPeople)
- ❑ "Being highly rational" (MindBodyGreen)
- ❑ "Looking for patterns or meanings that go beyond the surface of reality" (PsychologyJunkie)

9. Loving
- ❑ Having unconditional love for people
- ❑ "Being compassionate and caring of others''
- ❑ "Giving oneself freely" (MindBodyGreen)
- ❑ "Acts of kindness that can spring out of nowhere"(SixSeconds)
- ❑ "Offering care instead of cruelty" (PsychologyToday)
- ❑ "A series of actions we can take to bring us closer to the people we value" (PsychAlive)

10. Realistic
- ❑ Being logical and reasonable baout something
- ❑ "Looking at things at a practical manner" (CogniFitBlog)
- ❑ "Setting self-expectations" (PsychCnetral)
- ❑ "The compass that guides us through the fog of uncertainty, helping us see the path ahead with clarity and purpose" (IQMatrixBlog)
- ❑ "Being pessimistic" (Psychologies)

Word Cloud

5 Words with Meaning

This image represents **self-assured** in the way the man looks as if he's confidently walking down the street. He's also very put together, which could show he's sure about himself and who he has become.

This image represents **balanced** simply buy he rocks standing on top of one another. What caught my attention about this image was how simple but was, yet it can mean a variety of things.

This image represents **flourishing** in the simplest way. Flowers will always flourish when they are given their basic necessities. It captures that growth is continuous.

This image represents being **versatile** due to all the different images within just one picture. What caught my attention was that it seems that images represent many different things, instead of one big category of things.

This image captures the word **intuitive** because it illustrates the man taking time to think for himself. Him being alone is what caught my attention, because using your intuition can't be done correctly with other individuals around you feeding in their input.

Image for All Five Words

Habit Toolkit

A habit I would like to change is not getting out of bed for more than five minutes after my alarm goes off. I believe my routine begins with this situation by the specific time I choose to go to bed the night prior. However, what prompts me is time I chose to go to bed depends on the amount of homework I need to get done, the amount of caffeine I have drank that day, or if I've chose to be on social media for longer than I should've. Now for the reward, there are two sides of it. The first side includes the reward the night before which can be seen has spending more time on my phone, that happens to feel like a "break" especially after being busy all day. Yet, the other side to this reward is being able to lay in bed for a few minutes after my alarm goes off to try and wake myself up.

A habit I would like to begin is creating a structured routine that can enable me to get better sleep. This will ensure that I won't lay in bed past my alarm. The routine would look like taking a glance at the assignments and scheduled daily tasks that need to be completed each day. A simple way to keep track of this would be to write the specifics down in my planner and highlight the time I should be asleep by. I believe writing in my planner will hold me accountable, because it does for my schoolwork. A component I want to accomplish is being more productive when I wake up, instead of lagging due to my energy not being fully recharged. I'm urging myself to create this habit so that I may have m ore time in my day to spare for relaxing or completing assignments ahead of time. I know this will pay off in the future once I have a busy schedule every, single day. It'll teach me to become more self-disciplined than I already am.

Community Toolkit

As I look at the community that's our class, I believe that each individual is capable of successfully tuning themselves into the work of adaptive leadership. However, I don't believe that every individual has the same values that lie within taking this specific class and how/if they choose to really implement it into their lives. I believe it's possible for certain components that we are learning and experimenting with in adaptive leadership to speak to some and not to others. What we each choose to remember lies within our values and concerns as a person, the organizations were apart of, and whether we really are loyal to our values. However, one thing that's not possible is sharing your values with someone else, in hopes that they'll engage like you may do. We can't all energize each other, but we can mobilize one another to get on our feet. Some individuals may choose to energize themselves independently. Within our community every individual matters and their experiences in tough challenges and how they've chose to overcome it. The perspectives and engaging in unusual voices matter. Yet, the only thing that doesn't matter in terms of each individual is work avoidance. I believe this because we all have to mobilize ourselves and keep pushing, due to other people in our tribe possibly falling behind.

If we want to create a successful goal or end product than we must assign certain individuals to specific tasks. We all have strengths and energy; some individuals simply want to put it in other areas of adaptive leadership! Moving along, when I engaged fully within a community I deeply cared about, I believed that everyone has their own interpretation of everything in life. There are times where we can all learn from each other's interpretations. It's a matter of fact that you can't make individuals see the full potential of an interpretation. I believe everyone matters in a community, except when there are certain individuals who don't want to seek change and seek engaging with others.

MVV

Phase 2

Word Toolkit Reflection

I believe my word cloud still reflects where my head is at, because as I've been reflecting, I've noticed not much has changed with my ideas or inputs. My definitions are still in great shape as they all uniquely describe certain aspects of who I am or who I'm wanting to become. Along with this, I'm still loyal to the five words I've chosen that pertain to leadership in my own illustration. My image doesn't speak to me powerfully as I've occupied the time to view it. I believe I can create a more thorough and creative image. Aside from this, when I step onto the balcony, phase one of this project tells the story about where my loyalties and risks lie in the midst of not only being a leader but an individual. In order to keep producing and telling this story, I think it's in my best interest to ask myself deeper questions such as "what type of situation that involves being a leader would change my loyalties and risks?" That is however, only if it could be due to being in tune with both of those components at all times.

Habit Toolkit Reflection

The habits that I've identified a change for are truly ones that I have been not only wanting to change but needing to. I've been focused on them due to acknowledging how it interferes with other priorities in my life. The habits I chose can be easy to talk about, however, they are things that I haven't struggled with before, or in other words, have had as a past habit. They are meaningful to me as I'm constantly trying to seek new ways to improve myself. I want to be able to walk back down to the balcony and directly look at a past habit that another individual may be doing and feel no urge to go back to it, even if it's an easy way out. During the time I've been working on this habit since phase 1, I've been able observe at which moments or situations I may fall back into this habit. However, as I've been able to predict when it may happen, I've been able to further identify what triggers the habit. I've incorporated a more responsible and thorough routine by writing down on my weekly planner what times I should be going to bed each day during the week, even if I don't have class. I was going to stop there and begin the work, but I decided to also implement period of time where I'm able to do some form of self care.

The cue for my habit routine immediately begins when I wake up in the morning the second, I hear my alarm go off. The only way I allow myself to be in bed for a few extra minutes is to stretch and begin to move my body. A couple of rewards that I've allowed myself to seek is being more quickly energized in the morning and a better mindset throughout the day. Knowing these specific times, I should go to bed and where to carve out time for self-care, has made me begin to push forward throughout these tiring days. I believe accurately defining my habit only benefitted me to become a better version of myself. Therefore, change around my habit has more so inspired me to be proactive. The story that I'm illustrating about my habit has become so energizing, that I'm looking forward to improving, even if it's not noticeable everyday.

Community Toolkit Reflection

Viewing my responses from phase one, I wouldn't at all change my responses. The reason for this is because I deliberately chose to look at the community with a wide lens from the balcony and take into consideration how the efforts and values of every individual differs from each other. During phase one, I really made the effort to think about this community with zero biases. From there I was able to discuss how each individual plays some role whether it's small or large. It doesn't matter the size of the task. What matters is the effort to be energized. Therefore, I still believe that the values, loyalties, and efforts of each individual within my community are purposeful in some way.

It's possible for each individual to change their values, loyalties, and efforts based on what other community members are around them. Although, what matters is that if those components change, the passion to motivate others in our community shouldn't change. Along with this, what doesn't and shouldn't matter are the differences that vary between each individual. The differences within each other should make us more appreciative. In conclusion, I believe the story I'm illustrating is energizing because it depicts how our differences should mobilize each of us to become for resourceful, intendent, and compassionate.

Habit Toolkit

I chose to focus on only one experiment so that I could devote all my time and effort to it. I decided to put my attention towards what good things could come out of making a change. Therefore, in the midst of a changing event, finding a balance. As my habit to change are my poor sleep habits and replenishing them with a more mindful schedule. My experiment was more of altering my mind yet having literally an experimental mindset. The days I woke up more tired than usual or found myself stuck in how I was going to finish my schoolwork, I had a much less experimental mindset. It was difficult for me to find a balance, which made it even more difficult to stay energized.

I kept track of how my mood was when I woke up each morning and compared weekdays to weekend days. There was a dramatic shift of my mood from Friday to Saturday and then to Sunday to Monday. For the first pair, I knew my cue was not having to go to class, which energized me to look forward to not having to do any schoolwork. Also, I found myself balancing between doing schoolwork for a tad of time and then resorting to doing whatever I may want to. For the second pair, my mood completely decreased. I woke up anxious knowing that the next day I would be bombarded with an entire new workload. A cue for the habit of more balance I created was setting my alarm for each day of the week. That way if I wanted to complain about what time I had to wake up, I could do it then instead of the actual day. In other words, releasing my negativity so I can be and feel more balanced.
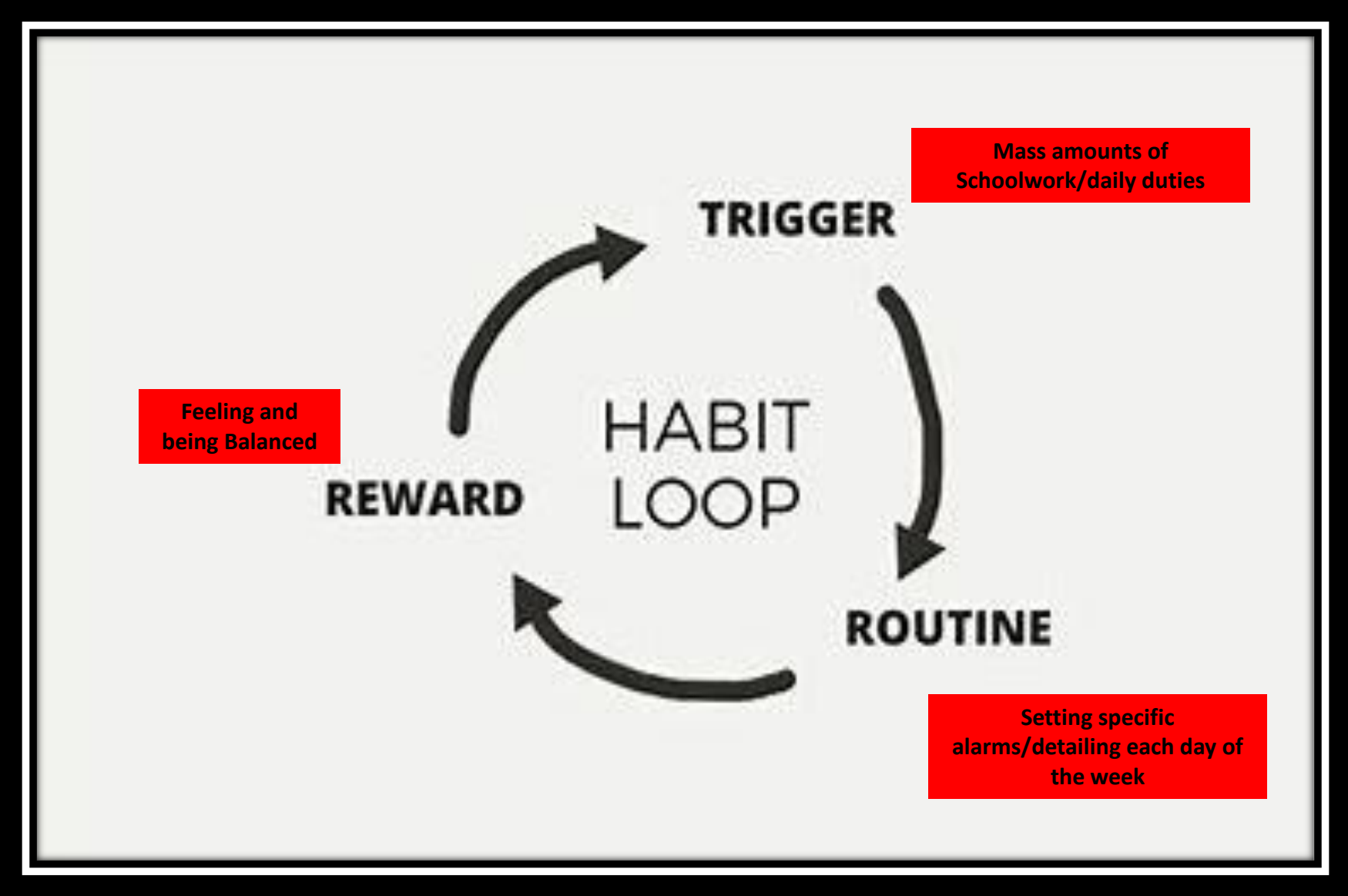
Clear Your Head Activity
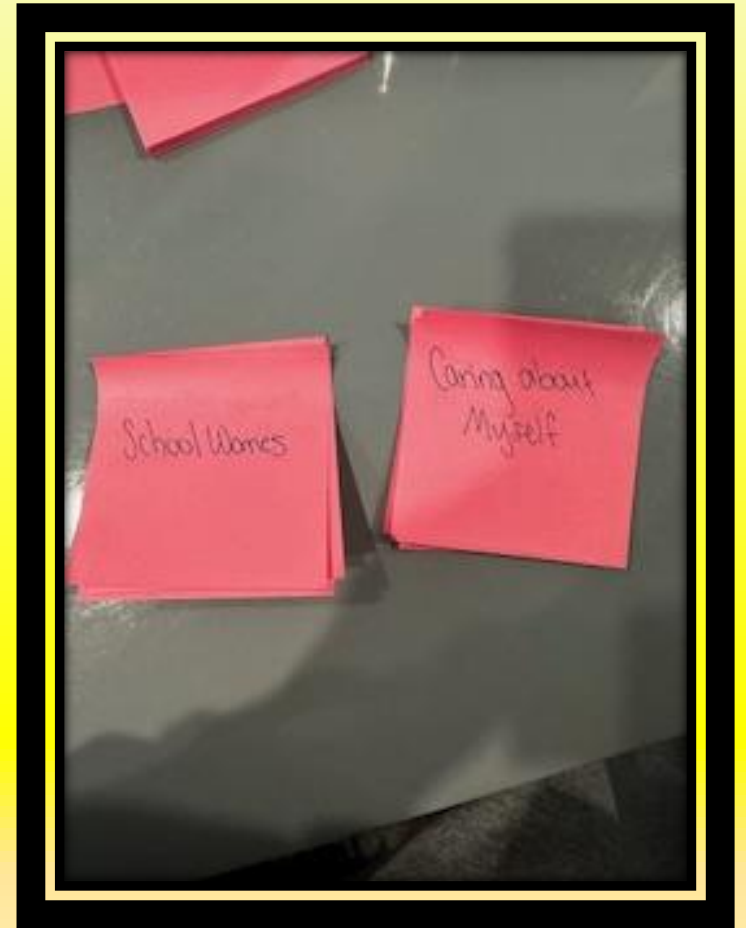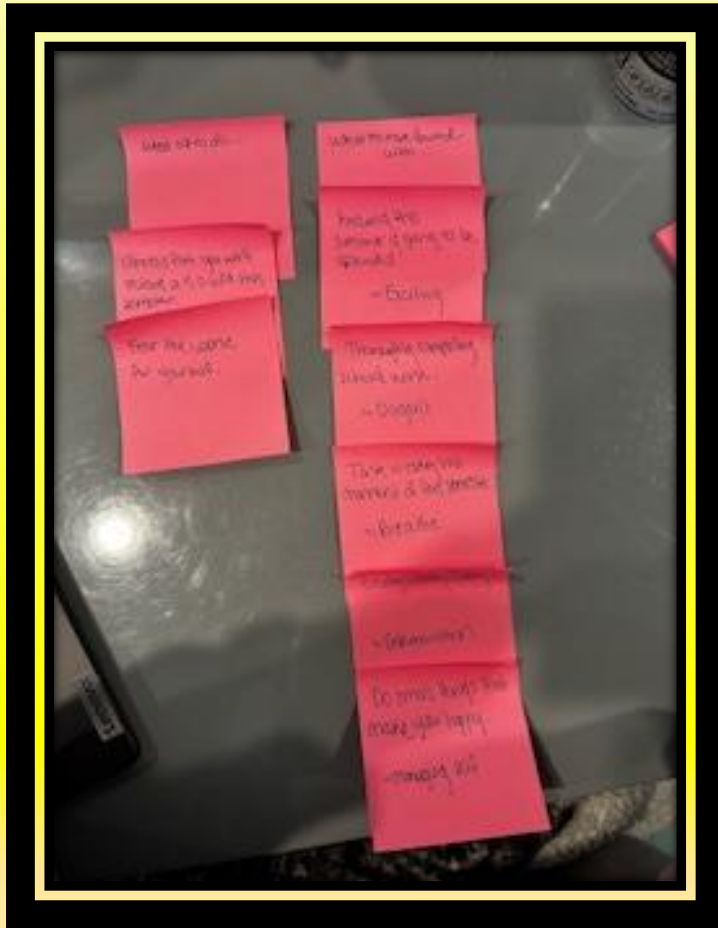
Clear Your Head Toolkit

As I'm looking through my stack of sorted cards, I feel more overwhelmed. There are three stacks of cards labeled as school, sorority, and family. I know I feel this way because of how many cards are laying in front of me. However, an experiment I took while viewing my habit toolkit was having more of an experimental mindset. This type of mindset goes hand in hand with my goal/new habit of becoming more balanced, as that's the reward I want for myself. I can see that I'm, more committed to the tasks that don't involve schoolwork because I've just implemented having an experimental mindset. However, I feel more in control when I switch my perspective to the great changes of habits, I'm applying to myself. I honestly feel like this habit goes along great with this project and the rest of the work that's required for it. It all involves an experimental mindset, really standing on the balcony, feeling energized yourself even through work avoidance, and creating a holding space.

MVV

Phase 3
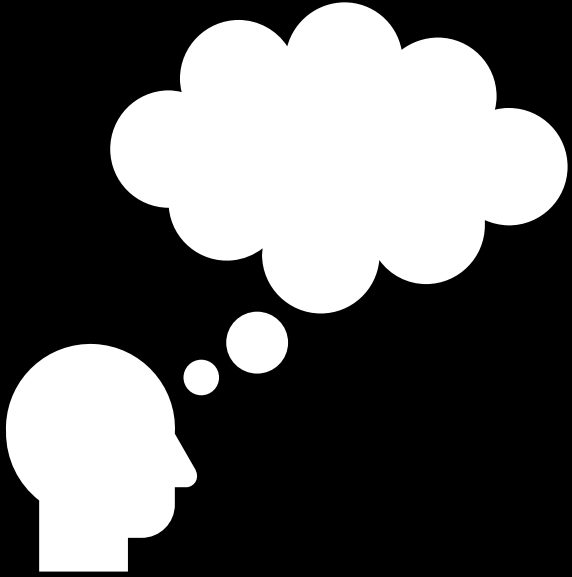
# Reflection Questions For Toolkits

- Do you still feel energized from the past 2 reflections?

- How can you manage yourself better through each toolkit?

- How can my reflections make an impact on myself and my community?

- What can I takeaway from this process that'll help me combat adaptive challenges as I move forward?

Overall Toolkit Reflection

- **Word Toolkit:** From the balcony, I believe that the five words I chose are still unique and persuasive to lead me into becoming a better version of myself through a personal level and through an adaptive challenge level. These words give me confidence and reflect on the confidence I have within myself. I've been able to find more meaning in each word I chose from the balcony.

- **Habit Toolkit:** Standing on the balcony, I was able to realize that it's okay to have a couple of days where I slip up and don't put energy towards my habit. However, instead of criticizing and blaming myself for being at fault, I have taken a step back and realized that I filled that time with some productivity. Having a better and experimental mindset about my habit has enabled me to be energized each week, instead of mentally reminding myself that I messed up.

- **Community Toolkit:** As I've been standing on the balcony, I've become more and more certain that it's better to honor the differences of each individual, especially our values. Being appreciative of others has made me more appreciative of myself and what I have to offer to my community.

Commitments Toolkit
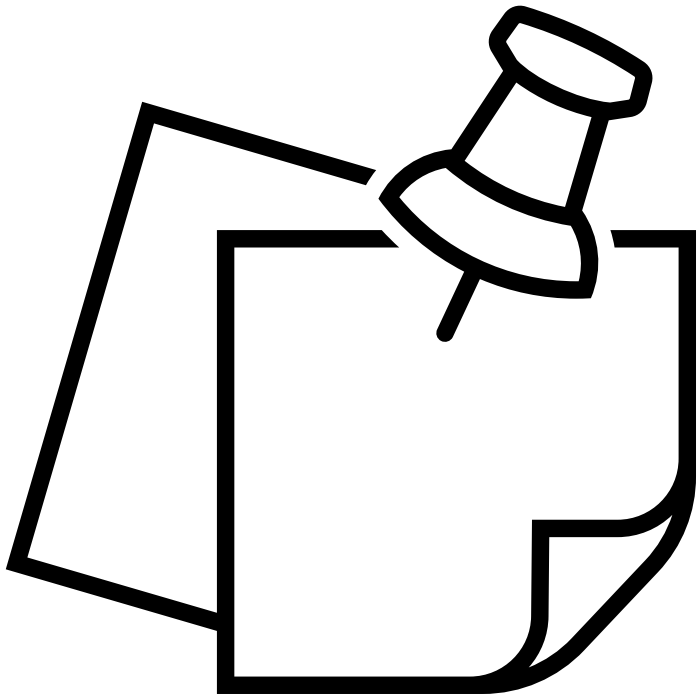
If I could have it my way, in 18 months I would be financially steady, with little to no help from my parents. However, that would only come with finding a great job that enables me to use my knowledge from my Psychology major and learning how to endure the process from my leadership minor. I aspire to be this way as I'm an independent individual. On a personal level, I would have wanted to grow deeper into my values and loyalties, so that managing myself and intervening in tough challenges would be like second nature to me. I'm an individual who doesn't ask for much in life but to be and feel balanced daily. If I had all the resources possible, I would already be on the path to having my own Psychology practice. To achieve , I will all these wishes I'll have to continue to dig deeper into having a habit of an experimental mindset and put my efforts first.

What Inspired Me?

Reality setting in that I graduate in a year and need to become more thorough with my plans such as having a Plan A and a Plan B.

Notes to myself in my daily, school planner such as "work hard" and "push through".

My habit of waking up at a good time to start my day has made me believe and feel I can complete an infinite number of things in a day. I've been willing to be more experimental and make choices that'll benefit me for future references.

Your Top 6

| family/friends | life balance | recognition | salary | authenticity | adaptability |

Meaningful Work Toolkit

These align with where I stand with my commitments due to incorporating my values and loyalties and wanting to execute my personal growth. I believe these are all reasonable and that they will be achievable, as the only thing I haven't achieved yet is "salary". However, I'm determined and willing enough to make that appropriate salary happen for myself.

MVV

Phase 4
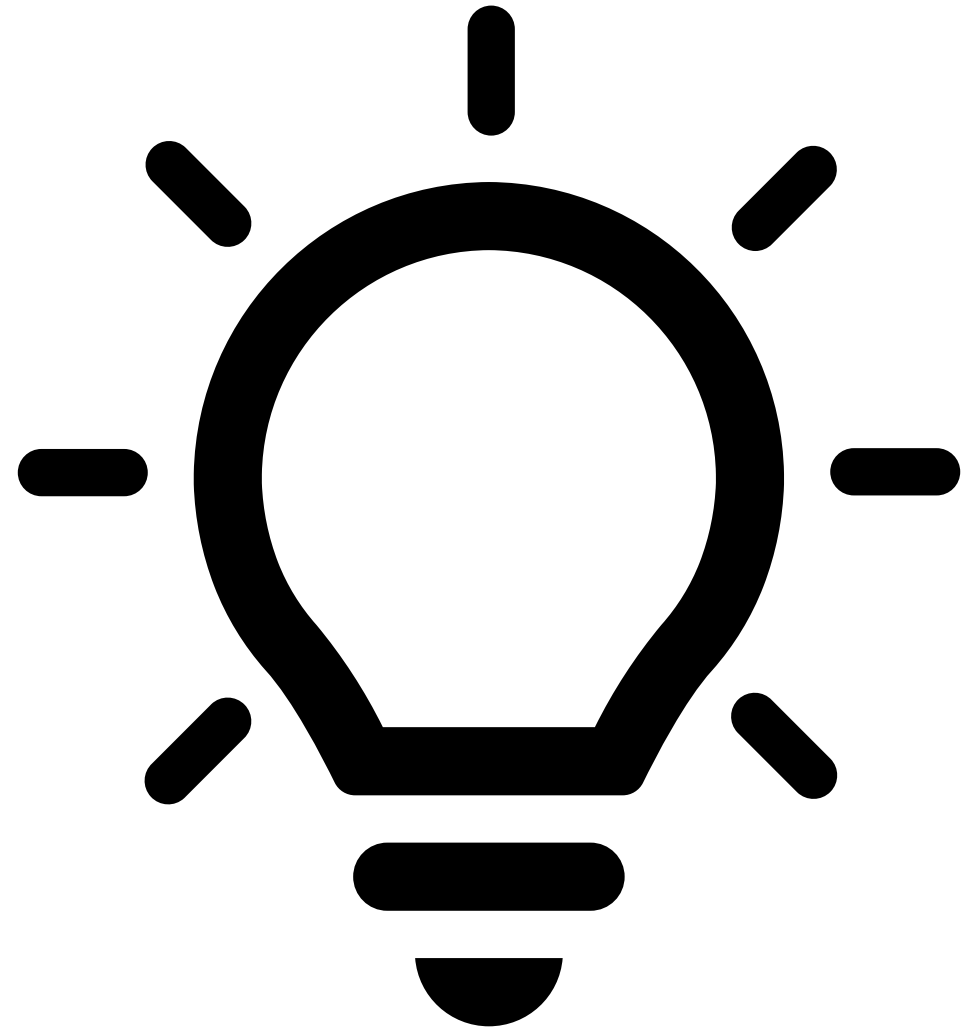
Word Toolkit Reflection

I believe that my word cloud still accurately represents where I'm at in terms of confidence with my words. I haven't needed to revise, add, or delete any of the words because I really took the time and effort to strategically think about which ones I wanted to narrow down to. My five words that I chose are the strongest of all the words I chose within the first phase of this project. I was able to think of great definitions on my own, ask friends, and find meaning to each specific word through the internet and in songs. Next, I'm attracted to my images because they are on the simpler side but are still unique. The image by AI that combines all of the words can be interpreted in so many ways, which is something I still found inspiring. As I head onto the balcony to reflect on my word toolkit, I believe that it shows self-awareness and confidence. These are two characteristics I've always somehow seen within myself, but I was able to dive deeper into both characteristics by expanding on each and mapping them out in my life. Lastly, I believe that those two characteristics are great to have within combating adaptive challenges and keeping myself and others motivated and organized.

Habit Toolkit Reflection

I learned that my habit is the one that I've only gained throughout my time in college. Also, I was able to reflect on the fact my habit has formed from previously fearing I'd develop it. Being on my own in college and feeling a sense of freedom for the first time. By this I mean that I was the one who kept my self in check with everything I needed to do on a daily basis. I definitely took advantage of my mom not having to wake me up when I slept in for school. However, my keystone habit of setting a schedule for when to go to bed has helped me in the way of being able to wake up on time and feel restful. Not feeling restful was a gap that was an underlying issue that I didn't notice until implementing my keystone habit. It has become meaningful to me because it benefits how I spend my days and ensures I don't waste time. Along with that, it makes me feel productive and proud of myself. I have never been a person that liked the feeling of "just getting by" because I feel like I don't reach my full potential.

I strive for the feeling of being proud of myself and being able to give myself credit. It disrupts my core values when I do things that seem like I'm just getting by. Yet, that's a characteristic in others I see that draw me away from them because it doesn't align with my values. The change that my habit has brought on has inspired me to do better and become the best version of myself. Even more so, it has energized me because I can share my success story with others and help them with the same thing if they struggle with it. That will further energize me because I'll feel that I'm impacting the lives of others. This is a factor of myself that I've been working on strengthening especially as I'm approaching my senior year of college. It's a story about myself that I want to share with others in a humble way. Reflecting on my habit and developing a keystone habit has made me believe in myself more about the challenges I can conquer.
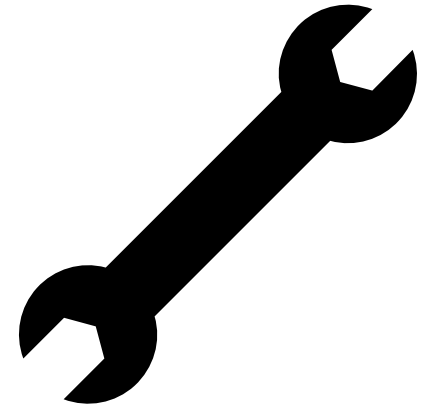
Community Toolkit Reflection

As I look around at the community I'm surrounded with, I believe that the opinion, values, and loyalties of others are what genuinely makes us unique from one another. Learning more about those three components within my community has only benefitted me by staying truer to myself and learning how to navigate better through adversity. Along with this, I don't believe that individuals within my community should make it a mission to implement their opinions, values, and loyalties on others around them. The reason for this is because it creates conflict and takes away from the fact that we are all unique in our own ways. It's one thing to disagree with each other, but another to fix those issues within each other. When there's no authority involved in situations such as this, individuals will begin to step out of line which makes them forget their core values. Yet, when there's authority within our community, we stay more structured and focused on ourselves. Through this reflection in each pf the phases, I've been able to take a closer look at why I should value differences. If everyone in my community was all the same, there would be no chance to learn from the stories we tell about ourselves. I've really enjoyed reflecting on my community because it's given me a greater sense of appreciation for those that I know and also don't know.

Commitments Toolkit

Personal

In three to five years, I would like to see myself being confident when navigating through change. I've experienced quite a few things in my life that have urged change but have made me so fearful for what happens next. I want to see a growth in this because my time combatting adaptive challenges isn't over. I've learned a lot about myself when a sudden change is brought into my life and that's being stuck in one, narrow headspace. A part of my habits toolkit was urging myself to have a more experimental mindset, which I have, but needs to happen in situations that require change. One thing I'm going to have to keep progressively working towards is an experimental mindset. I believe I can work on this daily because it's incorporated into how to change my habit. Also, I have to believe that every situation isn't taking a risk but just a simple experiment. This will help me in not feeling fearful and having work avoidance.

Professional

In three to five years, I want to maintain a great salary. This is a huge goal for myself because it's something I constantly think about as my time in college is coming to a close. I don't necessarily want a good salary so it can be spent on expensive and materialistic things, but so that I can feel comfortable. Being comfortable makes me feel balanced, which is one of my top five words I chose that resonates with me well. I want to be able to provide for myself and not have to fear that I can't pay something in the full amount. Along with this, our society is becoming more expensive. Mentally what I need to begin to work towards is telling myself I will be okay and succeed. Secondly, my work I've put towards having an experimental mindset needs to grow for this reason too.

Commitments Visual
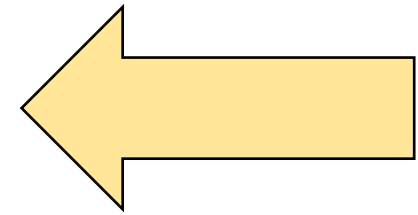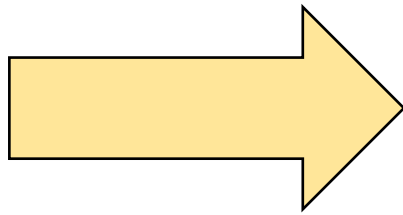
What's Inspired My Commitments?

A major component that's valuable about me is my authenticity. I believe there's greatness in being different and not wanting to be something or someone you're not. I've never wanted to be like anyone else, such as having my own style or the things I choose to do in my free time. What's cool about it is that others see it and admire it. Yet, my challenging experiences throughout life have made me gain that characteristic of authenticity. I think that having this special characteristic will enable me to succeed further than others. Along with this, my "no matter what" qualities for my life is that if I fail at my expectations, I can fall back on that I'm true to myself and will always figure out a way to thrive. I'm going to continue to just be who I was designed to be. I can't wait for the journey that it entails, as I will leave a legacy on others and inspire those around me.
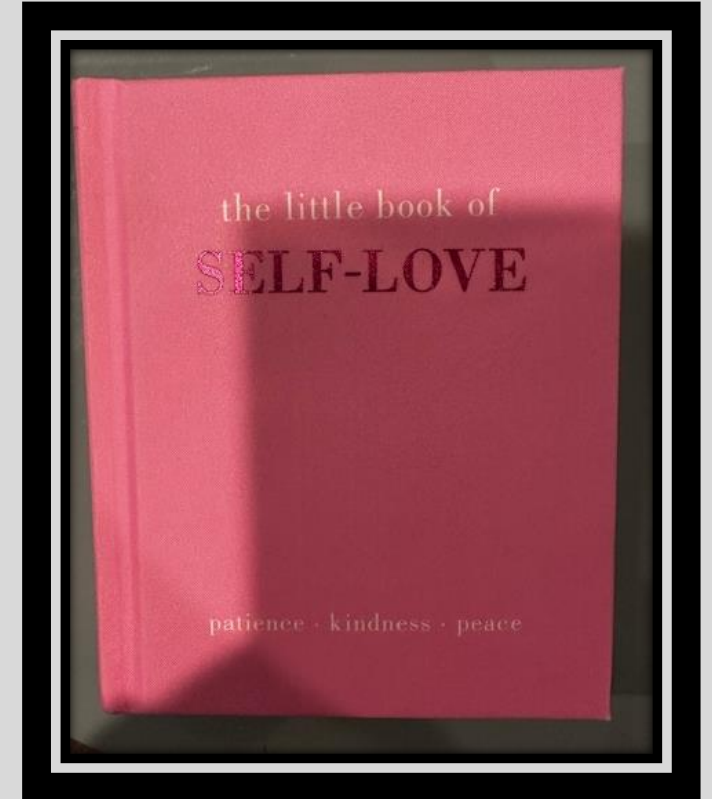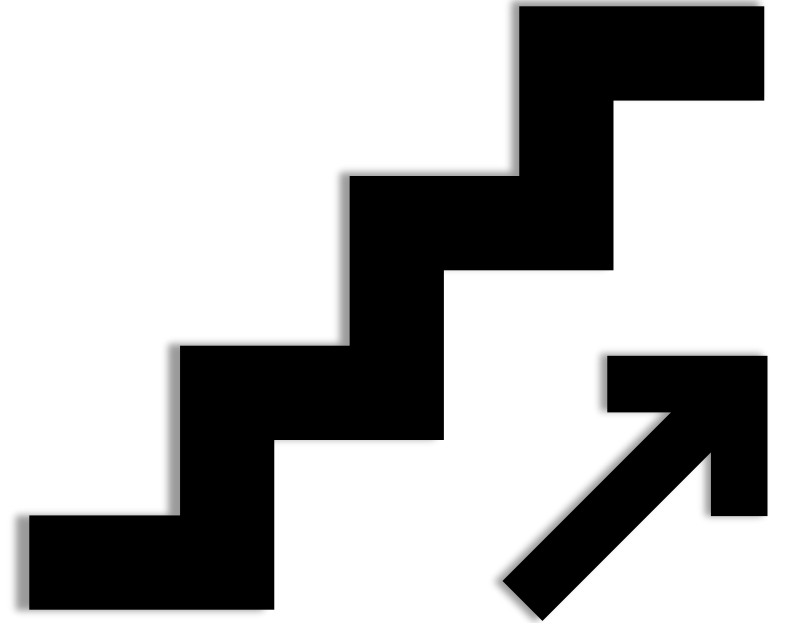
Bringing It All Together

50,000 Level ⭐
- ✓ Authenticity
- ✓ Greatness
- ✓ Admirable
- ✓ Thrive

40,000 Level ⭐
- ✓ Confidence
- ✓ Navigation
- ✓ Experimental mindset
- ✓ Progressive
- ✓ Balance
- ✓ Success

30,000 Level ⭐
- ✓ Experimental mindset
- ✓ Believing risks can be helpful
- ✓ Staying connected to a purpose

I **will** learn to love change.

!Adventuring Through Challenges!

Throughout this course and class, I was able to learn how to be more confident when an adaptive challenge approaches me and specifically how to go about combatting it. A big part of battling a tough challenge that I've began to implement into my life is managing myself. I believe that when confronted with situations that look as if they harm you, it's easy to be triggered and feel lowering the heat will overall help. However, I've realized that these can be known as my "hungers". In HG&L, hungers is defined as making you "particularly vulnerable" (HG&L 202). The book lists pairs of underlying issues that can cause these hungers, in which mine is "affirmation and importance". This is an underlying issue because the need for this hasn't been met. I've taken a step on the balcony and reflected why I need affirmation and importance. It turns out that I get too caught up in my head and sometimes fear the worse. In an adaptive challenge, fear can be a factor within the process, but it needs to be compartmentalized. I have high expectations for myself that can seem unrealistic at times, but they form due to wanting fulfillment in a place I didn't receive any.

I stepped back onto the dance floor and observed the one component that bothered me the most when hungered. This component was fear. It completely shuts down my brain and no longer makes me feel energized. I've had to understand and acknowledge that I can't be in control of my life at all times. This ties into my affirmation in phase four that states, "I will learn to love change". It's something I'm actively working towards and will continue to be more mindful of. In regard to raising the heat to ensure confidence within an adaptive challenge, I've had to figure out where it needs to be placed. One of my favorite quotes from HG&L is from this section of raising the heat, which states "turn up the heat on an issue without making yourself the issue" (HG&L 285). This quote has made me want to stay on the balcony and be strong enough to look down on the individuals who are creating more issues for themselves. The last component of gaining more confidence in adaptive challenges that have approached me is understanding what, "resist the leap to action" means (HG&L 44). When faced with a tough challenge, I believe that I can always overpower it. However, it's been a learning process with this specific tactic as it has allowed me to form "emergency management" (HG&L 44). This is a skill that can be used as a new way to interpret a challenge. I feel that this technique has enabled me to learn more thoroughly from my mistakes and acknowledge my failures.

I've been able to learn specifically learn each of those components I described that have empowered confidence within myself through taking a deeper dive into interventions. In order to correctly intervene I needed to find my purpose and ask help from others. I believe finding a purpose through intervening has made me feel more stable and structured. In other words, I feel like I can physically progress towards what I want, which is confidence. On the balcony, I considered the "skills and resources in [my] own toolkit" (HG&L 36). Those resources and skills related back to finding my purpose and asking help from others. While finding my purpose structured me, asking for help empowered me. I've learned to love understanding how to intervene more strategically, because it benefits myself and how I move forward with that specific adaptive challenge. I've been able to slowly, but surely step outside of my comfort zone and explore each time I have the opportunity to intervene. In terms of growing my confidence and asking others for help, I've seen a change in how energized I feel about myself and how well I'm able to collaborate with others.

The learning of these concepts are important because I believe the information that HJG&L has to offer is a resource to students. In other words, reading through the book and figuring our what resonates most with you is like packing the necessary tools in a toolkit. HG&L is a resource that many individuals don't know about but should be more known because it acts as a guide to your life. Individuals who don't read this book will not thoroughly understand what it means to diagnose, energize others, manage self, and intervene. I believe these for components have allowed me to flourish, succeed, and take smart risks. These are a few things that I was okay at, but needed improvement as I grew older. I'm living in a period of time where society around me is constantly changing which means us individuals have to shift too. It's difficult as I have felt lost in the process of doing so before. It's even hard because humans were built to thrive, but we are now having to thrive under certain conditions and a "status quo". Individuals are also systems that are constantly working alongside each other and our environment. To understand what we need, how to achieve it, and how to keep conquering challenges all lies within understanding the systems around us. Looking over the balcony through this course, I've learned to see myself as a system. As an individual who is all for using my intuition, I have learned that through certain messy challenges that it can 'constrain [me] from seeing certain data, being open to certain interpretations, and making certain interventions that are outside [my] experience and comfort zone" (HG&L 181). If we can all see ourselves as systems and teach other the concepts in HG&L, we will all mobilize each other.

For the quality of my future, there are two components from HG&L that will carry in my toolkit. These two components are having an experimental mindset and resisting the leap to action. An example of a way I will use these two components is a time where I'm faced with a scary challenge with family. These challenges hurt me to my core and have been difficult to navigate through. In these certain situations, I feel paralyzed and experience a mental block. It's difficult to energize myself and know how to take a step forward. I often become so narrow-minded in having a set series of events that I believe will play out. It's harmful, as it disrupts my core value of determination. I'm always wanting to be "okay" and handle situations on my own. I can be stubborn and unwilling to accept help. It's a tactic that I'm not proud of, but something I've took the time to diagnose through. I've understood that it's time to use smart experiments and see where it can take me. If it fails, I know I can try again and not feel lost. I need to further utilize the advice of others because they may have great insight into a smart experiment that worked for them. I need to be fearless when interpreting these new risks. These smart experiments will also aid me in quickly taking action in a situation. I can get too ahead of myself because I feel so strongly inside about something with my family and always want to "fix" the problem. Honestly, I have felt that taking a leap of action can only sometimes be done in a technical situation and that's why it hasn't worked so good for me. Resisting takes determination and resilience. These are two characteristics that I do have but need to be brought to the surface more.

The quality of my future will only deepen if I can find peace through my family situations and just learn to sit amongst chaos. Yes, it's uncomfortable and scary, but if I don't experiment then how am I going to become the "better" version of myself that I want to be? The answer to this is maybe., but not fully and I don't want to look back onto the dance floor and say to myself, "you were almost there". Having a great quality of life is looking over the balcony and sometimes walking back down to the dance floor to learn what not to do as I progress through life. An overall goal I want to set for myself is to acknowledge that success doesn't come quickly. By success, I mean the success within anything throughout my future. Success ties together with the two components I will be carrying in my toolkit because if they are used in the wrong way or context, they could harm me, but if used thoughtfully it'll inch me closer to success. As I leave the leadership studies minor, I'm excited to use my toolkit even though it isn't quite full yet. However, as I move closer to the success I want to achieve, the more tools I can store in my toolkit.