

## Introduction

# Before We Begin Our Journey



## The Power of Small, Steady Change

Take a look at the tagline of the 180° Program logo: *“Enhancing Lives One Degree at a Time.”* One degree at a time . . . it doesn't seem like much, does it? Wouldn't it be better to say we'll make huge, sweeping changes, maybe 50 degrees at a time? That these changes will completely transform you overnight into a new person? Wouldn't the program be cooler if we promised that with no effort, your entire life could become a fairy tale with a perfect ending?

Is that realistic? Think of how many people in our country are out of shape, unhealthy and dangerously overweight. Many of them have tried radical diets of only eating cabbage soup for three months, or working out ten hours a day. Even if they met with some early success, they all found that it was impossible to eat only cabbage soup or exercise ten hours a day for the rest of their lives. So at some point, they tapered off the cabbage soup and made it to the gym only once every three weeks. What did they discover? Their bodies not only returned to its unhealthy, heavier former state, it became weaker and flabbier than it was before! Why? Because huge, sweeping changes are almost impossible to sustain over long periods of time, which is why we advocate making smaller changes that become a way of life.

So yes, we could say something to imply instant, radical changes, but you don't need to “be changed.” We want you to look critically at where you are in life, where you're headed, and the kind of person you want to become. We want to help you live your best life by tweaking and adjusting areas you feel need work. Small changes that continue overtime lead to huge results.

Water is hot at 211°, but boils only one degree higher. Boiling water cooks food, which sustains life. Conversely, water is liquid at 33°F, but at only one degree colder, 32°, it freezes into solid ice—a force of nature powerful enough to sink the mighty Titanic! Singular drops of water, over time, can bore holes into solid stone, cut through mountains, or as with



Chinese water torture, drive people insane. Singular flakes of snow can morph into blizzards that have the power to incapacitate entire cities. A spark of fire can take out a forest. Mother Theresa helped out one person at a time in a remote part of the world, but her actions touched the lives of billions. If you put \$10.00 a week aside, you'll have saved \$520 in one year, \$2,600 in five. The difference between an Olympic gold medal and no medal at all is, in some cases, a fraction of a second. A ray of sunshine concentrated on a leaf can start a fire. If a plane flying from Atlanta to Hawaii is off by only one degree, it could end up in Australia!

Do you have a bad habit you want to break, or a new habit you want to create? It only takes 21 days. Taking it one day at a time, you will be able to change, create, or eliminate any habit you want!

If you make one small change—move one degree forward at a time—you will see huge results over time. So what's your degree? What change do you want to see in your life? Do you want to be nicer? Happier? Smarter? Healthier? Calmer? More organized? More motivated? Whatever you want, all it takes is small, repeated movement toward that goal, and your life will be enriched **one degree at a time!**

## Structure of the Program

Over the next few weeks, you will be a part of the 180° global team. You will have the chance to network with other 180 participants from around the globe on a student-modified, exclusive interactive website ([www.18odegrees.wetpaint.com](http://www.18odegrees.wetpaint.com)). You will learn a great deal about how you think, how you process information, how you learn, and how you evaluate information through skills, concepts, ideas, dilemmas, scenarios, and questions that confront you daily. You will determine the values that will guide your choices, decisions, and actions, and you will be empowered to spread the 180° skills and strategies to other students and classes in your school.

The Program will take you through three distinct phases:


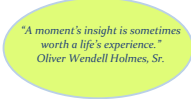





- I. Self-Awareness
- II. Self-Development
- III. Social Awareness & Responsibility

Each phase is designed to teach you important concepts, strategies, and skills, and challenge you to think critically about and evaluate how these skills and strategies can help you in your lives.



## Symbols and Activities

Each chapter of the 180° Program is designed to be highly interactive (in other words, you're not part of a "sit-n-get" program!) Your facilitator will take you through various activities and discussions. The only rule for you is to get involved! Don't sit back and wait to learn; active learning only happens when you're actively involved. To help you know what involvement you will have, take a look at the explanation of symbols below:

Symbol	What it Means
	The light bulb is a bright idea. Throughout the program, you will see ideas of what else you can do highlighted with a yellow light bulb. There is also a webpage devoted to your "Highlights"—great ideas you've come up with while you go through the program. The page before chapter one is the place for you to record your bright ideas as you get them.
	The yellow ovals contain quotes that complement material you're learning. Throughout the program, your facilitator may stop and have you apply the quotes to your learning. Feel free to add more quotes on the wetpaint website (they may become part of future program editions).
	Every chapter has "tools" you will learn within that chapter. They are listed at the bottom of the 1 <sup>st</sup> page of each chapter.
	This symbol tells you it's time to "Think, Pair, Share." So when you see this symbol, you will write a response to some issue or question by yourself. Then you will partner up with someone and discuss what you wrote. Finally, you and your partner will synthesize your material and present it (share it) with the entire group.
	The "partner" symbol indicates that you and a partner will work on an issue or concept together.
	Have you seen this symbol before? If so, it's exactly what you think it is: a CHAT symbol. When you see this, the entire group is invited to share thoughts, reactions, and ideas.
	The protractor and red arrow at the end of each chapter lets you know how much closer you are to the 180° goal.

## How Will Our Group Operate?

What ground rules would make it comfortable for you to speak up during discussions? What behaviors would make it uncomfortable for you to speak up during discussions? Rather than give you a list of what **WE** think are essential rules for discussion, let's find out what **YOU** think.



Write down rules (guidelines) you think would make discussing issues and topics comfortable for you.

Brainstorm a list of guidelines below:

*Respond Here*



After you create your list, pair up with someone and share your lists. When you do this, agree on your **COLLECTIVE TOP THREE** guidelines, and present them to the class.

**TOP THREE:**

- 1.
- 2.
- 3.

Once all guidelines have been posted, decide as a group what the **FINAL** group discussion guidelines will be for the duration of the 180° Program. Have someone write the guidelines on a poster and hang them up in the room. Refer to this list throughout the program.



**Well, we're ready to begin! Let's GO!**