

CAMP

CAMP is a set of fundamental principles and values. These principles and values have withstood the test of time and serve as pillars in personal development. CAMP material provides basic definitions and explanations that people can easily understand and use as a foundation for building good **character** and moral courage. The CAMP curriculum provides a clear definition of **attitude** and explains how positive and negative attitude are instrumental to our individual growth and success. CAMP provides basic information about the power and potential of the human **mind**. This information can help people better understand how integrated our mind is to our every thought and action and how important our mindset is to achieving our potential. CAMP provides an explanation of **progress** and teaches people to champion the small and large steps they take towards their personal and professional goals. Progressive thinking and leadership helps to create change. Through change and continued effort, we can progress as individuals. As we improve ourselves, we can better our relationships and bring out the best in each other.

Coach Mike

CAMP coordinator

HELPING PEOPLE UNLOCK THEIR TRUE POTENTIAL

Coaching CAMP

CAMP curriculum for personal development

CAMP 5-10 minutes

Character 15-60 minutes

Attitude 15-60 minutes

Mind 15-60 minutes

Progress 10-50 minutes

Each student will be able to clearly define Character, attitude, mind and progress. Each student will be able to provide examples of these curriculum principles from past experiences. Each student will be able to devise a plan to exercise these principles in the future to create more opportunities for happiness and success. (teach each principle with CAMP definitions and pre-printed material, open discussion and peer to peer. Formative and summative assessments to be made by presenter

Character- The mental and moral qualities distinctive to an individual. The quality of being individual, typically in an interesting or unusual way. A person's good reputation.

A person that is considered to have good character exhibits attributes such as integrity, honesty, courage, loyalty, fortitude, and other important virtues that promote good behavior and habits. People generally do what is right when someone is watching, but people with great character do what is right even when no one is watching. Character is built over time not over night. It is a series of choices and actions that develops our character. We don't build character during the difficult times of our lives; during those difficult times is when our character is revealed.

Two key components that help establish character are **integrity** and **fortitude**. Integrity is the quality of being honest and having strong moral principles. Integrity is essential to self-esteem and the admiration of others. It requires us to put our comforts, possessions, friendships, and even jobs at risk in the defense of deeply held principles. Fortitude is having courage in pain or adversity; practicing honesty at the risk of ridicule, rejection, or retaliation.

Integrity and moral fortitude help establish our character and provide us with moral courage. Moral courage is the willingness to face emotional pain rather than compromise an ethical principle. You may face disapproval, financial insecurity, or uncertainty; however, moral courage is essential for a virtuous life and a happy one. Without courage, we have no control over our lives. Without courage, our fears corrode our spirit and leave us feeling empty. It takes moral courage to be accountable and own up to our mistakes when doing so may get us in trouble. Having courage doesn't mean that you are not afraid of anything, it means you are not afraid of BEING afraid. People with moral courage rarely get medals, but it is the best marker of true character and a virtue of which to be proud.

“Adversity does not build character, it reveals it.” JAMES LANE ALLEN

Question 1. What is your definition of character?

Question 2. How do your decisions and actions define your character?

Question 3. If you ask your closest friends and family, how would they define your character?

Question 4. How do you define your character?

Question 5. Is your current character an accurate reflection of the person you want to be?

Attitude- A settled way of thinking or feeling about someone or something, typically a feeling that is reflected in a person's behavior, stance or position. (temper, approach reaction, opinion, ideas, feelings) A position of the body implying an action or mental state.

Smile, stand tall and be confident. People who emit a positive attitude tend to attract support and results. A **positive attitude**, typically generates more opportunities for Success and Happiness. A positive attitude helps you cope more easily with the daily affairs of life. It brings optimism into your life, and makes it easier to avoid worries and negative thinking. A positive attitude doesn't mean ignoring life's troubles. It just means looking for the good in things, rather than concentrating on the bad in things. Perspective can make all the difference in the world.

Science suggests that happiness is directly connected to attitude. The more positive our attitude, the happier we are. Things do not have to be perfect for us to maintain a positive attitude. Happiness is not the belief that everything is perfect. Happiness is the feeling of satisfaction and fulfillment. A positive attitude is contagious and attractive. By attracting people with a positive attitude, we surround ourselves with the right people. Having a support system made up of the right people is very helpful during stressful times. Finding a special place, physical or mental, where we are happy, is important as well. We can visit this special place to refuel and reenergize. We can visit our special place to assess situations we are dealing with and maintain our positive attitude.

A positive attitude helps you achieve your goals because it brings more happiness into your life and produces more energy. The increase in happiness and energy leads to an increase in your faith in your abilities. You become able to inspire and motivate yourself and others.

A positive attitude helps create positive thinking. The benefits of positive thinking are physical and mental. People who regularly practice positive thinking show Increased life span, lower rates of depression, better psychological and physical well-being, better cardiovascular health and reduced risk of death from cardiovascular disease.

Be aware of negative attitude. A prevailing form of negative thinking is to look at a situation or an interaction, and presume the negative. For many people, this “looking at the glass half empty” attitude is habitual and

automatic. Remove negative people from your life and keep moving forward. Don't feel pressured to sit and listen to a negative person. Identify positive people and spend more time with them while avoiding complainers. Block negative people on your social media. Engage and enjoy healthy conversation and avoid arguing. We will always have our good days and our not so good days. Nothing positive comes from a negative attitude.

“Your attitude, not your aptitude, will determine your altitude” ZIG ZIGLAR

Question 1. How do you define attitude?

Question 2. Briefly explain the difference between positive and negative attitude.

Question 3. What are some examples of how a positive attitude can impact our everyday lives?

Question 4. Provide a few examples of negative attitude. Briefly explain how a negative attitude can impact your life.

Mind- The mind is a set of cognitive faculties including consciousness, perception, thinking, judgement and memory. It is usually defined as the faculty of an entity's thoughts and consciousness.

Is the mind and the brain the same thing? What is the difference between the mind and the brain? Most people think of the brain and the mind as being the same thing. Doctors, scientists and other highly trained persons share this belief. People from all walks of life use the words brain and mind interchangeably, but the two are separate and very different.

Your brain is part of the visible, tangible world of the body. Your brain is the organ that serves as the center of your nervous system. Your brain is located in your head, close to your sensory organs for senses such as vision and hearing. The brain is the most complex organ in your body. Your brain acts as a storage unit for your intelligence and your memories.

Your mind is part of the invisible, transcendent world of thought. Your mind is your feelings, attitude, belief and imagination. Your brain is the physical organ most associated with mind and consciousness, but your mind is not confined to your brain.

Using your brain and your mind, you will develop a mindset. A mindset is not so much what you think but more how you think and what you believe. What you think is your opinion about something that will happen, is happening or has already happened. Mindset largely determines what you are capable of and what you feel is possible.

Your brain and your mind working together gives you mind power. Mind power is one of the strongest and most useful powers you possess. This power consists of your thoughts. The thoughts that pass through your mind are responsible for everything that happens in your life. Your thoughts influence your behavior and attitude and control your actions and reactions. Mind power is unlimited in it's potential to create the results you desire, whatever they might be.

“It's easy to get motivated, hard to stay disciplined.” COACH MIKE

Question 1. Briefly explain the difference between your brain and your mind.

Question 2. Describe what mindset is.

Question 3. How does mindset differ from opinion?

Question 4. Give a brief description of Mind Power.

Progress- Forward or onward movement toward a destination move forward or onward in space or time. Advance or develop a better, more complete or more modern state.

Progressive people are interested in change and progress. We must be interested in our own progress. We must be interested in making changes that help us grow and reach our true potential. If we lack interest in personal growth, we are limiting our own advancement. By limiting our advancement, we limit our possibilities for happiness, fulfillment and enrichment.

A progressive leader is able to move an organization forward. A progressive leader constantly changes to adapt to the current environment, always keeping a vision toward the future. We must recognize our body, our mind and our life as an organization. At the core of progressive management philosophies is the culture of empowerment. We must empower ourselves by recognizing that we are our own leader.

We must operate as progressive managers of our own lives. We must be autonomous over how our organization of one, completes its tasks. We must take ownership of the results from our decisions and actions. We must embrace our ability to affect change to the organization that is us, so that we can progress towards our personal goals.

Progress can't always be measured with a scale or measuring stick. Depending on the challenge at hand, our progress may be measured only by how much is left to do. Progress is an achievement in and of itself. Only through progress are tasks achieved and destinations reached. Any goal worth meeting will likely require multiple steps to complete. It is those steps that we will call progress.

“I may not be there yet, but I'm closer than I was yesterday.” UNKNOWN

Question 1. Briefly describe forward or onward movement and how it can positively impact your life.

Question 2. Explain the difference between progress and achievement/completion.

Questions 3. Progress in any one area is dependent on several contributing factors. Please provide an example of progress in your own life. List the contributing factors and explain how you managed the factors and your progress.