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### LIVING ABOVE THE LINE

#### Above the Line

A positive view on life and  
how we see the world  
Energetic moods and emotions  
Focused on what is important

Positive attitudes and beliefs  
Hopeful and optimistic  
Power to control my life

#### Below the Line

A negative view on life and  
how we see the world  
Depressing moods and emotions  
Lose focus on what is important

Negative attitudes and beliefs  
Hopeless and pessimistic  
Powerless victim of life

1. Why we need to know if we are Above or Below the Line:

A. Mental Habits develop by 'living' Above or Below the Line

- What positive mental habits do I have that make me effective?
- What negative mental habits are getting in the way of my effectiveness?

B. Life Looks Different from Above or Below the Line

C. Making decisions Below the Line usually results in a mess.

2. Invitations: conditions or situations that invite us to go BTL.

- What are my Invitations?
- Conditions do not determine Experience; Choice determines Experience.
- Keep Your Day

3. Indicators: feelings we have or behaviors we manifest when BTL.

- What are my Indicators?

4. Submarine: maintaining dignity during our BTL visits; not passing negativity onto others.

- What is my strategy for protecting the Culture of Learning in my school when I am BTL?

5. Trampolines: means by which we can bounce back ATL and think clearly.

- What are my Trampolines?

- Perspective: What can I do to maintain perspective and bring me back ATL?

6. Our Choice: Bottom 80s wait for outside conditions to improve...then the inside experience gets better.

Top 20s improve the inside first...then the outside conditions or the experience of the outside conditions gets better.

7. Teacher Tips:

- A. Avoid using the work 'attitude'.
- B. Put 'your' picture on the Line poster.
- C. Have an Invitation prop available at all times.
- D. Teach this concept early in the year and refer to the Line daily.

**Top 20 Training** provides materials and in person and online training for Students, Teachers and Parents on topics such as:

- Creating an Effective and Healthy School Culture (Teachers)
- Engaging Disengaged Students (Teachers)
- Guiding Our Students through Life's Challenges (Parents)
- Becoming the Best Version of Ourselves (Students)

**Top 20 Books:** *Top 20 Teens: Discovering the Best-kept Thinking, Learning and Communicating Secrets of Successful Teenagers*

*Top 20 Teachers: The Revolution in American Education*

*Top 20 Parents: Raising Happy, Responsible and Emotionally Healthy Children*

*Why Students Disengage in American Schools and What We Can Do about It*

**Top 20 Curriculum:**

Grades K-6 Smart Board Curriculum provides lessons for 9 Top 20 concepts.

Teacher Manuals for grades 3-6 and 7-12 include detailed lesson plans and handouts to assist teachers in presenting 30 Top 20 topics to students.

**Becoming a Top 20 School:**

Top 20 Training supports schools in intentionally implementing 20 Top 20 principles and practices in order to develop the potential of students, staff and parents to think, learn and communicate more effectively and make a positive difference in the lives, relationships and experiences of others and themselves.

To contact Top 20 for training call 651-308-4876 or email [info@top20training.com](mailto:info@top20training.com).

To order books go to the Top 20 Store on the Top 20 website: [www.top20training.com](http://www.top20training.com).