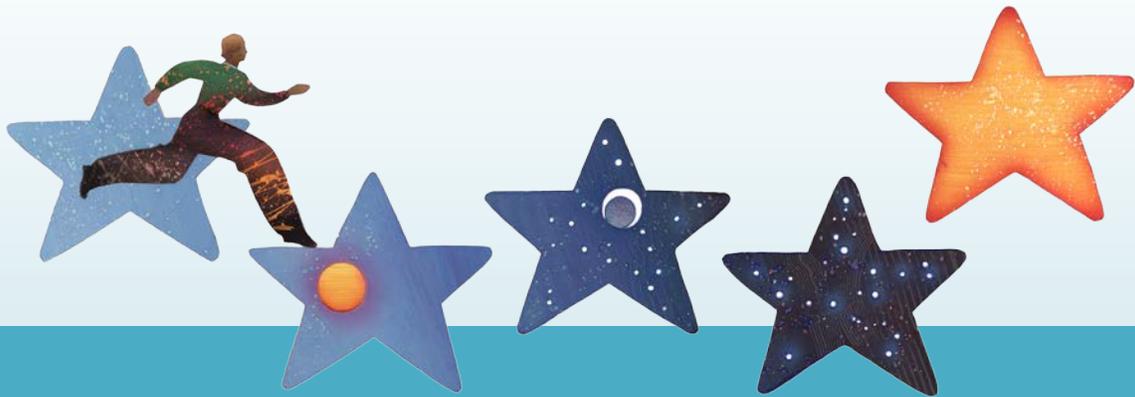


The Journey to
**LIVE YOUR
MAGIC!**TM



The Six Tools
WORKBOOK SERIES

RAM-JAMTM

How to Connect With Allies

Larry Anderson with Sarah Janzen



Book Title: Journey to Live Your MAGIC!TM
Book Subtitle: Workbook Series
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Journey to Live Your MAGIC!TM
Workbook Series

The Truth About You Series

1. How to Discover Your Gifts
2. How to Make Empowering Choices
3. How to Discover and Live Your Personal Mission

The Six Tools Series

4. How to Read to Learn
5. How to Connect With Allies
6. How to Reach Out to Mentors
7. How to Journal For Self-Discovery
8. How to Ask Better Questions
9. How to Meditate to Hear Your Inner Guide

Publisher

LIAP Media Corp.
1112-95 Street S.W.
Edmonton, Alberta, Canada
T6X 0A7

Visit our website at www.LiveYourMagic.com

Book Cover Design: Allen Mohr
Book Page Layout Design: Jana Rade
Editorial: Mary W. Walters

ISBN-978-0-9869417-2-6



HOW TO CONNECT WITH ALLIES

We all need support. An ally is a special kind of friend. You share values. Both of you are trustworthy, respectful and helpful. You share experiences. You have spent enough time with each other to know that you have each other's backs. You accept each other as you are, yet you want to support each other in becoming what you are capable of becoming. You are honest with each other, even when you have to say something the other person doesn't want to hear. When you have to do that, it is okay, because you respect each other's integrity and judgment, and because you know that you have each other's best interests at heart, always. You never put the other person down. Even when you disagree strongly, it is about the issue or idea; it is never about the person.

You share a goal or you have mutually supported independent goals. You have pledged to support each other in pursuit of your goals. You are allies.

FRIENDSHIP THROUGH BASKETBALL

“Everyone’s good at something,” my mom always told me when I would complain about how difficult school was. I already knew what I was good at, and I knew it definitely wasn’t at getting the highest marks in my class. The only thing that kept me going to class was the fact that if I didn’t attend, my coach would have no choice but to sit me out of the game or practice after school. I found myself being annoyed at whatever person had made up the rule, but I suppose it was for the best now that I look back at it. Basketball was my thing. On my high school team, I was trusted to dribble the ball up, pass it to someone around the three point line, and then go post-up in the key and then score. I probably should have gone to a “basketball school” but I wanted to stay with my friends after middle school. We pretty much lost every single game in high school, but it felt good to be told by one of the opposing team members that they had spent an entire week practicing how to defend me.

Every summer during high school I would attend multiple basketball camps around Alberta. I had the urge to be the best I could be, and that meant not taking any time off. While at a basketball camp in Olds one year, I met a coach who offered me an amazing opportunity. He said that later in the summer he was taking a group of young athletes to tour the States and play against some difficult competition. By the end of the basketball camp, this coach had offered me a spot on his team. I accepted without hesitation. I knew that I was finally going to play on a team with amazing athletes and couldn’t wait to meet all of my teammates. What I didn’t realize was the friendships I would make during this summer.

In preparation for our journey around the US, we practiced for at least fourteen hours every weekend. I had never been pushed so hard before, but I did not complain. This was exactly what I wanted. During these practices, I met some amazing girls who had the same drive that I did. I became especially close with one teammate named Kristen. During the summer we became inseparable. We pushed each other, almost to our breaking points, during practices and stayed up late at night talking about our lives. It was like we had known each other for years. I remember one game in particular when I wasn’t playing my best. She was sitting on the bench at the time when I got the ball. All of a sudden, from the corner of my eye I saw her jump up and yell like she was mad at me, “You can take that, Girl! Take it to the rim!” To my surprise, I made a move on my opponent and scored. Even though Kirsten’s tone of voice had seemed harsh, I had not taken offence at her comment. I had known that she was encouraging me, as frustrated as she sounded.

We ended up playing on the same college team and were unstoppable during these years. Once in a while we would push each other so hard that we would have to walk out of the gym in order to keep somewhat calm. Even though we battled against each other at every single practice, afterwards we would leave it on the floor. In the locker room we were able to go back to being amazing friends and not bicker about the battle we had just had in the gym.

The friendship Kristen and I had extended past our love of basketball. We knew everything about each other and we're not afraid to be our complete selves around each other. The two of us would sacrifice anything for the other person without any questions asked. It has been five years since I played college basketball with Kristen and we are still going strong. It is no coincidence that today we are living in the same condominium building, two floors apart.

Activity 1.1: Determining your Allies

An ally is someone that you connect with around whom you can be your complete self. This connection is beyond the level of plain friendship but instead becomes a complete support system for you. Together you share the mutual respect and support for each other, and you would sacrifice almost anything for one another. A critic could say certain words and negatively impact you, while an ally could say the exact same thing but you would not be negatively affected. Even though the same words were spoken, you would know that these words were coming from a motivation to help you, not to criticize or hurt you.

Think of someone with whom you share a deep connection. Check off the traits that your ally has, and encourage your ally to complete the same checklist. If all circles are checked, it is likely that you have formed a life-long alliance with this person.

This person is someone who:

- Supports me in all that I do
- Does not try to change or fix me
- Helps me be the best I can be
- Allows me to be my authentic self
- Not only listens to me but hears what I have to say
- Would drop everything and anything to help me in a difficult situation
- I can disagree with this person but he or she will not hold a grudge against me because of it
- Will celebrate my successes and suffer my grievances with me
- Shares common interests and experiences with me
- I can trust this person with anything

You have just gone through a checklist to determine if someone is your ally. Choose three traits from above and write one specific example for each of when your ally demonstrated these traits during your relationship.

1. _____

2. _____

3. _____

Activity 2.1: The Flip-Flop Disagreement

Sometimes you and your ally may have a disagreement. Disagreements happen and should not hinder your relationship with one another. So long as you both are respectfully making your points, there should be no grudges held based on this disagreement. Sometimes you and your ally will never come to an agreement on a certain topic, but it is important to see where the other person is coming from. Below is a list of topics that you will either agree or disagree with. Choose a topic below that you and your ally take opposite views on.

1. People are never satisfied with what they have; they always want something more or something different.
2. People should read only those books that are about real events, real people, and established facts.
3. It is more important for students to study history and literature than it is for them to study science and mathematics
4. All students should be required to study art and music in secondary school.
5. There is nothing that young people can teach older people.
6. Reading fiction (such as novels and short stories) is more enjoyable than watching movies.
7. Only people who earn a lot of money are successful.

8. A person's childhood years (the time from birth to twelve years of age) are the most important years of a person's life.
9. High school students should not have curfews; by high school, people are responsible enough to stay out as late as they want to.
10. High schools should allow students to study the courses that students want to study.
11. Choose your own topic: _____

Now that you have chosen a topic that you and your ally disagree with, try taking on the position of your ally. Instead of arguing the side of your topic that you agree with, argue the other side. By arguing the other side of the argument, you will be able to see the position your ally is in.

Activity 2.2: Flip-Flop Results

At the end of your debate, reflect on the original position you wanted to argue. Has your opinion changed from taking on your ally's position? Write down some of the main points that you and your ally made during your flip-flop disagreement.

Agree Points	Disagree Points

REFLECT: From participating in Activity 2.2, has your opinion changed on the topic you chose? If so, what is your new position on the issue you and your ally argued? If not, do you think that you will be more likely to think about the other person’s standpoint in future debates or arguments?

Reach Out! Challenge: In your lifetime, you will only acquire a small number of true, lifelong allies. Keep in mind that if you do not have a lifelong ally at this point in your life, you do not need to worry. Many people do not form these relationships until later in life, or do not realize that one of their current friendships is turning into a life-long alliance. In this challenge, invite someone you know who has a common interest with you to hang out. Invite them to go to the gym or swimming pool, art studio, or yoga class with you, or to play a board game or video game. You will not realize when you have met a lifelong ally until you look back at the relationship you have built with someone. An alliance has to start somewhere and it might as well be with you!

Activity 3.1: Realizing the Traits in your Ally

Now that you have reached out to someone who could be a potential ally, write words that describe the person you reached out to. These words could describe their personality, their interests, their likes and dislikes, or the friendship you are building with this person. Write 10-15 words and create a word search that reflects this person.

Activity 4.1: Reflecting on Your Qualities

Think about the qualities you possess. Do you think you are an ally to someone in your life? Create your own ally checklist that describes the qualities you think you possess, just like the one you completed for your ally in Activity 1.1.



A vertical list of ten empty, rounded rectangular boxes for writing, each preceded by a small teal circle. The boxes are arranged in a column and are intended for the user to list qualities they possess.