



# Positive Life Changes: Who Am I and Where Am I Going, Workbook 1 (Set of 5)

*Nancy G. Guerra*

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**Positive Life Changes: Who Am I and Where Am I Going, Workbook 1 (Set of 5)** Nancy G. Guerra  
Grades 6 to young adult. This research-based, program can be used in schools and other settings. It is designed to teach participants how to become more effective decision makers. They are empowered to recognize their strengths, identify challenges, overcome obstacles, and make life choices that have positive outcomes. Lessons cover topics such as sense of self, impulse control, anger, stress, friendships, relationships, peer pressure, empathy, goal setting, and evaluating consequences. The complete program includes a comprehensive leader s guide and a series of three workbooks. The primary focus of this workbook is on helping participants increase self-awareness, learn more about how their brain works, identify what they are good at and what they can get better at, think about their goals, and learn to manage their emotions and behavior.

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