

Seeds to Trees

Cultivating Persistence in Ourselves, Our Chapters and Our Programs

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Keynote Talking Points and Reflections

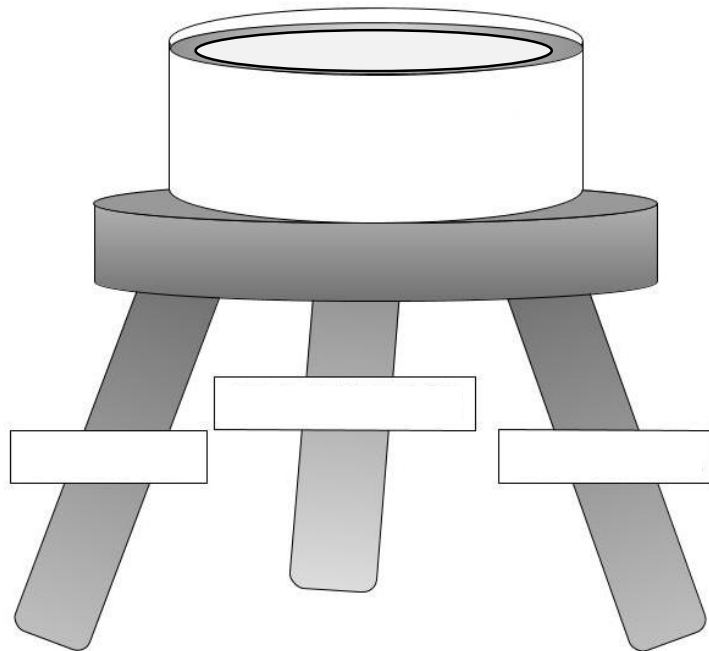
The ABCs of Persistence		
ABILITY is our drive to learn, to understand our world, and to feel competent in daily life.	BELONGING is our intense need to bond with others and to feel a connection to our work.	CONTROL is our demand for some degree of freedom and choice in what we need to do.
<i>How do Ability, Belonging and Control affect your behaviors and commitments?</i>		
<i>How might the ABCs affect the behaviors and commitments of Chapter members or clients?</i>		

According to research, increased ABCs are related with:

- Smoking cessation and substance abuse recovery
- Commitment to physical activity and exercise, weight loss
- Commitment to diets and prescribed medications
- Decreases in depression and anxiety
- Decreases in disruptive behaviors
- Increased work and homework completion
- Increased achievement, especially in mathematics
- Increased commitment to faith and religious practices
- Greater commitment to counseling and mental health

[Suggested readings: *Why We Do What We Do* (Deci, 1995); *Drive* (Pink, 2009)]

How do Ability, Belonging and Control support Persistence?



Notes, reflections, questions...

The Persistence Paradigm: 5 Habits

- A paradigm is how we see the world.
- Our paradigms determine what seems “normal” or reasonable.
- Paradigms influence habits, but new habits can change our paradigms

Make it Safe (Minimize threats and acknowledge challenges; model, share, reveal and remind about pathways to success; offer unconditional love and membership)

One way to apply this habit in my Chapter

One way to apply this habit in a program

Grow the Collective (Actively seek connections; form shared experiences that benefit the group or the community/world; value diversity of experiences; create more “space” for individuals to belong)

One way to apply this habit in my Chapter

One way to apply this habit in a program

Pause the Game (Minimize public comparisons; avoid personal score-keeping; trust in abundance)

One way to apply this habit in my Chapter

One way to apply this habit in a program

Build a Mosaic (Practice thinking of *possible selves*, *Chapters* and *programs* with steps to be taken; honor and respect identities beyond the Chapter/program; focus on one aspect of quality at a time)

One way to apply this habit in my Chapter

One way to apply this habit in a program

Keep the Clay Wet (keep a “growth” mindset; focus on *states*, not *traits*; cultivate a culture of *Next*)

One way to apply this habit in my Chapter

One way to apply this habit in a program