

Module 2 – What is XYX Theory?

As creatures of higher thought, humans have an innate desire to move forward and refute stagnation, but our environment, families, and friends also influence us. Some of us can form a unique path naturally for ourselves, while others develop their own journey through hard work and life lessons.

The goal of the XYZ Self-Empowerment Theory is to help you consider how you live and intend to grow. The sooner you're able to live the life you dream about, the longer you'll be able to live it. You never know when your life will change or even end. Therefore, one should take every opportunity to move in a direction that inspires, elevates, and fulfills. Teens using the XYZ Theory with motivation and determination can identify what they want, based on their situation, their personality, and their values—and then learn how to go out and get it!

The XYZ Theory describes three general patterns of individual behavior, based on a combination of personality characteristics, the choices we each make, our attitudes, and our individual perspectives.

It helps you determine the ways you are behaving from an X, Y or Z pattern, and supports you to reshape these patterns in a way that will allow you to create the life that you really want to live.

Here are a few key concepts to consider before we begin to explore these patterns:

Run your own race; you are not competing with anyone else.

Your goal is to achieve your OWN dreams and keep going, setting new goals as you achieve what you want and find new pathways when obstacles arise

You are unique and it's okay.

There is no value in trying to compare yourself to anyone else.

Decide what you want. Remember that success, love, friendship, and family mean different things to different people, which is what makes the world a vibrant and diverse place.

Define the things you really want in life.

Create opportunities, and then take advantage of them. You will be surprised how many opportunities you can create for yourself through ambition and hard work. You

will also be surprised at how many opportunities other people will give you—especially when you are not accustomed to having people recognize your potential. Always remember to create opportunities for yourself and accept those offered by others.

For those who are spiritually inclined, remember that we are all blessed with gifts from God. Some of us have talents and skills that others may dream of having. God has put each one of us here for a specific purpose. It is a wonderful feeling when they realize they are fulfilling their purpose through their God-given gifts.

Choice is the opportunity or power to decide between two or more possibilities. Sometimes we make decisions based on our feelings, which can be a bad idea! Make rational, well-thought-out decisions for best results.

It's important for us to know we have power over our lives. This power is demonstrated through our ability to choose. Some of us allow others to make life choices for us. It may not be obvious at the time, but if you look at your life in hindsight, you will see the influence others had on your personal choices. The *XYZ Theory* helps you become more aware of the power of choice and helps you guide your own life according to what you choose.

Consider the following statements. Have you heard someone say something similar about you or someone you know?

“Why is she the only child in her family who is a good student?”

“How did he become so successful? He was such a screw-up in high school. How did he get it together?”

“All she does is party, and she never completes her schoolwork. She is never going to make it in life.”

“She started dating so early. She's probably going to end up a single teen mother.”

“His father's in jail. He's probably going to turn out the same way.”

“Everyone in my family goes to college. My parents will insist that I go to college.”

“We're probably going to die early, so let's have a good time.”

“No one in her family has any money. How did she end up so successful?”

Sometimes great kids have parents who aren't so great, and sometimes great parents have kids who are light years away from great. Teens shouldn't blame themselves for conditions that are beyond their control. Parents can only give their kids the tools they need to make good choices if they have those tools themselves. Sometimes they have the tools and offer them to their children, and the children reject them.