

ABOVE THE LINE CHANGE JOURNAL INSTRUCTIONS

Above the Line is a simple concept that has deep impact. The central idea here is to take an area of your life that you want to improve. Or maybe it is something you want one of your children to focus on. For instance, you might want to be better at getting things done. Or maybe you want your 10 year old boy to be more independent when doing homework.

Example 1: Getting things done	I am above the line when I take action, and sustain action for 20 minutes.	I am below the line when I procrastinate or get distracted.
Example 2: Independent learning	William is above the line when he starts his homework without being asked.	William is below the line when he has to be reminded to start his homework.

Whatever the target behaviour is, there will be an above the line version, and another below the line.

Matt Church, author the book Rise Up, says:

“We always know whether we are operating above or below [the line]. Without needing to define it, we know here the line is, and where we stand in relation to it. It’s rarely discussed, but you know the line exists. You know when you are above or below it, and you know for sure when you have crossed it.”

This workbook is all about measuring either how often or how well you, or especially a child of yours is above or below the line. You can take this one step further and add incentives/rewards when you child shows improvement, or reaches a sustained level of above the line measurements. It’s all up to you.

1a. Identify your/their target behaviour or action that lifts you/them above the line

2. Use these grids to record instances of the target behaviour. You can simply the number of instances, or the degree vertically of the instance. Up to you.

4. Measure your week’s totals to gain insights. If you are into stats, you can even see your averages, if you have measured the degree of each

ABOVE THE LINE JOURNAL

Identify - your lifting and anchor behaviours
Observe - measure & notice (e.g. what triggered elevating or sinking?)
Reflect - what patterns do you see?

WEEK BEGINNING

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
ELEVATING BEHAVIOUR	[Grid]	[Grid]	[Grid]	[Grid]	[Grid]	[Grid]	[Grid]
SINKING BEHAVIOUR	[Grid]	[Grid]	[Grid]	[Grid]	[Grid]	[Grid]	[Grid]
	OBSERVATIONS	OBSERVATIONS	OBSERVATIONS	OBSERVATIONS	OBSERVATIONS	OBSERVATIONS	OBSERVATIONS

TOTAL ABOVE

TOTAL BELOW

+

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1b. Identify your/their target behaviour or action that drags you/them below the line

3. Use these boxes to record observations, such as triggers for the elevating or sinking behaviours.