



**Christ's
Loving Hands**

ACTS Program
Executive Summary
Version 1.0

Executive Summary

Purpose of ACTS

The purpose of the ACTS Program is to provide mentorship and support for adults living in the Greater Harrison Area who perpetually find themselves in need and believe they are not living up to their full potential. The program will be successful if by “graduation” the participant:

1. Is in a Christian community (or in some positive and supportive community if not a Christian).
2. Is able to meet their own and (if applicable) their family’s basic needs.
3. Has turned the external accountability provided to them by their mentor into a habit of self discipline that they can continue to apply to other areas of their life.
4. Has a plan for continued success into the future.

The program has no set duration, but will last until either:

1. A client decides to withdraw from the program.
2. A client breaks a rule leading to termination as outlined in the covenant.
3. A client and their mentors decide together that they fit the criteria for graduation.

Method

Research has shown that explicit description, more specifically, written description, of your ideal future results in a future similar to your description. Future authoring and goal-setting is shown to result in improved productivity and performance compared to those who do not participate in future authoring or goal-setting programs.¹

Our method for helping our clients to fulfill their potential is to provide the framework for assessing who they are now, casting a vision for their future, turning that vision into concrete goals, and providing instrumental, informational, emotional, and spiritual support.

Target Client

The target client for The ACTS Program is anyone over the age of 18 who finds themselves in perpetual need and who feels their life could be better or that they are capable of more than they are currently achieving. They must live in the Greater Harrison Area, who need , specifically mothers and fathers who need extra guidance to envision what their life could look like, to set specific, achievable goals, and a support system to help them as they strive to improve their lives.

Assess

“You can’t really know where you are going until you know where you have been.”

– Maya Angelou

Purpose

The purpose of the assessment process is to clarify why the client is in the position they are in and to begin identifying possible root problems. Getting an honest assessment of the client's current condition is just as important for them as it is for us. An accurate assessment of their character and position in life is the first step toward seeing what needs to be changed for them to become the person they could be.

Method

Our method for assessing their current position is through an extensive interview process where we will ask the client personal questions related to their current relational, physical, emotional, mental and spiritual health. As well as questions about their current habits. We ask that the client tell the full truth (or at least not lie) in all areas for their own benefit.

“Everybody's personality is composed of two higher-order traits. The first higher-order trait is known as plasticity, and can be thought of as the tendency to be flexible, exploratory, curious and quick to adapt. The second higher-order trait is known as stability, and can be thought of as the tendency to be structured, organized, emotionally stable and focused.”²

Plasticity is broken down into Extraversion (Outgoing vs Reserved) and Openness (Original vs Traditional). Stability can be further broken down into three sub-traits: Conscientiousness (the tendency to be orderly and industrious), Emotional Stability (lack of negative emotional volatility and the tendency to withdraw), and Agreeableness (politeness and compassion, as opposed to belligerence or aggression).

- Relational health gives us an insight into their friends and family support group, if they have any.
- Physical health helps us to know what sort of addictions or disabilities may be prohibiting them from progressing in life. We can also get an insight into their diet and exercise habits.
- Emotional health allows us to see how they *feel* from day to day
- Mental health gives us an insight about what they *think* about their day to day life; where they are, where they see themselves going and why they want to go there.
- Spiritual health gives us an insight into their spiritual life, if any.

Cast

*“What you aim at determines what you see.”
– Jordan Peterson*

Purpose

Once we have a more complete picture of who our client is now, then we move onto casting a vision for who they want to be.

The purpose of casting a vision is to give the client the opportunity to think about who it is they actually want to be. It may be the case that they have never taken the time to formulate an explicit description of who they want to be. Once the client knows who they want to be, they can begin to identify and change the parts of themselves that do not conform to their ideal self.

Method

Our method for casting a vision is helping the client daydream about what their life could look like in 3-5 years into the future. Questions such as:

- Who do you want to be in 3-5 years?
- What do you want to do?
- Why do you want these things?
- What’s one thing you could improve?
- What’s one thing you’d like to learn more about?
- What habits would you like to improve?
 - At work?
 - With friends and family?
 - For your health?
 - With regards to smoking / alcohol / drug abuse?

Turn

*“Every action you take is a vote for the type of person you wish to become.”
-James Clear, Atomic Habits*

Purpose

Now that our client has articulated who they want to be, we want to help them turn that vision into a reality.

Method

Our method for helping our clients turn their vision into reality has to do with helping them to prioritize their goals and to pick one at a time to try to improve. We will work with them to help them cast SMART (Specific, Measurable, Attainable, Relevant, Time-Based) Goals for themselves.

We will make sure the client knows that they aren't expected to make radical changes overnight, but instead we want to see them begin to introduce small, repeatable habits into their life. These small habits lead to lifestyle changes that will little by little, change the trajectory of their life and will eventually make them the person they want to be.

Self discipline is a muscle, and like any muscle it needs strengthening. You start with what you can manage to lift, and slowly add to it as your mastery grows.

Support

“Nobody can set right a mismanaged life with a few words. But there is no pit you cannot climb out of provided you make the right effort at the right place.”

- C.G. Jung

Purpose

Accountability is important to achieving goals. We are trying to help our clients make lifestyle changes that will impact and improve their wellbeing for the rest of their lives. Changing your life is not easy. The purpose of supporting the clients in this process is to help encourage them when they are feeling down on themselves, to hold them accountable to their goals, to remind them why they started in the first place and what’s at stake.

Method

Now that our client has an idea of who they are, who they want to be, and the steps they need to take to get there, our mentors will come alongside them to challenge, encourage and hold the clients accountable for the achievement of these goals.

Along with challenging and encouraging our clients, Christ’s Loving Hands will also be providing financial and other material support to clients who participate in the program. This assistance will be given on a sliding scale and will be dependent on the client’s participation in the program. As clients achieve the goals that they, along with their mentors, set for themselves, they will be eligible for more support from Christ’s Loving Hands. The type of support and the conditions for receiving it will be negotiated during the interview process, and then either approved or adjusted by the Executive Director.

References

1. Peterson, Jordan B, and Raymond Mar. *The Benefits of Writing*.
<https://selfauthoring.blob.core.windows.net/media/Default/Pdf/WritingBenefits.pdf>.
2. Peterson, Jordan B, and Raymond Mar. *Self Authoring Suite*.