

Modern Manners & Mental Fortitude

SIX CATEGORIES — 6 CARDS EACH

	MANNERS IN ACTION	Eye contact, greetings, gratitude, context-switching, professional etiquette
	REGULATION CHECK	Trigger mapping, pausing, labeling emotions, reframing, grounding
	DECIDE NOW	POCC practice, options inventory, consequence mapping, pressure testing
	DIGITAL LIFE	Tone check, permanence, privacy, screen-free challenges, the principal test
	REPAIR MOVE	Apologies, follow-through, integrity, repair conversations, growth targets
	WILD CARD	Comfort zone challenges, teach-back, observation, before/after, design your own

HOW TO USE THESE CARDS

1. Draw or assign a card at the start of class, a meeting, or a session.
2. Participants complete the challenge before the next session.
3. Open the next session with the reflection prompt — pair share or group debrief.
4. Track participation with the Manners in Motion Challenge Log (available separately).

■ MANNERS IN ACTION M1

The Greeting Gauntlet

CHALLENGE:
Greet every person you pass in the hallway or workspace for one full day. Eye contact. First name if you know it. Report back: how many responded? How did it feel?

REFLECTION:
What did you notice about how people responded to being acknowledged?

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■ MANNERS IN ACTION M2

Phone-Free Zone

CHALLENGE:
Put your phone face-down (or away) for every meal or meeting today. Don't check it. At the end of the day, describe what you noticed about your interactions.

REFLECTION:
What changed when the phone wasn't a distraction?

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■ MANNERS IN ACTION M3

Gratitude Out Loud

CHALLENGE:
Thank three different people today — in person, specifically, for something real. Not a general 'thanks.' Name what they did and why it mattered.

REFLECTION:
How did the specific gratitude land differently than a generic thank you?

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■ MANNERS IN ACTION M4

Context Switch

CHALLENGE:
Identify one behavior that is appropriate in your friend group but NOT appropriate in a professional or adult setting. Practice the professional version today.

REFLECTION:
What does code-switching your behavior look like — and why does it matter?

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■ MANNERS IN ACTION M5

The Formal Introduction

CHALLENGE:
Introduce yourself to one person you don't know today using a firm handshake, eye contact, and full name. Professional context preferred.

REFLECTION:
What made the introduction feel comfortable or uncomfortable?

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■ MANNERS IN ACTION M6

The Thank-You Note

CHALLENGE:
Handwrite a thank-you note to someone who has helped you recently. No text. No email. Paper and pen. Deliver or mail it.

REFLECTION:
Why does a handwritten note communicate something different than a digital

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■ REGULATION CHECK R1

Trigger Map

CHALLENGE:
Write down your top 3 personal triggers — the situations, phrases, or people that reliably make you reactive. For each one, write your go-to PLRR response.

REFLECTION:
Knowing your triggers in advance: does that change your response in the moment?

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■ REGULATION CHECK R2

The 6-Second Pause

CHALLENGE:
Every time you feel a reactive impulse today — frustration, annoyance, the urge to snap — count to 6 before responding. Track how many times you use it.

REFLECTION:
What happened in the 6 seconds before you responded?

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■ REGULATION CHECK R3

Label It

CHALLENGE:
Every emotion you experience today, name it out loud or in writing — specifically. Not 'fine' or 'stressed.' Use precise emotional vocabulary. Aim for at least 5 different labels.

REFLECTION:
What happens to the intensity of an emotion when you name it exactly?

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REGULATION CHECK R4

Reframe a Frustration

CHALLENGE:
Identify one current frustration in your life. Write the situation as you experience it. Then reframe it — write what is actually happening, stripped of assumption.

REFLECTION:
What changed between the original version and the reframe?

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REGULATION CHECK R5

The Grounding Minute

CHALLENGE:
Before your first difficult conversation or meeting today, take 60 seconds: 5 things you can see, 4 you can touch, 3 you can hear. Then walk in.

REFLECTION:
What did grounding do to your readiness level going into the conversation?

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REGULATION CHECK R6

Watch Your Tone

CHALLENGE:
Record yourself (voice memo) having a casual conversation today. Listen back. Does your tone match your intention? Are there moments of sharpness, dismissiveness, or warmth you didn't notice in the moment?

REFLECTION:
What surprised you most about hearing yourself?

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DECIDE NOW D1

The 10-10-10 Test

CHALLENGE:
Before your next significant decision, apply the 10-10-10 test: How will you feel about this in 10 minutes? 10 months? 10 years? Write your answers before you decide.

REFLECTION:
How did the time-shifting change what you chose?

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DECIDE NOW D2

POCC Live

CHALLENGE:
The next time you face a real decision today — big or small — walk through POCC out loud or in writing before you act. All four steps. No skipping.

REFLECTION:
Which step was hardest to complete honestly?

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DECIDE NOW D3

Options Inventory

CHALLENGE:
Take a current dilemma in your life. Write down every possible option — including the ones that seem bad or unrealistic. Aim for at least 6. Then evaluate only the ones you'd actually consider.

REFLECTION:
Did listing more options change what you considered doing?

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DECIDE NOW D4

Consequence Map

CHALLENGE:
Pick one decision you've been avoiding. Draw a consequence map: for each option, write short-term and long-term outcomes, and who is affected. Then make the call.

REFLECTION:
Why do we often avoid mapping consequences before deciding?

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DECIDE NOW D5

The Pressure Test

CHALLENGE:
Recall a decision you made under social pressure that you regretted. Replay it using POCC. What would you have chosen with the framework in hand?

REFLECTION:
What does peer pressure actually do to the quality of our decisions?

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DECIDE NOW D6

Justify It Out Loud

CHALLENGE:
For your next significant decision, explain your reasoning out loud to someone else — not to get their opinion, but to hear yourself justify it. Then decide.

REFLECTION:
Did verbalizing the reasoning change the decision you made?

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DIGITAL LIFE DL1

The Principal Test

CHALLENGE:
Go through your last 20 social media posts or messages. Ask: would I say this in front of my principal, supervisor, or a future employer? Flag anything that fails the test.

REFLECTION:
What do your posts say about who you are — without the context you have in your

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DIGITAL LIFE DL2

Tone Check

CHALLENGE:
Before sending your next 10 digital messages today, read each one out loud as if you were the recipient. Adjust the tone before sending if needed.

REFLECTION:
How often did re-reading change what you sent?

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DIGITAL LIFE DL3

The Permanent Print

CHALLENGE:
Write down three things you've sent digitally that you wish you could take back. For each, name the real-world consequence — or the one you feared.

REFLECTION:
What is digital permanence — and what does it actually cost?

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DIGITAL LIFE DL4

Privacy Audit

CHALLENGE:
Review your privacy settings on your two most-used apps. Who can see your content? Who are you connected to that you wouldn't invite to your home?

REFLECTION:
What boundary does your digital life need that your in-person life already

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DIGITAL LIFE DL5

Screen-Free Hour

CHALLENGE:
No screens for one hour today — not for entertainment, not for social media. Interact with the people or the space around you. Report what happened.

REFLECTION:
What did you notice about yourself or others during the screen-free hour?

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DIGITAL LIFE DL6

The Post You Didn't Send

CHALLENGE:
Write a post or message you've wanted to send but haven't. Walk it through POCC. What do you actually choose — and why?

REFLECTION:
What did the framework reveal that you didn't already know?

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REPAIR MOVE RP1

The Overdue Apology

CHALLENGE:
Identify one person you owe an apology to — even a small one. Write the apology using: 'I was wrong when I...' + 'The impact on you was...' + 'What I will do differently is...' Then deliver it.

REFLECTION:
What made the delivery hard — and what happened after?

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REPAIR MOVE RP2

Own It Without the But

CHALLENGE:
Practice saying 'I was wrong. I'm sorry.' — with no 'but' attached. Do it in at least one real interaction today. Write down what happened.

REFLECTION:
Why do we instinctively add 'but'? What does it do to an apology?

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REPAIR MOVE RP3

The Follow-Through

CHALLENGE:
Identify one commitment you made in the last 30 days that you haven't followed through on. Make a specific plan — with a deadline — to complete it. Tell the person you made it to.

REFLECTION:
What does unfinished follow-through cost in terms of trust?

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■ REPAIR MOVE RP4

Integrity Inventory

CHALLENGE:
List 5 things you've told yourself or others you would do. Check each one: done, in progress, or dropped without telling anyone. What do the results reveal?

REFLECTION:
What is integrity — and where does yours stand right now?

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■ REPAIR MOVE RP5

The Repair Conversation

CHALLENGE:
Initiate a conversation with someone you've had tension with — not to win, not to defend, but to understand. Start with: 'I want to understand your perspective on what happened.'

REFLECTION:
What changed in the relationship — or in you — after listening first?

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■ REPAIR MOVE RP6

Growth Target

CHALLENGE:
Write one specific, honest growth target: something about how you treat others or yourself that you want to change. Make it measurable. Set a 2-week checkpoint.

REFLECTION:
What makes this growth target different from a vague 'I want to be better'?

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■ WILD CARD W1

The Comfort Zone Cross

CHALLENGE:
Do one thing today that requires respectful communication in an uncomfortable context — introduce yourself to a stranger, ask a clarifying question you've been avoiding, or initiate a hard conversation.

REFLECTION:
What did stepping into discomfort cost — and what did it give you?

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■ WILD CARD W2

Teach It Back

CHALLENGE:
Explain either PLRR or POCC to someone who has never heard of it. Use a real example from your own life. See if they can walk through it on their own afterward.

REFLECTION:
What did teaching it reveal about how well you actually understand it?

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■ WILD CARD W3

The Observation Log

CHALLENGE:
For one full day, observe how others around you use (or don't use) respectful communication, regulation, and decision-making. Write 3 specific observations — no names.

REFLECTION:
What did watching others teach you about your own behavior?

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■ WILD CARD W4

Before & After

CHALLENGE:
Think of one interaction from the past week that didn't go well. Replay it using both PLRR and POCC. Write the 'before' version and the version with the frameworks applied.

REFLECTION:
What specifically would have been different?

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■ WILD CARD W5

The Character Question

CHALLENGE:
Ask three people who know you well: 'What is one way I could communicate better?' Listen without defending. Write their answers. Look for patterns.

REFLECTION:
What does honest outside feedback reveal that self-assessment misses?

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■ WILD CARD W6

Design Your Own

CHALLENGE:
Create a personal Manners in Motion challenge for yourself — one that targets your specific growth area from the MMMF curriculum. Write the challenge and the reflection prompt.

REFLECTION:
What growth target is this challenge designed to address?

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