

Individual Activity 2.18: Discovering More about You (4 minutes)

1. What are the three things you most like about yourself?

2. What three things are you good at?

3. What are three things about yourself you might want to change?

4. What three things would you like to be better or more skilled at?

Activity 2.18: Discovering More about You (continued)

5. Which questions were easiest to answer? 1 & 3 2 & 4

6. Sometimes, people have a hard time acknowledging to themselves and others their strengths.

Why is this sometimes hard? _____

Be prepared to share your responses.

Affirming Yourself

When we value, accept and appreciate ourselves as we are, psychologists say we are affirming ourselves. Researchers have found that people can build this capacity or skill with *self talk*. Positive *self talk* messages are that voice within our self that encourages us. *Positive self talk* is not bragging, because bragging is statements to others. *Self talk* is conversation with ourselves.

You can practice *positive self talk* while showering, relaxing or jogging. Sample *self talk* messages might be:

- I make decisions for myself
- I can solve conflict peacefully
- I can always find alternatives
- I'm encouraging to others
- I'm capable in my work
- I like people
- People like me
- I can learn from my mistakes
- I can have a happy life
- I can be successful

Encouraging Yourself

Have you ever heard the saying, “You can do anything you set your mind to.”? It’s true! One way to take charge of your life is to provide your own encouragement. To do so, you will need to be positive. Here are some tips:

- Avoid negative self talk (I can’t get it done; I have no choice; there is nothing I can do).
- Look for solutions, not problems.
- When you run into a concern, think of all the possible solutions; choose the one which has the best outcomes. Then take responsibility for your choice.
- Have a sense of humor.
- Focus on your strengths.
- Enjoy your accomplishments.
- Have courage!

Self-Responsibility

Psychologists use another phrase to describe self-responsibility... internal locus of control. I control me; you control you; we control us. While many other factors may influence us, (i.e., parents, friends, teachers), ultimately, the choice is our own. Our free choices impact the quality of our lives. Being kind to ourselves and others, making healthy choices, working for our goals, all represent choices that are available to each of us daily.

“Success lies within the individual. We can not blame things forever on society, the environment, our upbringing, or lack of education. We can not blame the government nor God.

We might as well accept the fact we are ultimately responsible for our own happiness....”

Robert Young

Activity 2.19: Self-Responsibility (3 minutes)

In the space below, explain in your own words this Robert Young quote to a younger brother, sister, cousin, friend or neighbor.

Name of child: _____ Age: _____

Explanation: _____

Be prepared to share your ideas with the large group.