

Pit stop 3: The Power in Self-Appreciation

Facilitator Focus:

Purpose 1:

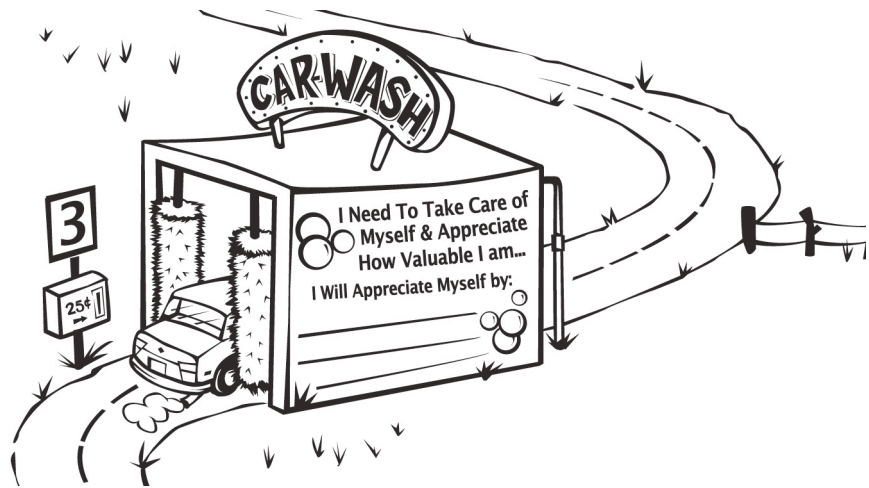
To help participants recognize there is great value in treating themselves with compassion and respect.

Purpose 2:

To help participants identify specific ways to nurture and develop themselves.

Purpose 3:

To help participants identify what self-confidence looks like for them personally and how they might have more of it.



The Power in Self-Appreciation

What IS self-appreciation? Let's take a look...

Self-Appreciation...An understanding and admiration for who I am and what I bring to the world as an individual

What makes it SO important that you understand and admire who you are and what you bring to the world as an individual?

You are one of a kind and your existence here is absolutely significant. No exceptions!

How do you know this?

No one else has your fingerprints... No one else's heart beats the same rhythm as your heart beats... You are 'one of a kind' and there is no one else like you on this planet... There never has been and there never will be. In your own special way, you have something to offer this world that no one else can. Yeah, it's true.

Who you are and what you do matter THAT much.

Learn this through: religion (not allowed in school setting unless student brings it up) / parents / school/ children's books / teachers

Appreciating yourself helps you to respect your mind, body, and soul. HOW?

Feel better

confidence

Less stress

contentment

Enjoy life more

will not hurt yourself (emotionally or physically)

What can keep you from appreciating yourself?

Society defines your success: looks / money/ achievement

Others are too hard on you.

You are too hard on yourself.

You listen to the world's negativity.

You spend too much time in someone else's business instead of taking care of your own.

You brush off compliments from others

The Power in Self-Appreciation

Which of the things you just listed are IN your control?

Being hard on yourself.
listening to the world.
Spending time trying to change other people.
Brushing off compliments

Which of them are OUT of your control?

how other people will treat you.

Let's identify some ways other people cause us to doubt ourselves?

They tell you that you are not good enough / smart enough / fast enough / talented enough / etc.

"You can't do that. You'll fail. You are not smart enough."

They cause you to question your own abilities or dreams by creating doubt within you.

"Are you sure you want to do that? It sounds really difficult."

They say or do something that makes you feel guilty.

"Oh, I could never do that! I am not smart enough. I wish I was as smart as you are."

Why do people create this doubt within you?

Reasons that are NOT useful...	Reasons that maybe useful...
They don't want you to succeed	They have experience and want to share it with you.
They want to bring you down.	They care about you and don't want to see you get hurt.
They think they know what is best for you, and want to BOSS you.	They think they know what is best for you and try to help.
They are afraid that you will do better than them and create self doubt within THEM.	They are afraid, and want to protect you.

The Power in Self-Appreciation

What can you do when another person causes you to doubt yourself or discount who you are?

Check to see if you can understand the motive of that person without asking
Ask him / her what is the purpose / what is the reason?
Dismiss the doubt and proceed with your plans
Consider the questions and see what your gut tells you.
Let them know how he / she is making you feel and ask them to stop

You can choose how you react to this person and if he or she will change you. Remember to always check back in with the power in your choice. Will you let others choose for you or will you choose what is best for your SELF? The decision is yours.

There are many ways to learn to appreciate and respect yourself. You can start by using the tools we just discussed to address feelings of self-doubt. Be *aware* that the very things that make you doubt yourself can actually give you *power* to believe in yourself. Believing in your SELF is a wonderful step towards Self-Appreciation... You are saying,

“SELF, I see you and I believe in you. I respect you. I appreciate who you are and what you are.”

When you appreciate yourself, you have more confidence. When you have more confidence, you make better decisions and enjoy life more. So let's take a look at what that self-confidence might look like for you!

Tackling the issue of Self-Confidence...

On a scale of 1-5... 1 lacking self-confidence and 5 being very self-confident, how would you rate *your* self-confidence?

1	2	3	4	5
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The Power in Self-Appreciation

What is *true* self-confidence?

A positive outlook on life
A sense of purpose
A sense of hope
A sense of Self
Loving who you are
Respecting who you are
Faith in yourself, your choices, your passions, your needs, your wants
Knowing how to get your personal needs met in healthy ways

Where does this kind of *true* self-confidence come from? Or... how might you get it?

Self-appreciation
Education
Encouragement from others
Life experience
Being loved by others
Believing in something bigger than yourself
Learning from your mistakes
Watching someone else who has true self -confidence
Nurturing yourself / being kind to yourself / honoring all parts of who you are
Reading / journaling

Why is it so important to have this kind of self-confidence?

To achieve success
So you take care of yourself mentally and physically.
So you make healthy choices regarding friends, opposite sex, sexual activity, drug & alcohol use.
So you see the beautiful person you truly are.
So you can be who you are intended to Be.
So you excel at various activities.
So you live joy-filled, peaceful lives

The Power in Self-Appreciation

Self-confidence versus arrogance... what's the difference anyway?

How might you recognize a person with self-confidence?

The way he/she carries himself/herself: posture
facial expressions, eye contact with others
physical appearance, do they take care of themselves?
Ability to interact well with other people and not seem self-conscious

What might cause you to assume a person is 'arrogant' or 'over-confident' or 'stuck up'?

Many times the list looks very similar to the one above. It's important to talk about assumptions here... that many of us want to have self-confidence, but we judge those who do...

Self-confidence and arrogance can look dangerously similar. Many times, people avoid expressing self-confidence because they don't want people to think they are stuck up.

Do you think it's true in our society that confident people can sometimes be judged unfairly?
 Are you worried about it?

What might this fear of being 'stuck up' cause you to do?

Put yourself down frequently
Brush off compliments
Make excuses for your good fortune or blessings even if you have purposefully chosen your way into a 'good' life.
Be fearful of what others say or think about you & your choices

List 5 things you really like about who you are.

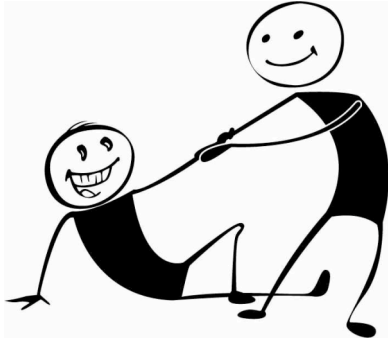
1
2
3
4
5

List 3 things you want to do differently so you'll like yourself more.

1
2
3

The Power in Self-Appreciation

True self-confidence is used to pull others up...



What are some ways you might 'help' another up and along the pathway of life by using your self-confidence?

Encouraging another

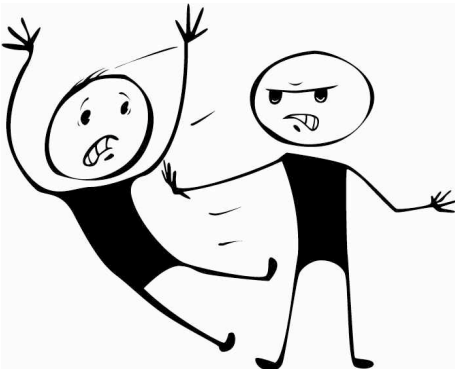
Taking time to listen and share your own experiences

Sharing wisdom you've learned

Pointing out successes/gifts of which he/she might not be aware

Taking time to understand what it might be like to walk in his/her shoes

Too much confidence or arrogance is used to push others



What are some ways you might push another down along the pathway of life by being arrogant or over-confident?

Judging another

Looking down your nose at another for not succeeding as we have

Not taking time to share what you've learned in a helpful, loving way

Assuming the gifts you have are more valuable than the gifts of another

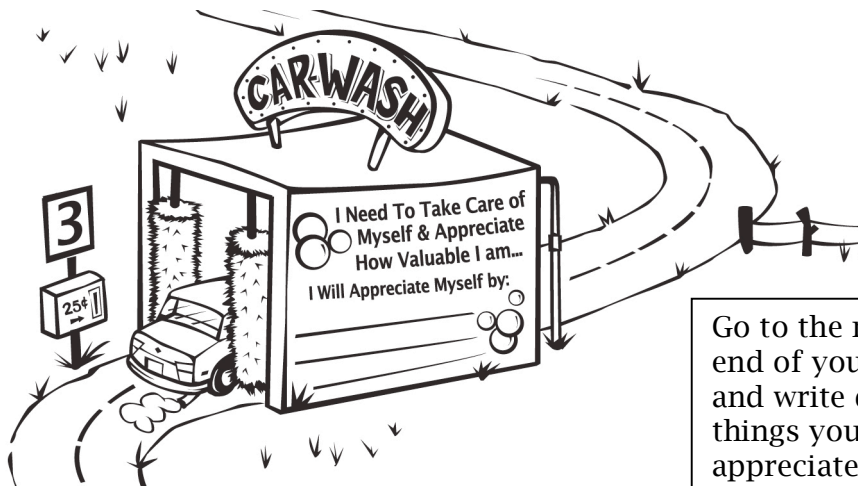
The Power in Self-Appreciation

Get with a partner, and help each other name the ways you can appreciate yourself. Write down at least three ...

1
2
3

Write **your personal** definition of Self-Appreciation now that you have explored the concept.

This is what Self-Appreciation really means to ME:



Go to the map at the end of your workbook and write down three things you can do to appreciate yourself on the icon that looks like this!

After spending time in this Pit Stop, rate your confidence again.

On a scale of 1-5...

1 lacking self-confidence and 5 being very self-confident, how would you rate *your* self-confidence?

1	2	3	4	5
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Did it improve?

Do you know what to do now to bring your score up?

Are you willing to do it?