

Self-Awareness Unit

Unit Overview

Unit Focus:

- We set ourselves free to be our most wonderful selves when we live in harmony with the Spirit within.

Unit Outcomes: By the end of the Unit learners will be able to:

- Explore their relationship with Spirit
- Describe ones needs and values
- Perceive oneself accurately

Unit Weekly Themes:

- God and I Are One
- Discovering Me
- Connecting With Me
- Connecting Me With We

Affirmations

- I am free to be myself
- I live in harmony with the Spirit of God within me
- I am one with Divine Wisdom
- I am the Light of God

Bible Quotes

- Galatians 5:22-23: But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law.
- 2 Corinthians 5:7: For we walk by faith, not by sight.
- Romans 15:13: May the God of hope fill you with all joy and peace in believing, so that by the power of the Holy Spirit you may abound in hope.
- 2 Timothy 1:7: For God gave us a spirit not of fear but of power and love and self-control.
- Romans 12:2: Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.

Unity/Fillmore Quotes

- **Atom Smashing Power of Mind p123:** We must rise to the conscious realization that every thought of mind, every atom of body, every molecule of being, every function of nature, and every force is divine, and that all of these do and shall vibrate to the harmonies of Spirit. This is the resurrection of man; there is none other.

- **Atom Smashing Power of Mind p151:** the real object of existence is to attain the consciousness of eternal life and to manifest all that is potentially involved in us by our Creator.
- **Myrtle Fillmore's Healing Letters p32:** Speak to God in the quiet of your heart, just as you would speak to me; tell the Father how much you desire to know Him and feel His loving presence and how glad you are to receive His blessings and to do His will. Then be very still and feel God's love enfold you.
- **Myrtle Fillmore's Healing Letters p37:** God is in us as the very life and substance that we use, and our use of God's gifts increases our ability to use and to direct them. God is life; we make that life into living. God is love; we make divine love into loving. God is substance; we take the substantial reality and bring it through into the manifest world. God is wisdom; we claim oneness with divine wisdom, and it expresses through us as wise thoughts and decisions and actions: the light of life that glows from heart and face, yes, every cell of the body.

Children's Lessons

#1 - "God & I Are One"

Opening Experience

Did you know that God is within us, around us, and is everyone? Unity Principle #1 tells us "There Is Only One Power and One Presence In The Universe, God, Who Is All Good And Active In Everything, Everywhere." Would you say that with me? God is EVERYWHERE! God energy is always with us! Here you will find some activities that will help you center and begin to explore how God shows up in your life.

Activity Choices

- What is self-esteem? <https://www.youtube.com/watch?v=M6H0w03GJrQ>
 - How do you feel about yourself and what are 5 things you can do to feel awesome about being you? In this episode of RocketKids, Vivian explains Self-Esteem and how we can gain more of it. How can you feel awesome about being you? Try these five simple things:
- Be Your Best Self
 - **Try Your Best.** You can feel great about yourself, when you know you tried your best.
 - **Pitch In.** Everybody needs a little help and helps us realize that we can make a difference.
 - **Turn That "I Can't" Into "I Can".** Build your confidence by believing you can do something and then going to do it.
 - **Practice. Practice. Practice.** Schedule time to get better at something you love. It takes time, but it can't happen without practice
 - **Make A List of things you are good at.** Get friends and family to help. When we see and hear what we are good at, our self-esteem is sure to rise.

Meditation Zone

- Square Breathing: https://youtu.be/dJq82z4z_To
- Wheel Decide:
<https://wheeldecide.com/index.php?c1=I+am+peace.&c2=I+am+loving+to+others.&c3=I+am+kind.&c4=I+am+loving+to+myself.&c5=I+am+one+with+God.&c6=I+am+joyful.&c7=All+is+well.&c8=Every+little+cell+in+my+body+is+well.&c9=I+believe+in+myself.&c10=I+am+worry+free.&c11=I+am+calm+and+relaxed.&c12=Cleaning+room&c13=Give+somebody+a+hug&c14=Call+a+family+member+&c15=Play+outside+&c16=Draw+somebody+a+picture+&c17=Read+a+book&c18=Help+cook+dinner+&c19=Play+a+family+game&c20=Take+a+picture+of+nature+&c21=Take+a+dance+video+&c22=Plant+a+flower+&col=wof&t=Joy+Wheel&time=5&remove=1>

Media

- I'm Gonna Like Me: Letting off a Little Self Esteem, by *Jamie Lee Curtis*:
<https://www.youtube.com/watch?v=GY4LLgfHL6U>
- Reflection Questions
 - When are the kids in the story going to like themselves?
 - Are they still going to like themselves when they get an answer wrong? Explain.
 - When aren't they going to like themselves?
 - Tell me about you. What do you like most about you?
 - What thoughts sometimes enter your head when you make a mistake?
 - How does this make you feel?
 - What can you do about it?
 - How does feeling good about ourselves, no matter, what help us to be more creative?
 - What are some ways we can overcome negative thoughts?
 - Who in your life helps you see the good in you?

Creation Station Activities

- Create a self-portrait using: <https://sketch.io/sketchpad/>
- Do an emotions check-in. <https://www.thepathway2success.com/5-steps-for-a-daily-emotions-check-in/>

#2 - “Discovering Me”

Opening Experience

Welcome to lesson 2. Did you know that deep within us there is a place that, when we focus on it, will help us know just how special we are? Unity Principle #2 tells us that we are naturally good because God’s divinity is in us and in everyone. Would you say that with me? I am naturally good because God’s divinity is in me and in everyone. This means that no matter what we do or think, we cannot remove God from us. This God energy helps us to know how special we are and helps us be free to be our most wonderful selves!

The activities this week are all about discovering more about yourself...what is important to you, what brings you joy, what causes you to struggle... The more we know about ourselves, the more we can relate to others. Explore yourself with the WHO AM I sheet, and then have some fun learning some magic tricks. Magic tricks show us that sometimes things are not always what they appear to be. Sometimes we are like that, we appear one way but can be very different inside.

Activity Choices

- Magic Tricks: Things are not always as they appear
<https://www.youtube.com/watch?v=z-R3DShHbKA>
- Who Am I? Worksheet
https://assets.ctfassets.net/p0qf7j048i0q/6Elpdkm2fHILVj0xc8bFxo/5b193e0cf9e01c30cdc3806e1c41bbfc/Self_Awareness_Worksheet_Understood_2021_1_.pdf

Meditation Zone

- Melting Meditation: <https://www.youtube.com/watch?v=fTzXFPh6CPI>
- Name Art
 - Help the children to write their names in large letters. Alternatively, use the Word Art feature in Microsoft Word, print their names at point size 96 or larger.
 - Then, encourage them to decorate their name in creative ways, for example:
 - Glitter Name by adding glue to the letters and sprinkling them with glitter or adding small sequins
 - Rainbow Name - by adding different colored lines to the letters of their name to create a rainbow
 - Place a large piece of paper outside of the classroom. Ask the children to ‘sign in’ as they arrive for school each day. Then, each day ask the children to move their name from their individual space to a collective space. This will help emphasize the importance of their inclusion and contribution to the classroom community.
 - Finally, encourage the children to use their decorated names as much as possible around the classroom. Make your own name card and use it too.

Media

- *A Little Light* by Andrew Newman:
<https://www.youtube.com/watch?v=40OVJmOupPU&list=PLxXUXDUVvOfOYB2Yh1pNVQPETNQyzJTg&index=4>

- Reflection Questions
 - What did the light want to do?
 - What was the light inside of?
 - What happened as the light go bigger?
 - What caused the light to get cloudy?
 - What happened to his body?
 - What helped him to heal?
 - How do you take care of your body?
 - What do you do each day to take care of the light in you?
 - What thoughts help you stay healthy?
 - What kind of things can you do where all of you is healthy?

Creation Station Activities

- You have the light inside of you create your own Happy Dance to celebrate! Song: Happy, by Pharell Williams: <https://www.youtube.com/watch?v=MOWDb2TBYDg>
- I Am Wonderful Handout



I AM WONDERFUL!

I, _____,

on this magnificent day, just want to say that I

have a wonderful life! It is true and because of

_____, _____,

and _____, my heart grew too!

Here is a picture of my heart wide open.

#3 - “Connecting with Me”

Opening Experience

Welcome to the 3rd lesson on Self-Awareness. Today we will explore Unity’s third and fourth Principles as we learn that OUR THOUGHTS AND BELIEFS CREATE OUR LIFE, and WE CONNECT WITH OUR DIVINE NATURE THROUGH PRAYER. You will have the opportunity to explore just how powerful your thoughts are and how you can use them for good. You will also be invited to try out some meditation and yoga activities. I hope you have some fun dreaming big, and I look forward to seeing you next time! Remember to start the day with the Prayer for Protection. This prayer uses words that tell us who we are and the power we have!

Activity Choices

- Scribble Spot: Identifying emotions. <https://www.youtube.com/watch?v=w6BjvatTNzQ>
 - A fun colorful story to help a child easily identify their emotions through color. One day Scribble SPOT isn't feeling very well, he is all tangled with emotions. He feels angry, happy, sad, peaceful, confident, and love all at the same time. A little boy and girl guide him through how to separate his emotions so they can be easily identified and managed. He becomes mindful of his feelings and becomes happy as a result.

- Scribble Your emotions: Crayons & paper
 - What are you feeling?
 - How did it feel to scribble it out?
 - Power of emotions

Meditation Zone

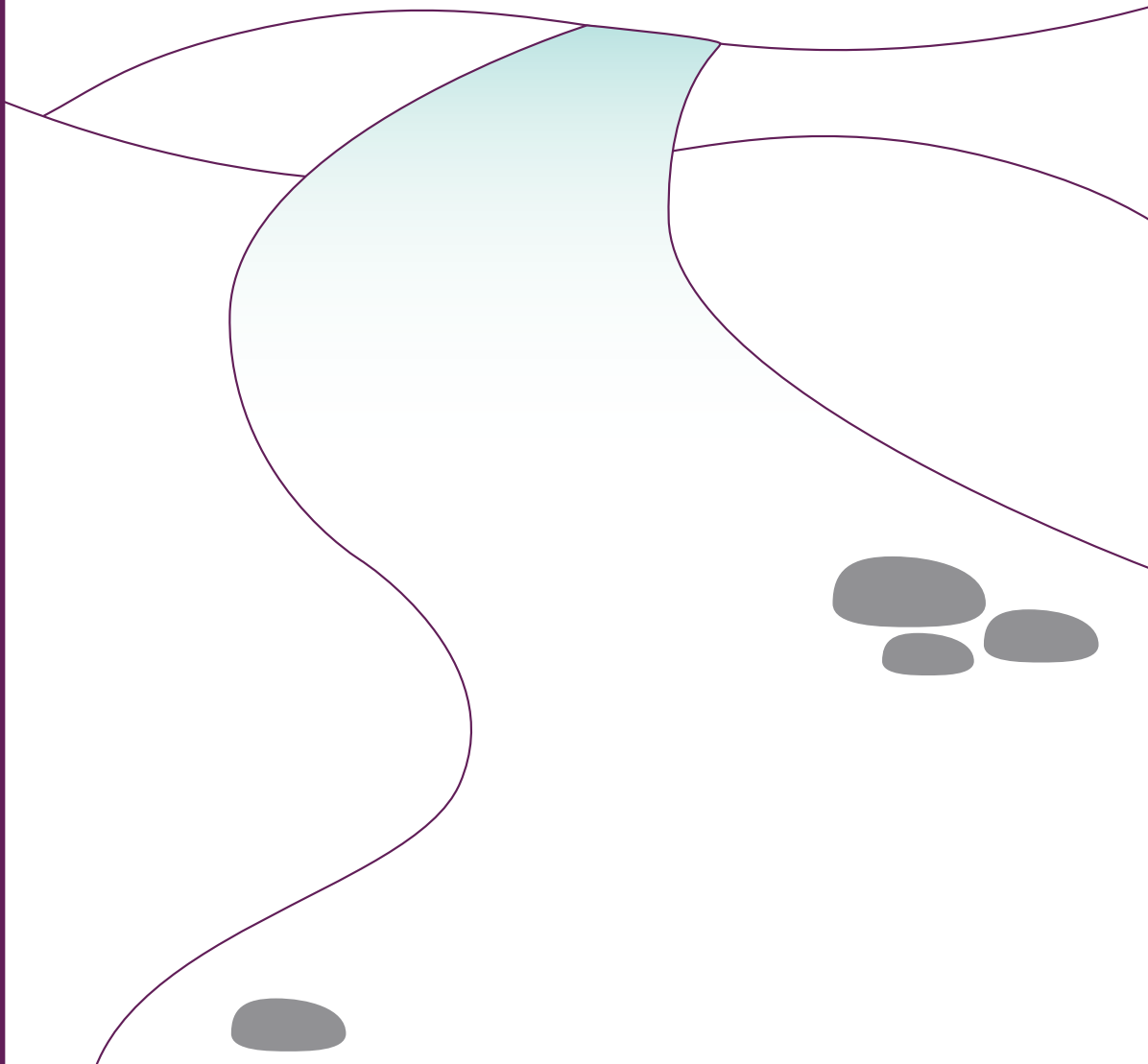
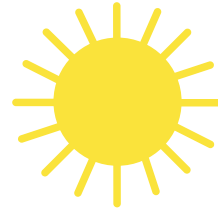
- Mindfulness Meditation: https://www.youtube.com/watch?v=VZ_wdeog5Ek

- Float Away Activity Handout

Float Away.



Imagine sitting beside a beautiful creek. The sun is shining, the birds are singing and the cool fresh water is flowing past you gently and calmly. Pop your worries on leaves that are floating past and just let them float away. Draw and write what you are imagining right now.



Media

- *Firenze's Light* by Jessica Collaco
<https://www.youtube.com/watch?v=pCHCHbcqDiM>
- Reflection Questions
 - What does Firenze like?
 - What doesn't she like? Why?
 - What did her mom tell her about her light?
 - What did Firenze do next?
 - What did her friends ask her to do with her light?
 - How did she respond?
 - What was the beetle doing?
 - What did the beetle think of Firenze's light?
 - What did Kirie send Firenze?
 - What happened when Firenze let her light shine?
 - Think about what is special about you? Do you always express it?
 - What might cause you to hide something special about you?
 - What are some things you can do to help you let your light shine?

Creation Station Activities

- Will.i.am Sesame Street song -
https://www.youtube.com/watch?v=cyVzjoj96vs&list=PLqt766cbp_P5LivfgY5tWYclbF4DjkV6d
- Hero Maker: <https://pbskids.org/xavier/games/hero-maker>

#4 - "Connecting Me with We"

Opening Experience

Welcome and thanks for joining us for week 4 of our month of Self-Awareness ~ CONNECTING ME WITH WE. This week we will explore Unity's fifth Principle and move toward action as we learn about LIVING OUR TRUTH. When we live in harmony with the Spirit within, we set ourselves free to be our most wonderful selves. When we are our best selves, we then help others be their best selves. AND, if we are not satisfied with what we are experiencing, we can always make another choice.

Activity Choices

- Friendship Soup: <https://www.youtube.com/watch?v=H7w7yXkJTu0>
- Kindness: <https://youngteacherlove.com/wp-content/uploads/2017/02/Anchor2-881x1024.jpg>

Meditation Zone

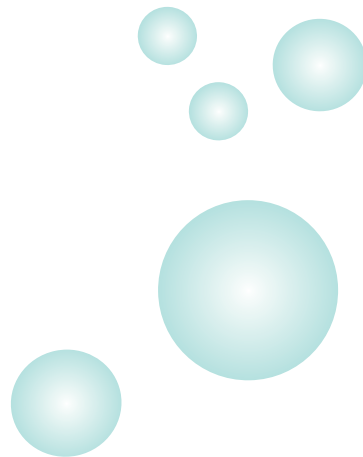
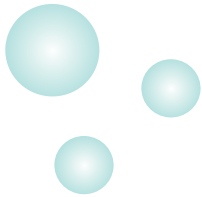
- Breathe Meditation: <https://www.youtube.com/watch?v=aNXXjGFUIMs>
- Bubble Handout

Bubbles of Awareness.



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Draw some big bubbles on this page and take a moment to think of some moments today when you really noticed things around you. It may have been a warm smile someone gave you, something you ate or drank, or something in nature that caught your attention. Draw these moments of awareness inside the bubbles.



Media

- *When God Made You* by Matthew Paul Turner
https://www.youtube.com/watch?v=rCc_JgfYq0c
- Reflection Questions
 - How did God make you?
 - How many yous are there?
 - What would the world be like without you?
 - What is special about you?
 - What ideas do you have?
 - How can your ideas help the world?

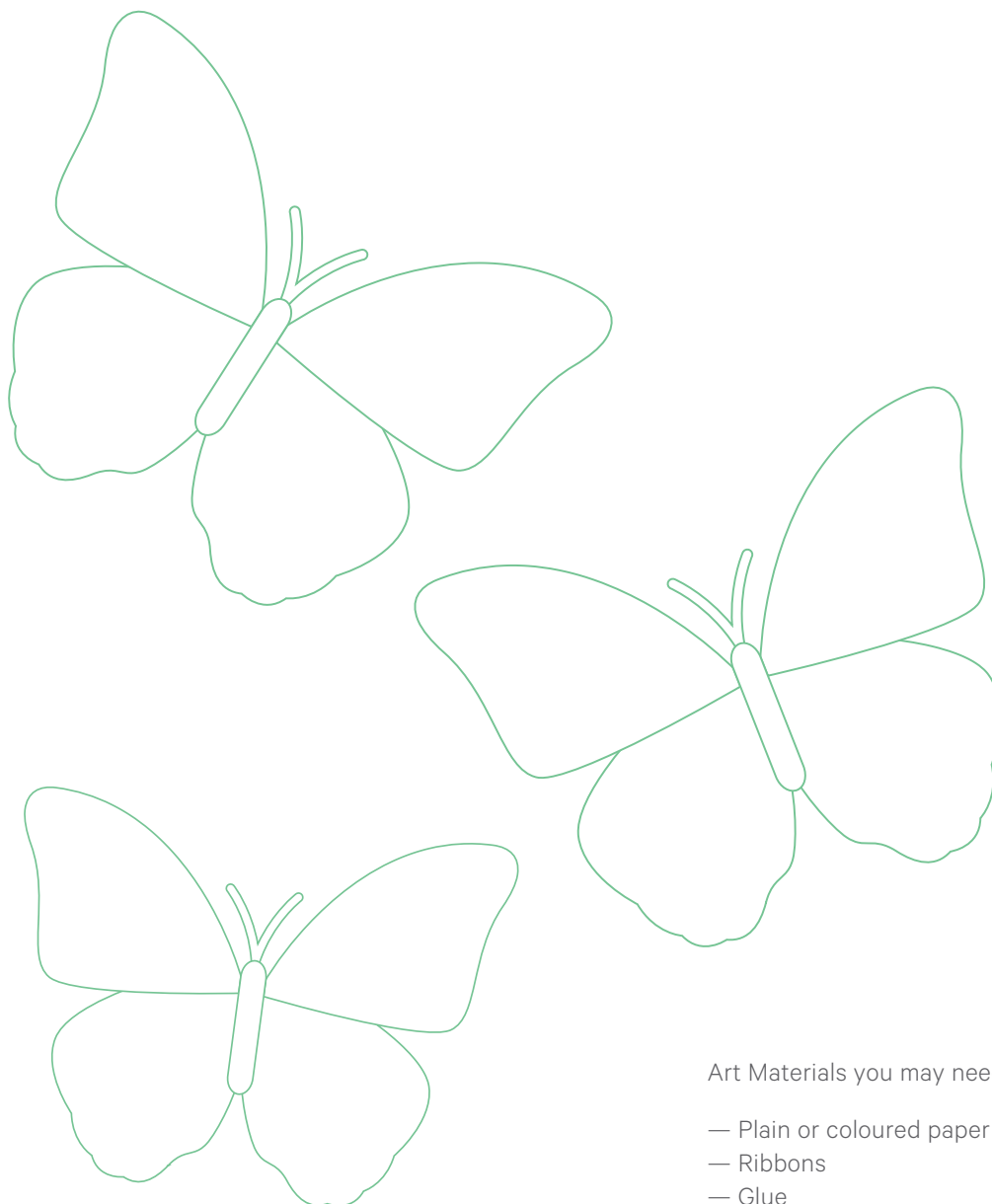
Creation Station Activities

- Catching Butterflies Handout
- Open Mind/Open Heart Handout

Catching Butterfly Moments.



When we see a butterfly, it is often a joyful experience. Butterflies dance and weave in the sunlight, making the most of every moment. Create your own butterflies with art materials and hang them up in your room to remind you to look for beautiful moments each and every day.



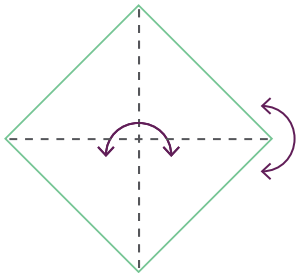
Art Materials you may need:

- Plain or coloured paper
- Ribbons
- Glue
- Cardboard
- Pencils & colouring materials

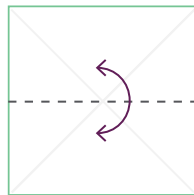
Open Mind, Open Heart



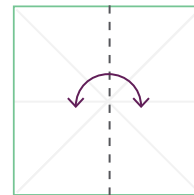
Think of recent times when you have done your very best and felt proud of your efforts even when the 'going got tough'. Make an origami heart envelope using a square piece of paper. Reflect on how it feels to try hard and keep going even when things are tough. On little squares, write some encouraging self-talk you say to yourself and pop them inside your heart.



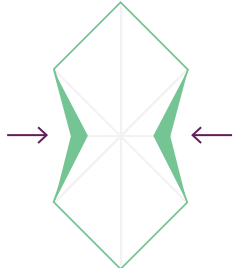
1.
Fold in half in both directions



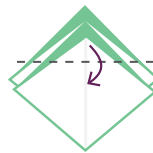
2.
Fold in half horizontally



3.
Fold in half vertically



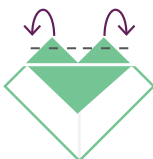
4.
Pinch corners inwards



5.
Fold the first top flap downwards on both sides



6.
Fold the inside corners down



4.
Fold the top edges down



5.
Fold side edges inwards



6.
Tada! You did it!

Tween Lessons

#1 - "God & I Are One"

Opening Experience

Welcome and thanks for joining us for week 1 of our month of Self-Awareness ~ GOD & I. This week we will explore Unity's first Principle as we learn that God is the ALL-NESS of BEING-NESS. God is in everything and everyone! If you don't already have one, please get yourself a journal of some kind that can join you for the journey. You can put everything that comes up for you in there each week.

You will find a sheet with some questions about how you perceive God, an 'All-ness of God-ness' scavenger hunt, a guided meditation, and a song or two to enjoy and reflect on.

Activity Choices

- **"Questions & Quandaries About God:"** These questions will help you discover how you perceive God. There are no right or wrong answers, this is just so you can get to know a little more about how your beliefs shape the life you create.
 - What have I been told or taught about God in my lifetime?
 - What parts of what I have been taught make sense to me, and what parts do I wonder about?
 - Have I heard different perceptions of God, and where do those land with my beliefs?
 - The Unity movement believes that EVERYTHING is God; people, trees, air, insects, clouds, the earth ~ and that they are all a part of the ALL-NESS of what God is. What does that bring up for me?
 - What do I feel God is?

- **"The Allness of Godness Scavenger Hunt:** On this sheet you will find instructions for a fun exploration to find God in your surroundings. Inside and outside of your home, find ...
 - Three things that are living
 - Three things that were invented by someone
 - Three things that make sound
 - Three things that help people
 - Three things that make me feel safe
 - Three things that grow
 - Three things that are beautiful
 - Three things that help me feel Divine

- **The Journey to Journaling;"** Whether you already have one or need one, find a journal that you will use through this month to document your journey through the materials.

Meditation Zone

Enjoy this grounding meditation, rooting within the God-ness we are a part of. When you are done, click on one of the room names listed on the left sidebar to explore another area.

- <https://www.youtube.com/watch?v=UBZG63DPwGU>
- As we create our virtual Sacred Table, create one at home! Then from your scavenger hunt, add an item to the table that feels Sacred to you.

Media

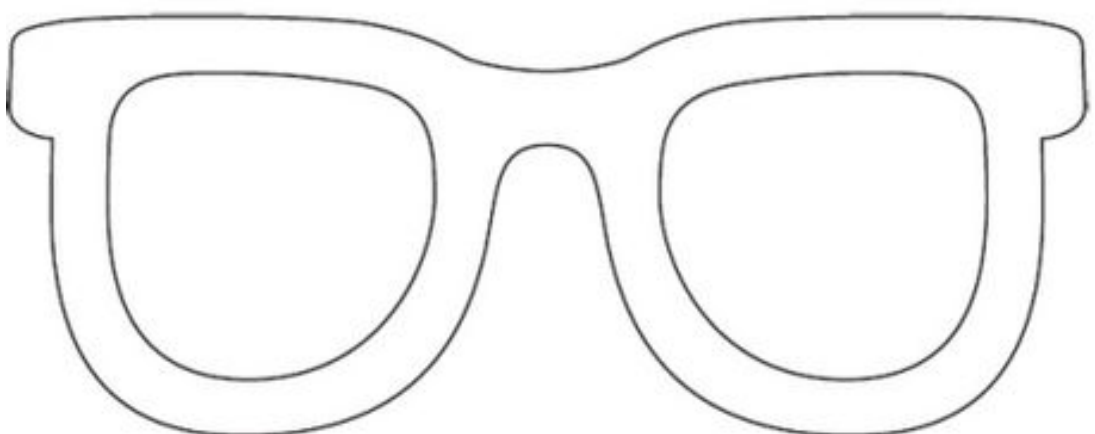
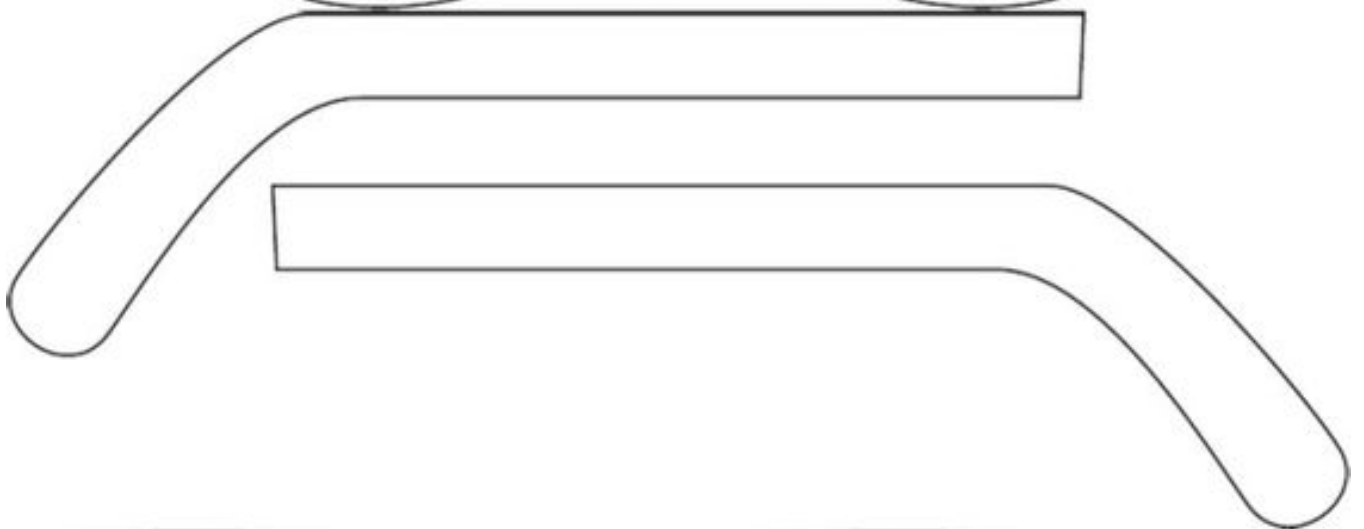
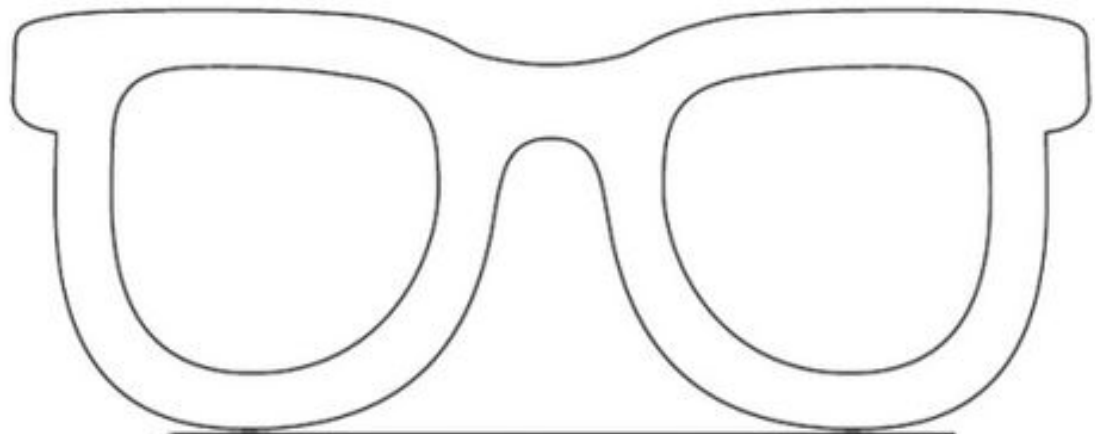
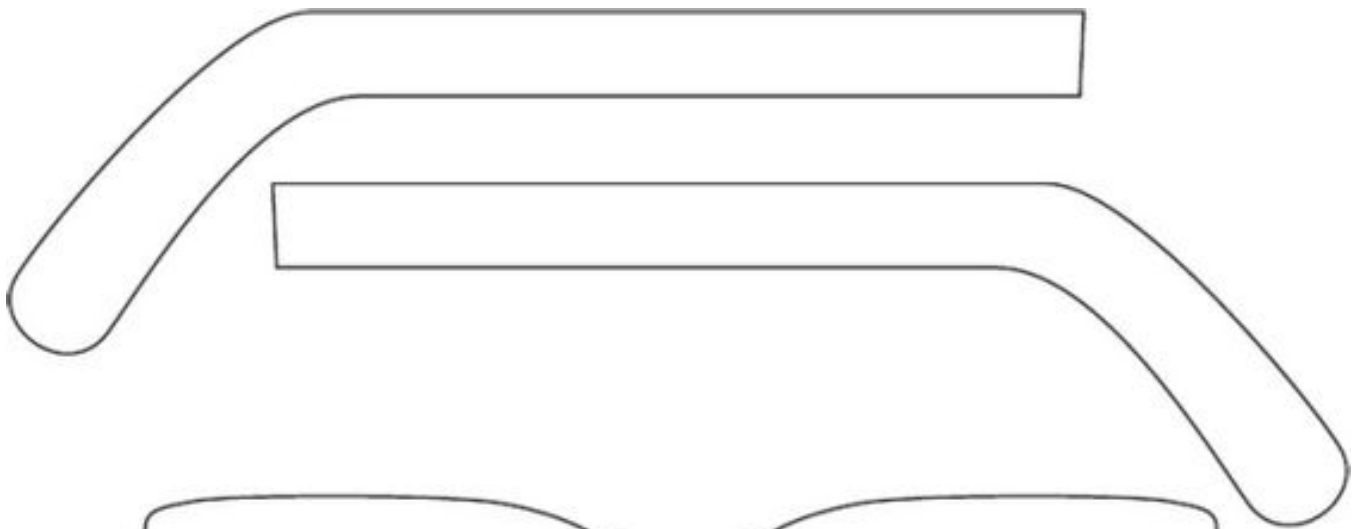
Enjoy this video of the One Voice Children's choir sharing 'You Will Be Found' from Evan Hansen.

- 'You Will Be Found' from Evan Hansen: https://www.youtube.com/watch?v=mo1W4L_SPzw
- Reflection Questions
 - As you watch the singers perform and note how they look as they sing, some with tears, some with smiles, how do you think they feel?
 - After reflecting on the lyrics and what you have explored about what God is ... do you believe what the song says?
 - If this song is true, what does it mean to your life?

Creation Station

Listen to the song and then there is an outline for a pair of 'Shades of God-ness' ~ or maybe you even want to get a pair of fun frames to decorate ~ to serve as a reminder to look through the eyes of the Divine within as you go through each day. Hope you enjoy and I'll see you next time!

- This song from Tangled helps us to realize how "everything looks different" when we see God in everything and everyone around us. <https://www.youtube.com/watch?v=jW1WqrfiUJA>
- After watching and listening to the song video, create your 'Shades of God-ness'. You can use the outline for the glasses and cut out the lens area, or even go to the Dollar Store to find a pair of oversize party glasses and decorate those. Be as creative as you like and keep them where you can see them to remember how important it is for us to view life through the lens of God-ness.



#2 - "Discovering Me"

Opening Experience

This week we will explore Unity's second Principle as we learn that we are a part of the ALL-NESS of GOD-NESS. We live, breathe, and are ourselves WITHIN GOD! Your journal will be used a lot this week, it's a part of our REFLECTIONS OF ME ACTIVITY, a powerful opportunity to discover just how much we judge ourselves by what's on the outside. Explore yourself with the GETTING TO KNOW ME QUESTIONNAIRE, and then have some fun learning some magic to see if it's something you might enjoy. Meditate for a few minutes with India Arie, spend some time with someone who loves being weird, and then create the gift of you, designed to help remember just how awesome you are whenever you might need it. Let yourself go deep exploring and don't forget to have some fun too.

Activity Choices

- **"Getting to Know Me Questionnaire"**
 - Five words that describe me are:
 - How have I changed since childhood?
 - Five ways I am like the adults I love most in my life are:
 - Five ways I am like people I don't like are:
 - The five things I admire most about myself are:
 - My three biggest weaknesses are:
 - My three biggest strengths are:
 - The three things that scare me most are:
 - Five things I love to do are:
 - My favorite thing about school is:
 - How do I ask for help when I need it?
 - If money were no object, the top three things I would like to do are:
 - The best moment I remember I shared with someone I love is:
 - My favorite part of my day is (and why):
 - How did the three people I have learned the most from teach me what I learned?
 - When I am afraid, I:
 - I feel best when I:
 - Aside from how much I earn, I want the career I choose to:
 - I feel the most alive when I:
 - I can't wait to:

- **"Reflections of Me:"** This activity is designed to get to know better how you see yourself; more in how the world sees you, or more in your Divine identity. Ready? Here we go!
 - 1. Watch the video here <https://www.youtube.com/watch?v=WIOK1una0nM>
 - 2. Cover mirrors, or somehow make it so you can't see yourself in the places you usually look.
 - 3. For five days (or however many you choose), don't look at your reflection. If you catch a glimpse, look away. If you choose, you can go further by not wearing makeup if you typically do. Your choice.

- 4. Center your awareness on the Divine within you at the start of each day by breathing deeply, moving your awareness into the space of your heart, and affirming that you live, move, and have your being WITHIN GOD.
 - 5. At the end of each day, journal your thoughts and feelings, using words, pictures, or whatever media you care to share in.
 - 6. At the end of your chosen amount of days, take a good, long look at yourself in the mirror, and journal what you think and feel, as well as any changes you feel have taken place within you.
 - 7. Repeat whenever you want!
- **“Magically Me:”** In discovering you, see how you feel about magic by checking out this video revealing some fun magic tricks you can do. Explore your own talents by trying some out if you like! <https://www.youtube.com/watch?v=m2HiTlihFrk>
 - Supplies and tools: • Napkins • Paper bags • Zip-packs • Water • Double-sided scotch tape • Glasses • Cards • Coins • Glue • Paper cups • A plastic cup • A magnet • Cardboard • Laces • Elastic bands • Matches • A plastic bottle • A banknote • A marker • Paper • Scissors • A pencil • A handkerchief • Foil • A bottle • A toothpick
 - **The Journey to Journaling;**” Whether you already have one or need one, find a journal that you will use through this month to document your journey through the materials.

Meditation Zone

Join us in an open-eyed video meditation experience, India Arie’s “I Am Light”. Take a deep breath, relax inward into your heart space, put your hands over your heart to remind you where you will be centered for the message here. As you watch the video, breathe regularly in and out, and visualize this message reaching that space of the Divine within you, and settling there for Good.

- <https://www.youtube.com/watch?v=ism8dBjxKvc>
- As we create our virtual Sacred Table, create one at home! Look around you for an item to add to the Sacred table that helps you see the Light in yourself and all things.

Media

Enjoy Cole Blakeway’s beautiful sharing about his unique habit of wearing mismatched shoes and socks, being weird, and his special friend Steven, who just happens to be on the Autism Spectrum. Celebrate our differences!

- Mismatched Shoes & Socks, Cole Blakeway: <https://www.youtube.com/watch?v=sQuM5e0OQLg>
- Reflection Questions
 - What do you think about Cole’s outlook on life?

- If a person like Steven approached you as he did Cole’s mom, how do you think you might react, and why?
- Steven loves the idea of being a fire truck much more than being a fire man ... if you take away limits, what would you choose to be? Why?
- What kinds of things come up for you about being called weird? Would you consider that a good or bad thing, and why?
- What beliefs, talents and likes make you unique?

Creation Station

- Listen to this song, about how we are always enough, the gift we are, and that all we need is already within us. <https://www.youtube.com/watch?v=wxMA95ZzpcM>
- **“Gifts in Me Project:”** For this exploration, you are going to look at yourself as a container (of whatever size, shape, and appearance you like), and fill that container with all the gifts you find existing within you. Feel free to add all you like to this, and to change the items or instructions as you would like to better reflect your individuality.

For this exploration, you are going to look at yourself as a container (of whatever size, shape, and appearance you like), and fill that container with all the gifts you find existing within you. Feel free to add all you like to this, and to change the items or instructions as you would like to better reflect your individuality.

1. YOUR CONTAINER ~ Find a fun gift box or container with a lid. It can be whatever size or configuration you like, the idea is that this container will be “you”. If you like, decorate it up in any way you feel represents you. Don’t limit yourself, get creative and have fun with how you decorate!

2. Get some sort of material to jot your discoveries down on; index cards, shaped sheets of paper, post its, whatever you like. Also get something you enjoy writing with. Note that you’re not limited to just these sheets of paper, you can add in small items that feel like representations of you; items from nature, things you create, wrappers or whatever brings to mind and heart something that is uniquely you.

3. Use these points to ponder as guides to add things to your box and create your own too!

- | | |
|--|---------------------------------|
| * I love to ... | * Things I like best about me |
| * I get excited about ... | * I admire ... |
| * I am challenged by ... | * I love it when ... |
| * I can improve on ... | * I help others by ... |
| * My favorite talent is ... | * I want to know more about ... |
| * Tools I use to help myself feel better ... | * I shine when ... |
| * I like when I ... | * Some goals I have are ... |

4. Open the container and go exploring any time you need to remember how awesome you are!

#3 - “Connecting With Me”

Opening Experience

This week we will explore Unity’s third and fourth Principles as we learn that OUR THOUGHTS AND BELIEFS CREATE OUR LIFE, and WE CONNECT WITH OUR DIVINE NATURE THROUGH PRAYER. Try out some yoga, and after meditating with a caterpillar, you can create the energy of your chrysalis that can travel with you wherever you go. You’ll meet Zaila Avant-garde, the 2021 Scripps National Spelling Bee winner ~ who also happens to be a 14-year-old basketball prodigy who holds 3 Guinness Book World records, find yourself in prayer, create a joy jar and more. I hope you have some fun dreaming big, and I look forward to seeing you next time!

Activity Choices

- **“Yo! How About Yoga?”** As we find out more about how our thoughts and feelings create the life we live, let’s take a few minutes to check out yoga and see if it might be something we like!
<https://www.youtube.com/watch?v=7kgZnJqzNaU>
- **“Creating My Chrysalis:”** No matter how much room we have to ourselves, it is important to create a space where we can “cocoon”; feeling safe and secure enough to grow and change as we become all we can be. Following, you will find some steps to create your very own chrysalis, wherever you are when whenever you need one.
 1. Find a space you would like to claim as a space of safety and growth. Maybe it will be the bed you sleep on, your room, somewhere under a tree, next to a pond or the ocean, an outfit you love to wear ~ maybe even somewhere in a park or room you spend a lot of time in. Go there when you have some time for the exercise.
 2. Connect with the God-ness within. Take a deep breath and release, relaxing as you do. Close your eyes if you feel comfortable. Taking another breath, put your hands on your heart. Breathing again, relaxing more still, feel your entire awareness moving into the space of your heart, underneath your hands. Breathe into that space of heart and visualize that place glowing with the light of Divine energy within. Allow the warm, comforting glow to move through you, creating a feeling of Light, of Love, of Safety.
 3. Keep breathing regularly and feeling your breath moving through the Sacred Heart space within you. As you feel that Divine Light moving through every cell in your body, imagine it flowing out through your skin, lighting the space around you with a soft, warm, comforting glow. Stay in that place, breathing in rhythm – visualizing the Light of God surrounding, enfolding, and protecting you – for as long as you like.
 4. Allow the Divine energy to settle into the space around you, sinking into every surface, infusing it with Sacred, Loving energy that lasts. Breathe deeply, stretch, and shake out any extra energy you want to stay in that space, and with a “Thank you God”, come fully back to the present time and space, knowing that energy is still within you to connect with at any time.

If this space is one you will be returning to often and can customize, add items around you that help you envision that Sacred energy or help you settle in. You can use colors, lights, comfort objects or whatever works for you to help you feel most at home.

Just remember, the energy is within YOU, wherever you go ~ not the space.

- **The Journey to Journaling;**” Whether you already have one or need one, find a journal that you will use through this month to document your journey through the materials.

Meditation Zone

Here we explore another open-eyed video musical meditation about how we can embrace a new idea every day of who we are, how we change, and what we will decide to be.

- <https://www.youtube.com/watch?v=Wqpr8rrEV1c>
- As we create our virtual Sacred Table, create one at home! Add an item to the Sacred table that illustrates a way that you have changed in your life.

Media

Meet Zaila Avant-garde, the 2021 Scripps National Spelling Bee winner ~ who also happens to be a 14-year-old basketball prodigy who holds 3 Guinness Book World records. She has big dreams!

- https://www.youtube.com/watch?v=OzsuG5ja_mg
- Reflection Questions
 - What do you think Zaila’s conversation is like inside her own head?
 - She says she loves words. Do you think that is why she can succeed so much?
 - What kinds of things make you grin like Zaila when you think of doing them?
 - What can you do to spend more time with things you love doing today?

Creation Station

Listen to this song about how we can sometimes feel lost or forgotten, ‘You Will Be Found’, really listening to the words, paying attention to how you feel, and connecting with the performers as they share how they are feeling by what they are expressing.

https://www.youtube.com/watch?v=mo1W4L_SPzw

- **“Finding Me in Prayer”** It says in the Bible that we are all made in the image and likeness of God (Genesis 1:27). It also says that we live and move and have our being inside God (Acts 17:28), and that we are breathing the breath of God (Job 27:3, 32:8, 34:14, Isaiah 42:5, and more!).
 - If we believe this to be true, we are INSIDE GOD, always and forever, and our breath is God’s breath! Reflecting on this truth, we know we don’t have to say “Dear God” when we start a prayer, God’s already there! We can take a deep breath, connect with our heart, and speak

whatever words might come ~ knowing they come from and go to the God-ness within us and everywhere around.

- Reflecting on this truth, write a prayer (or many prayers) in your journal ...
 - Of thanks
 - Of assurance that everything will be okay
 - For someone we know is going through a hard time
 - For guidance
 - For our home
 - For the world

- Affirmations are short statements that help us to remember our connectedness and give us strength, like “I am part of God, I have all the strength I need to do all I need to do.” Create some affirmations about ...
 - Having faith
 - Being able to do something challenging
 - That you will find your way through anything
 - That you have all you need
 - That you will create your best life
 - That whatever happens in life is there to help you
 - That you are always learning and growing

- **“Creating a Joy Jar”** It is a great idea to capture our moments of joy as memories that we can revisit during times we might be feeling down. A joy jar is a great way to do that!
- Find a jar you really like, any size ~ glass or plastic ~ just one that you feel will be great for containing moments of joy.
- If it has labels or decorations already on it, you can keep those and use it as-is, or you can remove the labels and decorate it in any way you like. Spray paint the lid or entire jar, use puff paints to label it, cover it with pieces of tissue paper dipped in glue and dried ~ use your imagination to create a container that feels joyful even before you open it.
- Add moments of joy to the jar by writing them on pieces of paper (decorative or otherwise), drawing something that reminds you of the event, saving tokens from the event like ticket stubs, receipts, or small items from the event.
- Add items that bring you joy like seeds, rocks, things you love ~ any small items that make you smile when you see them.
- Keep your jar somewhere you can get to it easily, to add items or simply spend time looking through what you have already added to it.
 - Want to share? Make more as gifts!

#4 - “Connecting Me With We”

Opening Experience

Welcome and thanks for joining us for week 4 of our month of Self-Awareness ~ CONNECTING ME WITH WE. This week we will explore Unity’s fifth Principle and move toward action as we learn about LIVING OUR TRUTH. Moving around the space, you will create a STATEMENT OF PURPOSE & COMMITMENT, discover ways you can help your family, home, community and world through videos and sheets, meditate with a reluctant hero, and ultimately create a logo that represents who you have come here to be.

Activity Choices

- Check out this video about our actions and choices we make, and our assumptions about the actions and choices others make, and then reflect on what we think about it and how it makes us feel. What we think and feel makes a difference.
<https://www.youtube.com/watch?v=bAfq6yLdXLU>

- **“My Statement of Purpose & Commitment”**
 - I AM _____
(Here is where you put what you feel you are about or would like to accomplish)

 - I am here to...
 - (Here is where you list how you share what you are – like you will love, grow, learn, explore, share, etc.)

 - STATEMENT OF COMMITMENT

 - To best fulfill my purpose, I will ...
 - (Here is where you list practices you will use to fulfill your purpose – like prayer, gratitude, learning, be open, self-care, help others, etc.)

 - What, specifically, will I do?
 - (Here is where you list exactly what you will do with those practices, like how often you will pray or meditate, how much sleep you will get, who you will help, how you will serve, etc.)

 - * I will
 - * I will
 - * I will
 - * I will
 - * I will
 - * I will

- **“The “how Can I Help? Starter:”** Now that we know what God is, what we are, and have explored what we are about, it’s time to see how we fit into the world around us, and how we can serve to make that world a better place. We don’t have to undertake massive projects or try to do everything for everyone, we can start by looking around for ways we can help every day, right where we are. Don’t know where to start?
 - Look around your house, school, or neighborhood for opportunities to serve, like ...
 - Clean your room, without being asked.
 - Look around your house for chores that need doing and start by doing one.
 - How’s the yard? Tidy up outside, trim the bushes or trees, remove litter, or more.
 - Can you wash the car?
 - Are there family members that could use help doing things that are hard for them?
 - Do you have a skill you can teach others like art, reading, gardening, how to ride a bike, or how to use computers or social media apps?
 - Love animals? Is there a shelter nearby you can donate to or volunteer at?
 - Worried about other people not having enough? Organize a collection for an organization that helps those who need it. School supplies, haircuts, clothes, books, food, suitcases, toys, scholarships – there are lots of things you can help distribute.
 - Great at a subject at school? Tutor others who need help!
 - Concerned about the environment? Pick up litter, recycle and reuse, maybe even organize a neighborhood, school, or city drive to have others get involved too!
 - See someone who is lonely or left out? Be a friend!
 - Whatever you are passionate about, or concerned about, or want to see changed, YOU HAVE THE POWER TO BE THE CHANGE!

Meditation Zone

This week we explore a FEELING meditation. Before beginning, find a quiet place to be centered, and before watching the video, take a deep breath, bring your attention purposefully to your heart, and open to explore your inner landscape. Breathe regularly as you watch, paying close attention to how you feel inside.

- https://www.youtube.com/watch?v=w_bmCKMrLYs
- As we create our virtual Sacred Table, create one at home! After the meditation, look around for something that helps you think of how you might help others. Add it to your Sacred table for reflection.

Media

Move through Amanda Lacount's audition for America's Got Talent; hear a bit of her story and ride the waves from sadness to joy at the reaction of the judges and audience. Where is God in each aspect of this experience?

- <https://www.youtube.com/watch?v=Uf2GyR5JefI>
- Reflection Questions
 - Recount how you felt throughout this less than 5-minute video. Did your thoughts or feelings change as you went on?
 - How do you think Amanda felt during this experience?
 - If you were in Amanda's place, what do you think you would do, and how would you feel?
 - Where in your life do you feel challenged and empowered like Amanda?

Creation Station

- Videos to check out ~ first, a powerful spoken word piece by Prince Ea about how we humans have affected our planet, and what we need to do <https://www.youtube.com/watch?v=B-nEYsyRlYo>, a story of a young boy who began a recycling company, <https://www.youtube.com/watch?v=JicGbdUtMJg>, and Deshuana Barber's story, don't fear no ~ if in your heart there is a yes. <https://www.youtube.com/watch?v=w71aDaGAtHs>
- **“Create Your Own Logo:”** Knowing what you know about you, design a logo that represents what you are about. You can put this in your journal or a separate sheet of paper, as you like. Now that you know so much more about you ~ use the space below or your journal to design a logo that represents the YOU of you. Who have you come here to be? How do you share that Divine YOU with the world?
- **“What Moves Me:”** A game board, of sorts, to move through things that move us.

WHAT MOVES ME?

Move through the board doing things that move you emotionally, physically, joyously, or to a new awareness.

Add your own ideas into the blank spaces as you go!

SMILE! 		Clean up a mess you didn't make		Call someone who loves you		Make breakfast for a grownup
	Do a random act of kindness		Watch a video that touches your heart		Write a poem about something	
Do twenty jumping jacks and stretch		Teach someone something you know		Return a favor someone did for u		Surprise someone with a gift you made
	Do a secret good deed for someone		Look up at the stars and relax a bit		Do something you love to do	

Teen Lessons

#1 - "Who Am I?"

Opening Experience

Each area guides you to truly connect with our TRUTH... Our Divine Identity. Each section leads you to different rooms that are filled with activities, videos clips and music to have you explore the inner reality of our true nature.

- **Positives & Negatives**
 - Write down three positive and three negative aspects of yourself. These can be your personality traits, habits, abilities or physical appearance.
 - Compare the positive and the negative.
 - Think about and write down why you see the negative the way you do.
 - Now write down how to work on enhancing the positive and what you can do to grow out of the negative.
- **Step It Up:** <https://www.youtube.com/watch?v=CH8HV5gXQB4&t=1s>
- **Reflection:** <https://www.youtube.com/watch?v=sM6dGqYGLhs&t=6s>
 - Watch this video. Write some inner thoughts in your journal about what this video says to you. What is your Reflection? What do you See?

Meditation Zone

Time to become Mindful. Here you can find peace to go inward and connect with your Divine Nature.

- **Preparation**
 - In preparation for meditation, place a candle in the center of the room, find a comfortable place to sit and begin focusing on your breath.
- **Self-Love:** <https://www.youtube.com/watch?v=cFeCUfw657g&t=1s>

Media

This area contains videos and music that invite you to consider who you are as you connect with your Divine self.

- **Becoming more self-aware:** <https://www.youtube.com/watch?v=TfzOVQwLxLY>
- **The Reflection in Me:** <https://www.youtube.com/watch?v=D9OOXCu5XMg>
 - You are perfectly perfect just the way you are! Marc Colagiovanni, an attorney based in Rhode Island, has a positive message to share with the world. The new filmmaker approached FableVision Studios to help him produce an animated version of his story

The Reflection in Me. The film's goal is to empower children of all ages to find the courage to look inside and love themselves as they are.

- **I AM What I Am:** <https://www.youtube.com/watch?v=F19GNn4wTk8>
 - Think about the words to this song and consider how they relate to you.
- **This is Me:** <https://www.youtube.com/watch?v=5J29YsEfYlo>
 - What is this song reminding you to do?
- **Try Journaling:** Write a page about yourself – your skills , accomplishments, goals, and then write a page about your personality, your likes and dislikes, that would describe you to your best friend.

Creation Station

Here you try two activities that challenge you to embrace your self-awareness and see the Truth of your Divine Light.

- **Create a Collage:** put a photo of yourself on a poster and select/draw images (books, magazines etc.) that describe you. Illustrate some of the following areas on their posters: • Likes and dislikes • Hobbies • People who are important to me • Things that concern me (e.g., poverty, hunger, etc.) • Special abilities • Qualities (e.g., considerate, energetic, etc.) • How I want to be (e.g., type of person, what I want to do)
- **Create your Own Brand Logo.** Focus on your gifts, talents, skills and likes. Place it in the Journal and add on to the list as you explore more of “who you ARE.”

#2 – “What Am I?”

Opening Experience

This week we will continue to explore Principle # 2 so we can understand our true identity. Questions to consider: What are my strengths and opportunities? When am I happiest, and when do I feel most “Truth”? Who am I as a person? What Am I as a Gift of God?

- **Your Divine Self:** Take a sheet of card stock and create a sign that says “WHAT AM I” on one side and Unity Principle #2, “I am naturally good because God’s Divinity is in me and in everyone” on the other size. Use this to remind you of your true self.
- **Your Identity Chart:** Print Handout and follow these directions: Take the time to answer the identity questions around the wheel and then write your three adjectives.

Personal Identity Wheel

The wheel is divided into 12 segments around its perimeter, each with a label. Starting from the top and moving clockwise, the labels are: Favorite Music, One Skill you are Proud of, Favorite Movie, Favorite Book, Favorite Food, Favorite Hobby, Favorite Color, Personal Motto, Number of Siblings, Birth Order, and Favorite Music. The center of the wheel contains the text "Three Adjectives to Describe Yourself" followed by three numbered lines (1., 2., 3.) for writing. Below the adjectives is a line for "Name".

Instruction:

Take the time to answer the identity questions around the wheel. Then write your three adjectives.

Meditation Zone

Time to become Mindful and to find peace to go inward and connect with your Divine Nature.

- **Preparation:** In preparation for meditation, place a candle in the center of the room, find a comfortable place to sit and begin focusing on your breath.
- <https://www.youtube.com/watch?v=zzNmOEJUG-s&t=2s>

Media

Try these activities to explore your true identity.

- **Identity:** "Living in a world where everybody wears masks due to lack of self-identity, a brave girl encounters the truth that sets her free" <https://www.youtube.com/watch?v=ikGVWEvUzNM>
- **I Am Me:** I will never pretend to be another. I will never want to be another. I will not change who I am just to fit in. <https://www.youtube.com/watch?v=y8Sv3CitPks>
- **Life Is What You Make It:** This is a song about self-empowerment. "Living in a world where everybody wears masks due to lack of self-identity, a brave girl encounters the truth that sets her free" <https://www.youtube.com/watch?v=hhwsudKdNE0>
- **Reflection Questions**
 - What are three things that are special and unique about you?
 - Describe yourself using five positive traits or adjectives that you have and show outward to others.
 - List three ways that you make life better for the people you care about.
- **Journal:** Listen to this video as you write in your journal. What comes up for you?
<https://www.youtube.com/watch?v=5OsYCUSIDEE>

Creation Station

Here you try two activities that challenge you to embrace your self-awareness and see the Truth of your Divine Light. Click on each one to see the details.

- **Mirror Activity:** Look in the mirror and say something positive about yourself every day. Take a sheet of paper and after you say something positive about yourself write on the paper and tape it on the mirror..Don't stop... keep placing papers on the mirror with your new self-awareness of your true identity.
- **Personal Identity Wheel** from week 1.

#3 – “God & I Are One”

Opening Experience

This lesson centers on exploring and connecting Unity Principle #1 with Unity Principle # 2. We will continue to explore how God is within and in seeing ourselves as a Pure Light of the presence of God.

- **12 Powers Activity:** Write all 12 Powers on the sheet provided below and explore how each of these powers are in you and how you can allow them to come through into the physical world.

<u>OUR 12 Powers</u>	
<p>Faith</p> <p><u>Faith is the ability to believe, intuit, and perceive.</u> <u>Affirmation: Faith blesses my day and paves my way.</u> <u>Month: January</u> <u>Location in the body: Center of the brain</u></p> <p>How this Power is in me:-----</p> <p>How to live it in the physical world:-----</p>	
<p>Strength</p> <p><u>Strength is the ability to endure, stay the course, and persevere.</u> <u>Affirmation: I have the strength to accomplish all that is mine to do.</u> <u>Month: February</u> <u>Location in the body: Small of the back</u></p> <p>How this Power is in me:-----</p> <p>How to live it in the physical world:-----</p>	
<p>Wisdom</p> <p><u>Wisdom is the blend of knowledge from the head and heart.</u> <u>Affirmation: I am guided by divine wisdom in every thought, word, and action.</u> <u>Month: March</u> <u>Location in the body: Pit of the stomach</u></p> <p>How this Power is in me:-----</p> <p>How to live it in the physical world:-----</p>	
<p>Love</p> <p><u>Love is the ability to attract, desire, and unify.</u> <u>Affirmation: I am a center of love.</u> <u>Month: April</u> <u>Location in the body: Heart</u></p> <p>How this Power is in me:-----</p> <p>How to live it in the physical world:-----</p>	
<p>Power</p> <p><u>Power is self-mastery and spiritual presence.</u> <u>Affirmation: I have the power to create my world.</u> <u>Month: May</u> <u>Location in the body: Throat</u></p> <p>How this Power is in me:-----</p> <p>How to live it in the physical world:-----</p>	

- **Isaiah 49:16:** “See, I have inscribed you on the palms of my hands; your walls are ever before me.” What does this quote have to do with you and who you are truly?

Meditation Zone

Time to become Mindful. Here you can find peace to go inward and connect with your Divine Nature. Affirmation: I rise up and reclaim my true identity as a sacred being.

- **I Am Enough:** <https://www.youtube.com/watch?v=5d51EgupNt4>

I am enough by Jessica Ayala & Sheri “Purpose” Hall

Am I inadequate
Underachieved?
Like I'm on a
Relentless pursuit of something within nothingness
Being everything to everyone and everything is never enough,
But I -- I am enough.

I am perfectly molded
Exclusively made
Handstitched
Woven one strand at a time.
I am like no other star in the sky.

My ancestors composed an extraordinary song to the sun.

I am rare
An exceptional like to the universe.
I was created to recite this poem
To beat my drum in song of thank you
to **Papa Dios** (God Daddy),
Mama Dios (God Mommy),
A los ancestros,
Los Santos.
I'm a masterpiece
Painted with the most delicate of brushes
Legacy.
Purpose.
I am the response
To mi Abuela's call.
I am the new generation
Of the voice that shouts (ululating).
All that I need to be.
I am enough.



Media

When we show up to the present moment with all of our senses, we invite the world to fill us with joy. The pains of the past are behind us. The future has yet to unfold. But the now is full of beauty simply waiting for our attention. Explore the options below...

- **The Self-Worth Project:** <https://www.youtube.com/watch?v=4KvmFr1dRo>
- **Have It All:** <https://www.youtube.com/watch?v=lCTVccHc5hA>

Reflection Questions

- In the Video “The Self Worth Project” what came to mind as you saw this video?
- How do you look at yourself as you explore your Divinity?
- Write Down your Truth in the Light of God.

Creation Station

When we show up to the present moment with all of our senses, we invite the world to fill us with joy. The pains of the past are behind us. The future has yet to unfold. But the now is full of beauty simply waiting for our attention.

- **Desiderata:** Print the poem attached below. Create an Art project i.e., poster, art page in your journal, clay image... whatever comes to mind, using this poem as your inspiration.
- **My Coat of Arms:** Download and print the Coat of Arms below. Use words, symbols, pictures and/or any combination to represent create your Coat of Arms.



Desiderata

GO PLACIDLY amid the noise and the haste and remember what peace there may be in silence. As far as possible, without surrender, be on good terms with all persons.

Speak your truth quietly and clearly; and listen to others, even to the dull and the ignorant; they too have their story.

Avoid loud and aggressive persons; they are vexatious to the spirit. If you compare yourself with others, you may become vain or bitter, for always there will be greater and lesser persons than yourself.

Enjoy your achievements as well as your plans. Keep interested in your own career, however humble; it is a real possession in the changing fortunes of time.

Exercise caution in your business affairs, for the world is full of trickery. But let this not blind you to what virtue there is; many persons strive for high ideals, and everywhere life is full of heroism.

Be yourself. Especially do not feign affection. Neither be cynical about love; for in the face of all aridity and disenchantment, it is as perennial as the grass.

Take kindly the counsel of the years, gracefully surrendering the things of youth.

Nurture strength of spirit to shield you in sudden misfortune. But do not distress yourself with dark imaginings. Many fears are born of fatigue and loneliness.

Beyond a wholesome discipline, be gentle with yourself. You are a child of the universe no less than the trees and the stars; you have a right to be here.

And whether or not it is clear to you, no doubt the universe is unfolding as it should. Therefore, be at peace with God, whatever you conceive Him to be. And whatever your labors and aspirations, in the noisy confusion of life, keep peace in your soul. With all its sham, drudgery, and broken dreams, it is still a beautiful world. Be cheerful. Strive to be happy.

By Max Ehrmann © 1927

Print off the Self-Awareness Coat of Arms
They may use words, symbols, pictures and/or any combination to represent
your responses on their Coat of Arms.
Cut out their Coat of Arms and mount it on a piece of tag or poster board.



<p>What are some things that make you feel Happy? Draw them or write it...</p>	<p>Write or draw an achievement that makes you feel proud.</p>
<p>What animal represents you? Draw it.... (or Write)</p>	<p>What is or are your Strength? Draw it.... (or Write)</p>

#4 – “I Am Me”

Opening Experience

This week we will explore acceptance of our Divine Nature and have the opportunity to declare our True Identity. We always show up as a Sacred Being when we embrace our Spiritual Tools of the “I Am.”

- **Awakening Questions:**
 - How would you show up differently in the world now that you are embracing your Divine Identity?
 - If you enter into any doubts what would you do to see yourself as a child of God, shining your Light, being True to yourself?
- **37 Positive Affirmations for Y.O.U.** Read through the list of affirmations and select two to focus on this week. Then Create your own “I AM” remembering Unity Principle # 2: *“All human beings are Divine - having the Christ Spirit within them. Our very essence is of God, and therefore we are also inherently good.”*

37 positive affirmations to help Y.O.U. Focus on the Positive:

To increase self-esteem and body image:

1. I embrace my flaws because I know that nobody is perfect
2. I do not want to look like anyone but myself
3. I get better every day in every way
4. My self-worth is not determined by a number on a scale
5. I matter, and what I have to offer this world also matters
6. I love myself deeply and completely

To help them deal with adversity

7. This too shall pass
8. Failure is great feedback
9. I am confident about solving life’s problems successfully
10. I learn from my challenges and always find ways to overcome them
11. Everything works out for the best possible good
12. I press on because I believe in my path

To encourage them to believe in their future

13. If I can conceive it and believe it, I can achieve it
14. The future is good, and I look toward it with hope and happiness
15. I can do whatever I focus my mind on
16. I follow my dreams no matter what
17. All my problems have solutions
18. I am open to all possibilities

To reduce comparing themselves to others

19. I compare myself only to my highest self
20. I am not trying to fit in, because I was born to stand out
21. I refrain from comparing myself to others
22. Beauty comes in all shapes and sizes
23. I am who I want to be starting right now
24. I see perfection in both my virtues and my flaws

To deal with bullying or social conflict

25. I belong, and I am good enough
26. No one can make me feel inferior...
27. I surround myself with people who treat me well
28. I see the beauty in others
29. I am safe and sound, and all is well
30. It is okay to say no because those who matter don’t mind and those who mind don’t matter

To improve their overall attitude

31. I am perfect and complete just the way I am
32. I control my emotions; they do not control me
33. I am too big a gift to this world to feel self-pity
34. Today is the best day of my life
35. I fill my day with hope and face it with joy
36. I choose to fully participate in this existence
37. The mistakes I made yesterday are creating the person I’ll be tomorrow



Meditation Zone

Time to become Mindful. Here you can find peace to go inward and connect with your Divine Nature.

- **Create a SOUL COLLAGE:** Materials needed: Coloring pens, card stock, different types of magazines. Cut all images that you are called to during mediation in order to create your collage. Use music for silent time contemplation.
- https://www.youtube.com/watch?v=23Ylz5_96XU

Media

Use the activities below to connect with your inner self.

- **Have You Heard of the Two Blind Brothers:** Watch and see the True Gift we all are... Looking Beyond thought limitations... https://www.youtube.com/watch?v=4z_0fpLsWgs&t=3s
- **I Am Perfect As I Am.** <https://www.youtube.com/watch?v=dxj3C4Ati0I>
- **Rise Up:** <https://www.youtube.com/watch?v=FBuIBaDSOa4&t=1s>

Reflection Questions:

- Name 5 things you did right today, no matter how small or seemingly insignificant.
- Add to your journal how you feel about the self worth you feel from accomplishing all of these things.
- Continue for 5 days writing in your journal 5 things daily that you accomplished and how you see your Self-Worth.

Creation Station

In this section, you can experience activities to help you acknowledge your self worth.

- **Create Your Positive Affirmations**

Designing Affirmations

Worksheet

To have a positive impact on your self-esteem, your self-affirmations should be positively focused. Goal-related positive affirmations should concern behaviors you can act in accordance with to reinforce your sense of self-identity, or outcomes that are related to meaningful personal values.

This worksheet is designed to help you design your own personal affirmations. Try to practice them regularly if your goal is to build a self-narrative that will enhance your self esteem over time.

This worksheet has 2 parts:

This first section provides a step-by-step approach to designing meaningful, positive affirmations that you can commit to repeating. Use these tips and examples to help you come up with some affirmations as an initial step.

Tip	Example
Phrase your affirmation as an "I statement", beginning with "I am..."	<i>I am a caring, supportive brother to my little sister.</i>
Design an affirmation that represents a positive outcome. Avoid using avoidant language such as the word "not" in your affirmations.	<i>I am getting stronger at speaking French every single day.</i>
Keep it concise.	<i>I am gifted with an amazing family who believe in me.</i>
Be as precise as possible, especially if your affirmation is intended to guide your own goal-oriented behavior.	<i>I am more than capable of becoming a qualified instructor by June.</i>
Use the present tense to write your affirmations, and where possible, use a gerund (an "-ing" word).	<i>I am confidently improving my reading capabilities each time I go to class.</i>
A 'feeling' or 'descriptive' word will give your affirmation more impact.	<i>I am going to catch ten waves an hour adeptly by next July.</i>
Make them your own. Your affirmations are personal and relate only to your own goals and behavior rather than those of others.	<i>I am impressing these investors with my unique idea.</i>

Understanding Self-Confidence

Worksheet

This *Understanding Self-Confidence* worksheet is a helpful resource for teens, adolescents, and adults who want to understand their self-esteem and self-confidence in order to improve it.

In the following activity, you or your client will attempt to gain more insight into the psychological experiences and physical sensations that are associated with self-confidence. The goal is to help familiarize you with the mental and bodily experiences associated with self-confidence and identify behaviors that may be helpful when they feel low in self-esteem.

If it helps, keep Part C or the whole worksheet as a useful reminder for the next time you're feeling low in self-esteem.

This worksheet has 3 parts:

- In **Part A**, you or your client can recall a situation in which you felt confident and experienced a sense of self-worth. Answer the questions using the spaces provided.
- **Part B** poses the same questions of a situation in which you felt low in self-esteem. These allow for contrast and comparison in Part C.
- The final section, **Part C**, will help the user become more aware of their emotions and self-talk in the two contrasting situations, analyze their reactions, and identify adaptive actions for dealing strategically with future situations where they feel low in self-esteem.