

The Salvation Army POSITIVE LIFESTYLE PROGRAM



SESSION 1

Self-awareness



Positive affirmation

Keep your thoughts positive because
your thoughts become your words.

Keep your words positive because your
words become your actions.

Keep your actions positive because
your actions become your habits.

Keep your habits positive because your
habits become your values.

Keep your values positive because your
values become your destiny...

(Mahatma Gandhi)



Self-awareness – it's all about me

Aim: to explore your self-awareness and discover ways to grow and develop your strengths.

Self-awareness is about getting in touch with our thoughts, feelings and behaviours. It is also about identifying some of the things that make us angry, happy, sad or anxious. Developing your self-awareness will help you to explore who you are and what you are like.

1. What do you like or love to do?

play sport	listen to music	art	cook
picnics	beach	computer games	
bushwalk	shopping	gardening	read
dancing	surf	biking	dog-walking
eating	play with my kids	play music	
watch sport	see friends	gym	movies
other: _____			

Below is a list of unfinished statements for you to complete. Think about your response before you write it down. You may be surprised by what you learn about yourself.

2. I like people who _____

3. One thing that I really like about myself is

4. I feel lonely when _____

5. What are my hopes and dreams for the future _____

6. I dislike people who _____

7. I get angry with people who _____

8. I feel really good when _____

9. I feel stressed about _____

10. What or who is important to me _____

What is self-awareness?

Self-awareness is the process of getting to know our self. Self-awareness helps us to understand particular aspects of our life and develop a sense of well-being. It is about being in touch with our mind, as well as our body.

The process of developing self-awareness allows us to get to know how we think, feel and respond. It gives us the chance to look at our values and beliefs and to think about our experience of the world.

As we get to know ourselves better we learn and understand about our strengths, weaknesses and emotions. With this self-awareness we also are able to understand others.

1. What words would you use to describe yourself?

listener	talker	musical	friendly
trustworthy	anxious	gentle	patient
strong	caring	hardworking	funny
generous	hot-tempered	outgoing	sad
kind	loyal	crazy	sporty
crafty	athletic	passionate	thoughtful

other: _____

2. What is one of your favourite things to do? When was the last time you did it? _____

3. What do you enjoy about your life? _____

4. What is an important thing that has happened to you? _____

5. What is an important decision you have made? _____

6. What challenges have you overcome? _____

7. What strengths helped you along the way? _____

8. Who is an influential person in your life? _____

How do you feel about yourself?

How do you feel about yourself right now? Feelings do change at different times according to the particular situation and events that are going on for you on any given day. Please circle the number that best describes how you see yourself now:

(0 = strongly disagree 10 = strongly agree)

1. I am a good listener.

0 1 2 3 4 5 6 7 8 9 10

2. I can express myself clearly.

0 1 2 3 4 5 6 7 8 9 10

3. I am aware of my feelings.

0 1 2 3 4 5 6 7 8 9 10

4. I am able to speak up in a group.

0 1 2 3 4 5 6 7 8 9 10

5. I am able to make friends.

0 1 2 3 4 5 6 7 8 9 10

6. I like myself.

0 1 2 3 4 5 6 7 8 9 10

7. I find it easy to trust others.

0 1 2 3 4 5 6 7 8 9 10