



Connect 'n' Grow[®]

A WORLD WHERE HEALTH PATHWAYS HAPPEN THROUGH QUALITY EDUCATION

RTO 40518



Students Exploring
Life's Foundations

THE S.E.L.F. PROGRAM

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- SAMPLE ONLY -

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Background

As you approach the end of your schooling years and prepare for the next season in your life, some of you will feel overwhelmed by all the suggestions, options, advice and support from those around you. Others of you may feel overwhelmed at the wide-open space ahead and feel you have very little direction and support about what you're meant to do next, or who you're meant to be. Many of you will find yourself somewhere in between these two scenarios.

A common theme in this season of life is uncertainty around all the choices and decisions you get to make in order to move on in some kind of direction. This is an exciting time in your life but can also be a scary one. It sure is important to have mature adults in your world to look to for advice. Yet, if all you have is good advice from the outside, then you'll be making all your decisions based on what others say you should do, rather than also looking on the inside to figure out what YOU WOULD like most to do. A good balance of both of these is where your gold lies.

All through school you've been taught to listen to others and to follow the wise counsel of others. Yet there are important skills that are wise to develop during your adult years which will empower you to make your own best choices to live your life fulfilled, flourishing and satisfied.

The life skills you are going to start discovering and developing in this short course are all skills towards developing a healthy and authentic sense of self awareness.

**"make
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This is only the beginning. This journey of self-awareness is a life-long one.

It's a journey of continued growth and personal development.

It's a journey every wise person chooses to make, and the earlier you choose to step into it, and the longer you stick with it, the better not only for you - but also for those around you in your world too.

The comment I hear most from people who have started this journey is this: **"I wish I had known about all this earlier on in my life. If I only knew then what I've discovered now, I could have saved myself from much disappointment."**

I am so glad you are here and are getting the opportunity to learn these foundational tools and strategies to make your journey of self-discovery a prosperous one!

Over the years there has been much research into what gives people confidence and what makes people happy. Having a solid foundation in self-awareness gives you many well documented benefits including these:

- reduced everyday feelings of anxiety
- increased self confidence
- increased sense of general happiness
- increased ability to flourish in life

The content I share with you in these modules are broad concepts which have been taught over many years and are well known in the field of personal development. Many years of research, many books and many articles have been written about each of these core concepts individually.

For the purpose of this program, I have simply chosen the concepts I feel are most relevant to you in this season in your life, and I share them here in my own words, and from my own perspective.

I do make reference to one book in this program. This book is my own. It's called *Hiding in the Shade*. It's a fable story about discovering your identity and fulfilling your dreams and purpose.

It has been a wonderful experience for me to have the joy of creating the SELF Program for you. As I mentioned earlier, this course is only the beginning. This is your starting place where you get to take your first steps along your journey towards exploring who you are and why you are here.

You have been created with your own unique purpose and have something special to offer the world that only you can offer in being **YOU**. It makes good sense to spend this time taking well guided steps to becoming more self-aware. There is great satisfaction in knowing that the choices you get to make going forward will be well aligned with who **YOU** have been created to be.

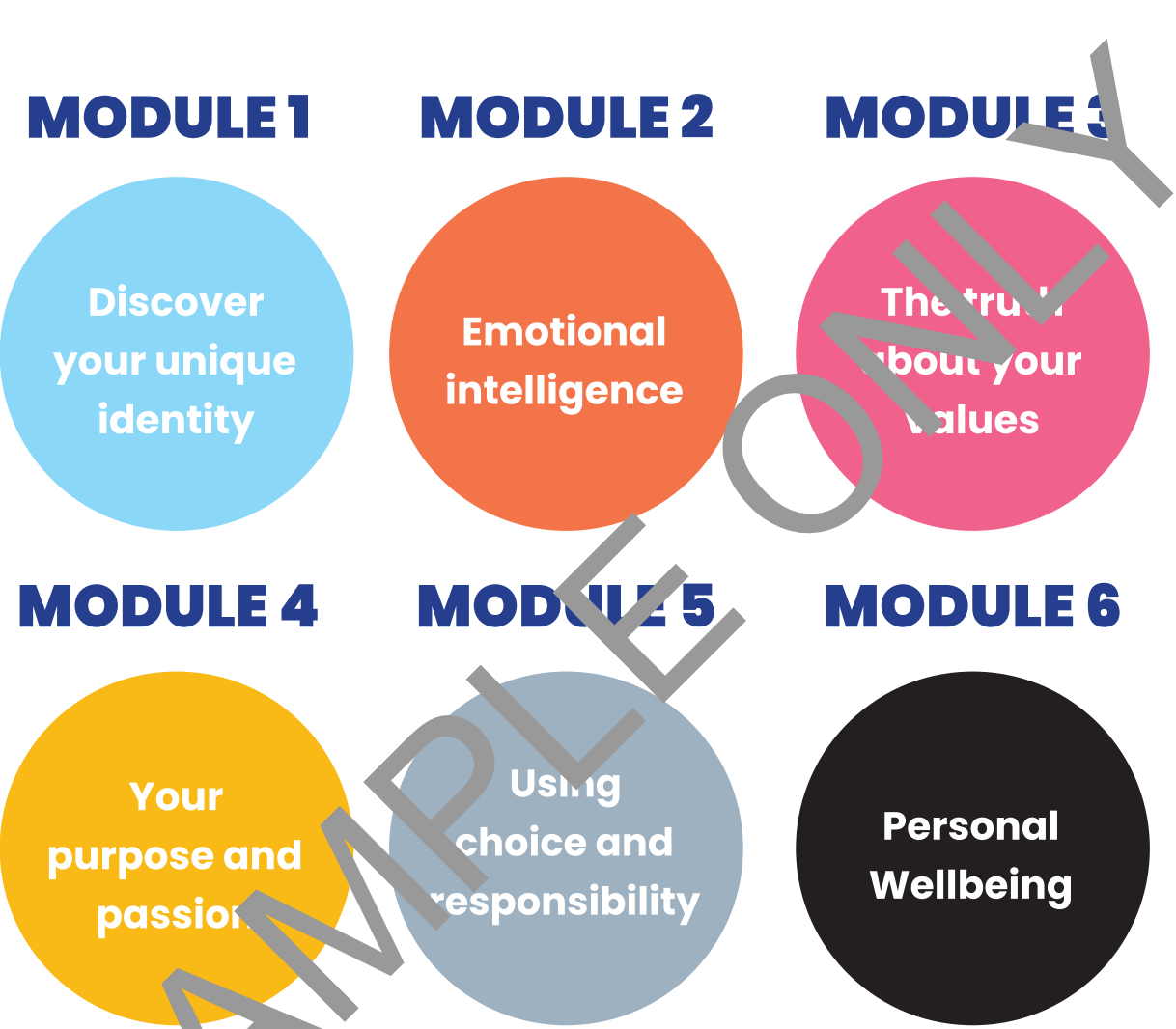
I look forward to meeting you inside.

Kathryn Wiseman



INDIVIDUALITY.

PROGRAM OVERVIEW



INSTRUCTIONS:

Modules 1-6 require you to complete short responses in this workbook. Your answers are private; there is no right, or wrong answer and the workbook is kept by you. You also need to maintain a reflective journal and enter information at the end of each module. This is also private and is not submitted for assessment, however, your teacher will observe that you are reflecting on your learning, writing some answers in your workbook and participating in class activities and discussions.

DISCOVER YOUR UNIQUE IDENTITY

Each of you have been created with a unique, glorious and purposed identity. Being the **YOU** that you have been created to be is the best gift you can give to this world. The world needs you to be you, but before you can be you – you need to know who **YOU** are.

What makes up a person's identity?

Your identity is a combination of all the specific things that identify you to be you. It's a combination of things on the outside – the things others see, and also things on the inside – the things only you know best (or the things you choose to ignore).

Why is it important to know who you are?

The more you know about a thing, the more confidence you have in your capabilities and accomplishments in that area. Think of a time you have had a go at playing sport.

The more you know about it, the more you understand it and the more practice you've had playing it, the more confidence you'll have to play it. When you understand the game well, you will have confidence to play it and you'll also be more likely to enjoy it.

It's the same with you! The better you know yourself and understand yourself, the more confidence you can have in being true to yourself and in making the best choices in living each day the best that you can. When you know who you are, you get to choose to love who you are, and to even like being who you are!

The benefits of developing your self-awareness

Developing a well-grounded sense of self through doing the work to discover who you are, getting to know yourself better and accepting who you are, will go a long way towards increasing your self-confidence. The more self-aware and confident you are, the easier it will be for you to make choices that allow you to be your best **YOU**. The greater your self-awareness and self-acceptance are, the easier it will be to accept, value and love others more fully too.

Having a clear sense of who you are is a foundational key to living a fulfilled and happy life.

The problem with poor self-awareness

- When you don't know who you are, others will be quick to tell you who they think you should be!
- When you don't know who you are you may even feel you need to look to others to tell you who they think you should be. This will leave you trying to be like someone else, someone you are not.
- When you don't know who you are it's so easy to get caught up in the comparison game - always comparing yourself to others and competing with them. Trying to be someone you are not is truly exhausting and you will always feel deflated and feel like you're not enough. Uncertainty and anxiety will become second nature and you will always know that life was **not** meant to be this way. You'll keep wondering, surely there is more?

EXERCISE 1

Complete this exercise privately as what you think about yourself is often personal and something you do not feel comfortable sharing.

- a) Write down the first five things that come to mind that you know about yourself.

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- b) If you have written negative things about yourself, spend some time writing down five positive things.

We are often our own biggest critic! Self-talk is often negative. Many people have owned the fact that they would never dream of speaking about their friends out loud the same way they speak to themselves in private!

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Your identity consists of three parts:

your body
your soul
your spirit

During this first module, we will start by exploring self-awareness and self-acceptance of your body. During Module 2 we will explore self-awareness and acceptance in light of your emotional intelligence and spirituality.

Self-acceptance

Whether you like it or not, you have been created perfectly. The body you have is the one you have been blessed with. It is the only one you get and is the one you are meant to have. You were born to look exactly as you do, and the sooner you accept how you look, and make peace with how you have been created, the better.

The colour of your eyes, your hair, your skin – these are all unique to YOU. Your natural shape is unique too – Tall or short, apple or pear... Yes, you can diet and exercise to maintain some kind of control over your shape – but some parts of your body are simply the shape they are because it's how you've been created.

We can colour our hair, wear make- up, or even have surgery done, all in an attempt to look like someone else, which in reality rarely ends in true happiness. So often it's the person with straight hair who wishes for curls and the blonde who wishes to be dark. We can do something temporary about this if we choose, and please hear me when I say this in itself is not a problem. I've most certainly done these things myself too.

The real problem is if you find yourself constantly wishing you could be someone you're simply not. These may be hard words to hear, but no amount of wishing is going to give you a different body from the one you have been gifted. In fact, it's all this wishing that will always leave you feeling 'less than'. The sooner you choose to accept ALL the parts of your body just as they are, the happier you will be. There is plenty of research to back the fact that comparing yourself with others will steal your joy!

We live in a world filled with competition and comparison. It's broadcasted everywhere that our aim should be to be prettier, thinner, smarter... from a young age we are told to believe that one kind of body is better than another. Today I want you to know that is all rubbish. Needing to look like someone you are not is simply a waste of energy and will rob you of your joy!



Introducing Tawny

Tawny is a beautiful wedge-tailed eagle who doesn't know he is an eagle. All his friends are lorikeets. He is big, brown and grey and they are small, brightly and beautifully coloured.

Tawny can't understand why he is so bulky and dull and wishes he could look more like his friends. Not only does he wish to look more like them, when he compares himself to them it was easy to notice how quick and agile they were compared to him. They could flit through small spaces that he could never fit through. They also seemed far happier and more content than Tawny.

They were happy to eat nectar and berries, while he much preferred eating lizards and snakes and baby possums were the best!



EXERCISE 2

a) Write down all the unique things about your physical body that help to identify you as **YOU**.

The colour of your skin

The colour of your eyes

The colour and texture of your hair (fine, medium or thick)

Your height

The shape of your body (lean, big, muscular)

b) What do you like most about your body?

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c) What do you like least about your body?

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d) What else do you notice about your body that identifies you?

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e) What areas of your body would you like to choose to be more accepting of?

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If there is any part of your physical body you really struggle to accept, I encourage you to find someone to talk to about this. Share your struggles with someone wise and mature. Someone you trust. Someone who won't judge you, but who will help you to see yourself through a new perspective.