

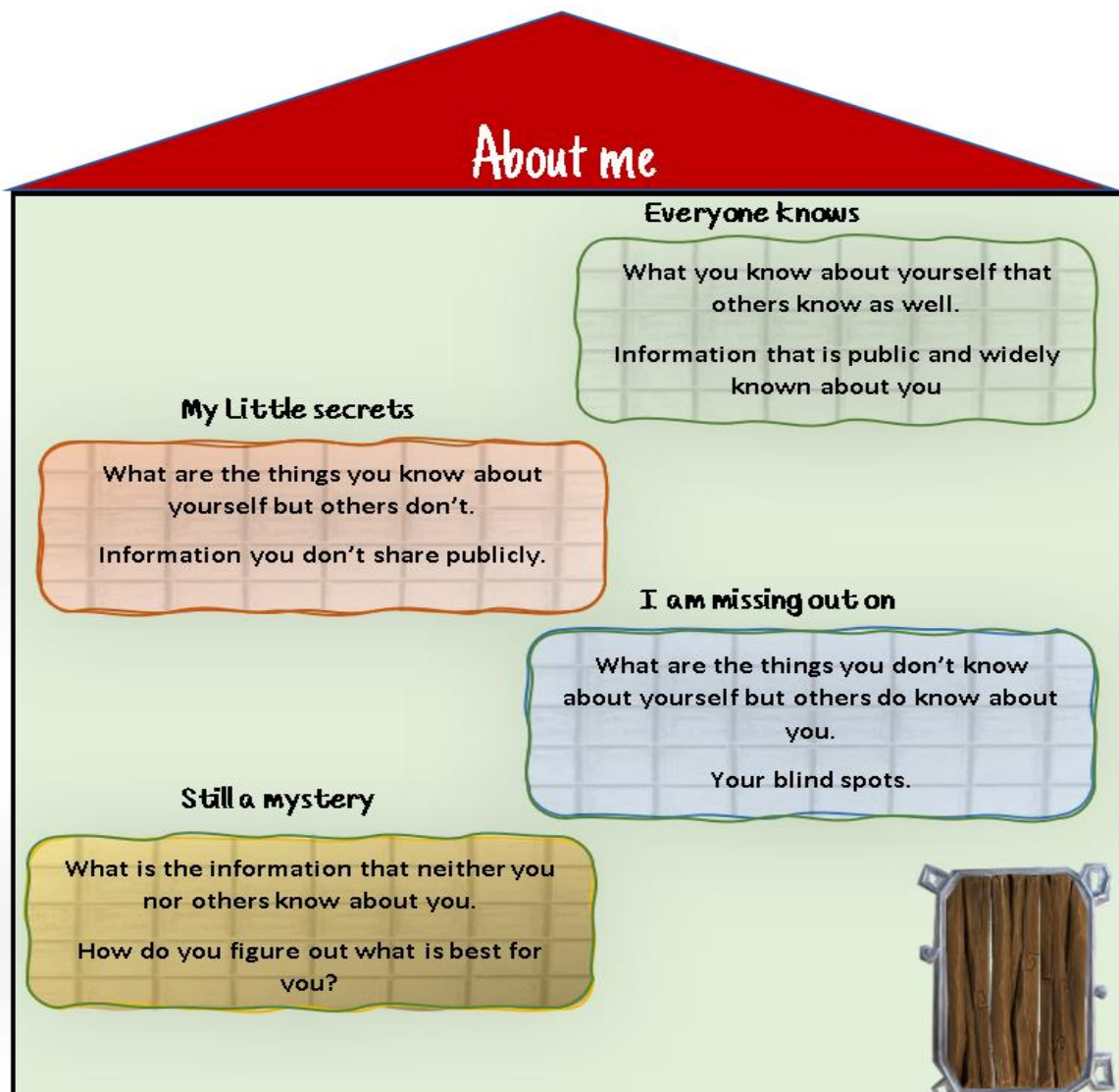
Activity 2

Me and people around me

Part 1 Me and the others

Do you sometimes wonder what the others think about you? Why can't they just get what you want to say? At times, we are so much caught up in our own perspective that it is really hard to step out of it. We tend to pay special attention to the bits of reality that confirm our opinions or beliefs and we feel that they are so strong and non-negotiable. We don't really want this but somehow it happens to many of us. Self-reflection may help us deal with it and accept ourselves, grow and live a happier life.

The aim of this exercise is to reflect and take the time to understand yourself a bit better. We will look out through different windows. Each of them will show a different perspective of yourself. But it will always be



Step 1 Take 2 minutes to think about what you know about yourself and others know too. It can start from your name and surname and where you study and move on to your most obvious personal traits or easily recognisable characteristics (always wears this or that kind of clothes, is clumsy / gifted for sports or likes hanging out of ten).

Step 2 Let's move on to the second window now. What are the things that either only you know or only you and your close friends know? It may be some facts from your childhood. It could be some of your interests or beliefs that may not match your present environment or something more private that you'd rather not share ever with anyone. Take 3 minutes to think about the things that are not public about you, things that not everyone knows about you. Don't forget to consider both those things you would be willing to share with others and those which are 100% private.

Step 3 In this window you will be shown the things that you don't know about yourself, things that might be missing in your perspective. It could be something as basic as how you look from behind or what they really think about you, about your clothes or your hair. What are you curious about? What do people think about what you said or how you acted in a particular situation? Now take 3 minutes to write down all the things that other people know, but you don't.

Step 4 Looking through the last window we will stop at looking for the answers to those questions that apparently nobody can answer. We could put it like: What would have happened if...? or what will my future be like? How do I figure out what is best for me? Dedicate no longer than 3 minutes to think about this. Nobody can have the answers to all the questions, there are some unknown areas, we need to accept that!

Step1

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Step2

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Step4

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Putting it all together

Which area occupies a bigger place in your windows? What are your reactions?

Are there a lot of things that others know but you don't? Would it make you feel better to ask them and get the answers? If so, why don't you?

Are there a lot of things that you know and feel but you don't share with others? What impact do you think this may have in your relationships? Would sharing them improve those relationships? Who would you like to share them with?

Is the biggest area the public one? Do you feel the others think you haven't got a private area? That you are not keeping anything for yourself? How do you think the others receive this openness? Does it have an impact on your relationships?

Is the unknown area relatively big? Do you think you should spend more time trying to get to know yourself better so that some of those gaps could be filled? Does it reflect in some way on your relations with other people?

➤ Try to put all these thoughts and reflections together and make sense of them. Now choose someone in the class or outside it and consider sharing as much of this information and reflections as you feel would help you make use of it in a better way.

Part 2 : Me and myself

1. How would you describe yourself in three words?

Are you familiar with the concept of "elevator pitch"? It refers to a short introduction that you would make of yourself if you only had 30 seconds to do that in a lift. Think a little bit in those terms, but assuming you've only got 5 seconds.

Step 1. Think of the life roles that you take every day when engaging in all the various activities and hobbies. Below is a list to get you started:

daughter, son, friend, walker, student, reporter, writer, sportsperson, musician, fashionist, instagramer, tiktoker, gamer, supporter, etc.

2. What are your core values?

Establish what you really care about. This will help you make decisions in the future. Thanks to being aware of what matters to you and what you're willing to fight for, you will figure out which options to go for. What is closest to your heart currently?

For example, if you care for your health as a priority, you will not take big risks when eating, smoking or drinking. If you care for your family as a core value, you will try to protect them and behave in a way that makes them feel proud of you. If your future career occupies the first position, then you will need to consider a few key factors about yourself, namely your interests, skills, and values. For example, do you want a job that allows you to interact with people? Is earning a high salary important to you? What about working in a respected leadership role? Perhaps for you it's important that your career helps your community.

➤ Now, look at the roles you have identified in number 1 and choose three of them that define you and are most in line with your core values. They will be the ones you should be embracing and focusing your energy on, especially in the moments when you start feeling overwhelmed about the amount of duties that you have to fulfil.

3. Your own affirmation

➤ Look at the three roles you've chosen in step 2. Try to add adjectives to these three roles that provide emotion and make the description richer and more reflective of who you really are. Once you've done that you should be ready to write down your own affirmation.

Here are some tips: Write them in the present tense beginning with "I" or "My", make them positive, realistic and achievable, write them as though you are grateful for already having and being what you are.

To help you start writing positive affirmations, try using some of the following words:

amazed	appreciated	confident	courageous	creative	delighted	dynamic
eager	empowered	energetic	enthusiastic	excited	expanded	exuberant
focused	fortunate	free	happy	harmonious	inspired	joyful
lovable	loving	luxurious	open	optimistic	passionate	positive
powerful	proud	radiant	serene	strong	thankful	understanding
unlimited	uplifted	vibrant	vivacious	warm	wise	worthy

Example: My name is Israel. I am a fit and surprisingly handsome teenager, avid learner and loving son.

Even if you feel silly saying your affirmations at first, keep going. Self-promotion is attempting to present yourself to others as a capable, accomplished, smart, and skilled person. It can be done through face-to-face conversation, on blogs or social media platforms, or even through our mannerisms, posture, speech, or dress.

There's no harm in being positive and taking a few moments out of each day to encourage and celebrate the most important person in your life — you!



➤ Get together in groups of your choice and read out loud your own affirmations. Believe them!!