Name___________________________

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Session #1  Hopes, Dreams & Goals

1. When you were a kid, what did you dream of being?

2. List some of the dreams you have now.

3. List one thing that makes you lose track of time.

4. What would others say you are good at?

5. Name something that you are not good at.

6. List some things you could “fill your life with”.

Self-Esteem Evaluation

1. How I feel about myself depends on what others think of me:
   _____Always _____Sometimes _____Never

2. When I am criticized I berate myself for being stupid:
   _____Always _____Sometimes _____Never

3. I easily ask for and accept help from others:
   _____Always _____Sometimes _____Never

4. I easily accept compliments:
   _____Always _____Sometimes _____Never

5. When I look in the mirror I see flaws in my appearance:
   _____Always _____Sometimes _____Never

6. I make time in my schedule for activities that support my health and well-being:
   _____Always _____Sometimes _____Never

7. I am uncomfortable expressing my opinions and feelings in my personal relationships:
   _____Always _____Sometimes _____Never

8. I do not like to admit that I don’t know or understand something:
   _____Always _____Sometimes _____Never
9. In a restaurant, if I receive food that doesn’t match my order, I say nothing and eat it anyway:  
   _____Always _____Sometimes _____Never

10. I am confident and value myself:  
    _____Always _____Sometimes _____Never

11. I openly express my opinions in class:  
    _____Always _____Sometimes _____Never

12. I envy others:  
    _____Always _____Sometimes _____Never

13. I believe my life would be better if I were more attractive:  
    _____Always _____Sometimes _____Never

14. No matter what I do, I always find something wrong with the result:  
    _____Always _____Sometimes _____Never

15. I believe I will never really be happy:  
    _____Always _____Sometimes _____Never
1. How I feel about myself depends on what others think of me:

Since high self esteem is based on what you think and how you feel about yourself, when it is dependent on the opinions of others, you feel as though you’re on a self esteem roller coaster - feeling good about yourself when people agree with or compliment you and then headed for a valley of depression when someone disagrees with or withholds recognition. You will NEVER be able to please everyone ALL the time!

2. When I am criticized I berate myself for being stupid.

Criticism is simply an opinion, a point of view. Berating yourself or automatically believing someone’s criticism is self abuse. There may be times you wish you’d taken a different action, but to obsess and judge yourself nourishes thoughts that result in emotional pain and misery.

As soon as you notice you are criticizing yourself:

1. Acknowledge yourself for your awareness.
2. Focus your attention on a new thought supporting positive self esteem.

3. I easily ask for and accept help from others:

There’s a common belief that asking for help is a sign of weakness. This is based on the assumption that, I’m a strong/better person when I do it myself. While a sense of competence and satisfaction can be experienced when you accomplish something, it is a courageous demonstration of high self esteem when you know you need help, ask for it and then receive it graciously. Asking someone to help you just might boost that person’s self-esteem too!

4. I easily accept compliments:

People desire recognition. At the same time they are uncomfortable or embarrassed when given compliments. For instance, someone compliments you for a job well done and your response is, “It was nothing.” Or someone admires your new hair cut and you say, “I think it’s too short.” In these examples you are failing to receive the compliment and discounting the recognition being offered. When you have positive self esteem you accept compliments with a simple, “Thank You,” and you allow yourself the good feelings that come with recognition. Begin by recognizing your skills, talents, gifts and abilities.
5. When I look in the mirror, I see flaws in my appearance:

What you think and how you feel about your appearance is a reflection of your self-esteem. When you look in the mirror and your eyes immediately focus on your flaws you are reinforcing brain pathways that diminish your self-esteem.

While few of us actually measure up to the images of beauty fed to us by the media it is crucial for positive self esteem to acknowledge your beauty. When you look in the mirror, direct your eyes to see the gifts of your reflection.

6. I make time in my schedule for activities that support my health and well-being.

Self confidence and positive self esteem flourish when you make time for activities that support health and well-being.

- Do you schedule time for this?
- Does something or someone else, you decide is more important, repeatedly interfere?

The safety announcement on an airplane includes a statement something like, “In the unlikely event you need oxygen, if you are traveling with a small child, first put on your oxygen mask . . .” This message applies in building your self esteem, as well. You must make the time to respect yourself by nourishing your health and well-being.

7. I am uncomfortable expressing my opinion and feelings in my personal relationships:

Personal relationships offer clear evidence of your feelings about yourself. If you are fearful and anxious about expressing your opinions and feelings then you are either:

- Judging them as unacceptable, or
- Worried about the reaction of others.

Your willingness to express your authentic opinions and feelings, without, judgments, blame or expectations is evidence of healthy self esteem. While you may feel uncomfortable expressing yourself, do it anyway!

8. I am nervous to admit when I don't know or understand something:

Feeling stupid about admitting that there is something you don’t understand, often results in shame, embarrassment and low self-esteem. When you equate your self-worth with what you know and understand, it may be detrimental to your self confidence.

For instance: a friend asks you if you’ve read a particular book, seen a movie and you say “Yes,” thinking that your friend would think less of you if you hadn’t read the book or seen the movie.
Actually saying what is true: “I didn’t read that book,” or “I don’t understand what that movie was about,” reflects healthy self confidence. You are not a better or worse person based on what you’ve read, what you know, or what you understand.

9. In a restaurant, when I receive food that doesn’t match my order, I say nothing and eat it anyway:

The ability to assert ourselves – without rudeness or anger – is a powerful expression of positive self esteem. People with low self esteem take things personally, feeling victimized, when they are given the wrong order. They may feel angry and use this situation as proof that, “nobody pays attention to what I say.” Yet, in this situation it is you who is not honoring what you want by failing to express the error or misunderstanding.

Choose your actions based on the situation not upon fear of expressing yourself or feelings of inadequacy.

10. I believe that I am confident and value myself:

Since self esteem is a direct reflection of what you think and feel about yourself if you are confident and value yourself you will naturally experience healthy self esteem.

If you frequently berate, judge and abuse yourself in your thoughts, words and actions it is time to become aware of your dominant thought patterns and create – make-up – new thoughts.

11. I openly express my opinions at school:

The confidence to state your opinions, clearly and directly, reflects positive self esteem. Lacking this confidence you may fail to express yourself, judging your point of view or the reaction you anticipate from others before you speak. Or you may express your opinion but clothe it with qualifications – for example, “You may not think this is a good idea, but...” or “This may sound stupid to you, but...” In these examples you are judging and discounting your opinion. Allow yourself the freedom to express your opinions – sometimes others will agree and sometimes they won’t, either way you have strengthened your positive self esteem and confidence.

12. I envy others: Envy is a positive self esteem killer. It’s based on a belief that what someone else is/has/does is better than what you are/have/do. Envy reinforces the belief that I am not enough.

While a momentary feeling of envy can awaken you to your desires and goals a reoccurring experience of envy results in misery.

Rather than nourishing envy:

1. Acknowledge what you are grateful for.
2. Allow yourself to articulate your dreams.
3. Create thoughts and take actions to support the fulfillment of your desires.
13. I believe my life would be better if I were more attractive:

Healthy self esteem is dependent upon accepting yourself. When your happiness is dependent on your attractiveness, in all likelihood you will never be happy for very long, if at all. Everyone looks bad sometimes, and we will all get old eventually.

**Remember**: Your self esteem is a direct reflection of the thoughts and feeling you have about yourself. If you believe that your life would be better if you were more attractive – and you believe that right now you are not attractive, then a better life will be out of reach for you.

14. **No matter what I do, I always find something wrong with the result:**

The thoughts you have about what you do reveal what you think and feel about yourself – your self esteem. When you always find fault with what you do, you are actually abusing yourself. To transform self criticism, start acknowledging your accomplishments and successes.

15. **I believe I will never really be happy:**

This is a self fulfilling prophecy. Napoleon Hill said, “If you can conceive it, and believe it, then you can achieve it.” This quote applies to all beliefs – whether based on thoughts that boost or diminish your self esteem.

You are the creator of your experience based upon what you think. The creative process is the same for all things and includes the following components:

- A thought
- Charged with emotional energy
- Spoken with authority (*you* are the author)
- Acted on with conviction - faith in the thought
Honestly complete as many of the following statements as you can.

1. Qualities that I like about myself are...

2. I consider myself good at...

3. I’ve been successful at...

4. My friends would say that my positive qualities include...

5. What I enjoy most is...

6. I am loved by....

7. People compliment me for...

8. I laugh when I think about...

9. I feel good about myself when I...

10. I feel peaceful when...
Session #2: Reaching Your Goals/Self-Discipline

1. Self-discipline is determining what ________ to be done and _______ it (even when you don’t feel like it).

2. In what areas of your life do you feel like you have a lot of self-discipline?

3. In what areas of your life could you have more self-discipline?

4. List the four Steps of Self-discipline.

5. Give an example of a long-term goal that is positive, personal, precise, possible and powerful.

6. What steps would it take to reach this goal?

7. Now list the things that would most likely distract a person from doing what it takes to reach this goal.

8. What plan could be put into place to overcome these distractions?

9. Why is accountability so important?
1. List some choices that every teen has to make?

2. Who else could be affected by these choices?

3. How would you rate yourself on a responsibility scale of 1-10 with 10 meaning that you are always dependable?

4. What are some ways that you could be more dependable?

5. If a teen chooses to be sexually active, how might the following people be affected by that teen’s choice?

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<th>Teen</th>
<th>Sexual Partner</th>
<th>Both Teens’ Parents</th>
<th>Baby?</th>
<th>Team/Group teens are in</th>
<th>Future Spouses</th>
<th>Society</th>
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The Ten Signs of Relationship Abuse:

1.
2.
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10.

Important Things to Remember About Abuse:

1.
2.
3.

Recovering From an Unhealthy Relationship:

1. How would letting go of the things people have done to hurt you bring you freedom?

2. Why is it important to forgive, even if the person who hurt you is not sorry for what they did?

3. Take a minute and think about these questions....is there anyone that you need to forgive? Have you hurt someone and need to ask him or her for forgiveness?
Relationship Quiz

Part A
1. Does this person accept you as you are without trying to change you?  Yes  No
2. Do you enjoy this person’s company most of the time?  Yes  No
3. Does this person listen when you need to talk about a problem?  Yes  No
4. Does this person seem to understand you?  Yes  No
5. Is this person really what you want in a friend?  Yes  No
6. Does this person say good things about you?  Yes  No
7. Does this person consider what you want to do when making plans together?  Yes  No
8. Is this person sensitive to your feelings?  Yes  No
9. Does this person make you feel good about yourself?  Yes  No
10. Can you be honest with this person?  Yes  No
11. Can you talk about your feelings with this person?  Yes  No

Part B
1. Does this person put you down or insult you?  Yes  No
2. Does this person ever threaten you?  Yes  No
3. Does this person often say negative things about others?  Yes  No
4. Does this person ever try to make you feel bad about yourself?  Yes  No
5. Does this person ignore you when you need help?  Yes  No
6. Does this person put you down if you don’t have the same opinion as he/she does?  Yes  No
7. Is your friend jealous or possessive of you?  Yes  No
8. Does your friend pressure you to do things that you are know you should not do?  Yes  No
9. Do you feel “down” or frustrated after being with this friend?  Yes  No
10. Has this person ever pushed, shoved, punched, choked, slapped or hurt you in any way?  Yes  No

If you had mainly Yes answers in Part A and No answers in part B, you should appreciate this person and be a good friend in return. If the opposite is true, it may be time to re-evaluate this friendship.
1. How does giving change others?

2. How can giving change you?

3. What is meant by “When you give, you can never fail”? How does this concept change the way you understand giving?

4. Think through a typical day in your life. Make a list of the needs of others you come across from the time you wake up to the time you go to bed. How could you help meet each of those needs?

5. What keeps you from meeting those needs?

6. If you had one year to change something in the world for the better, what would it be? Why?
My Mission in Life

Name____________________

1. I want my future to include:

2. Four things I want to be known for:

3. The steps I will take to reach these goals:
4. Who’s On My Team:

Accountability Partners-

Mentors-

5. Roadblocks I should be prepared for:

6. My plan to avoid or deal with these roadblocks:

7. What can I do to positively impact my world?
If someone you know needs help, talk to a parent or trusted adult. Here is a list of places you can call too! For some more helpful websites visit www.aliveandwellteens.com and www.211.org

**Counseling**
www.211.org

Crosswinds (Family Coaching and Counseling) crosswindsyouth.org
Will come to your home if you prefer 855-927-7963

Renovate Counseling Services renovatecounseling.org
Individual, couples or family counseling 260-307-5030

**Free Pregnancy Tests & Help**
Helping Hands Pregnancy Resource Center in Bluffton 260-824-4263 helpinghandscpc.org

The Hope Clinic (in Berne or Decatur) hopeandanswers.com
24 Hour Helpline: 1-800-395-HELP(4357)
Berne 260-589-3561 Decatur 260-728-4191

A Hope Center (Ft. Wayne area) ahopecenter.org
24 Hour Helpline: 260-422-3544

Wells County Health Department (across from the Library)
260-824-6489
pregnancydecisionline.org 877-791-5475

Barb Hartsell - Bethany Services (Pregnancy Counselor)
(260-820-3404 bhartsell@bethany.org

**STI/STD Tests**
The Hope Clinic – Berne (589-3561) and Decatur (728-4191) hopeandanswers.com

A Hope Center - Ft. Wayne call or text 224-585-3544 ahopecenter.org

Allen County Department of Health 260-449-7504

STDCheck.com 1-800-456-2323 24/7 support

**Abuse**
National Domestic Violence/Abuse Hotline 1-800-799-SAFE

TEXT “loveis” to 22522 or call 1-866-331-9474.