


How do I continuous learn and tell others about me?



Overview	MY STRENGTHS & ATTITUDE	
	Confidence in my outlook	Social & Emotional learning
	Assessment & Reflection... What did we learn about ourselves? Setting up our goals for the program	
	Begin Branding Yourself	Social Justice & Community
	Success is in small steps	Relationship Skills
	Discuss your strengths that we can build on. Look at assessments of a positive attitude	
My Attitude Realize that you're unique and one of a kind. You were created to make a mark in this life and not just born to survive	<p>See the positive or good in things. Look to make things better, building a community.</p> <p>Self-confident people have several key traits that others don't. For instance, they believe that they can achieve what they put their mind to. They do not talk negatively to themselves, they don't criticize their own performance, and they don't compare themselves to others – they simply believe in their own talents. They are happy with the way they are, but they know that, if they try, they can be even better. And they do try, again and again. They do not give up, because they celebrate everything that they do – with gusto!</p>	
My Goals in life 	<p>Life Goals The first step is to set life goals. These are extremely important, as they point you in the right direction, and they allow you to achieve successes along your journey.</p> <p>Short-Term Goals The second set of goals complements your life goals and builds your confidence. They have a short-term focus, and achieving them will help you feel good about what you're doing each day. You can base your initial short-term goals based on the reframing exercise you completed in the previous section. These goals are not fixed – it's important to continue developing them, especially when you miss targets or don't achieve what you intended to. This way, you'll provide yourself with an up-to-date, steady supply of goals and accomplishments that will help you to build your confidence and self-esteem.</p>	





My Brand



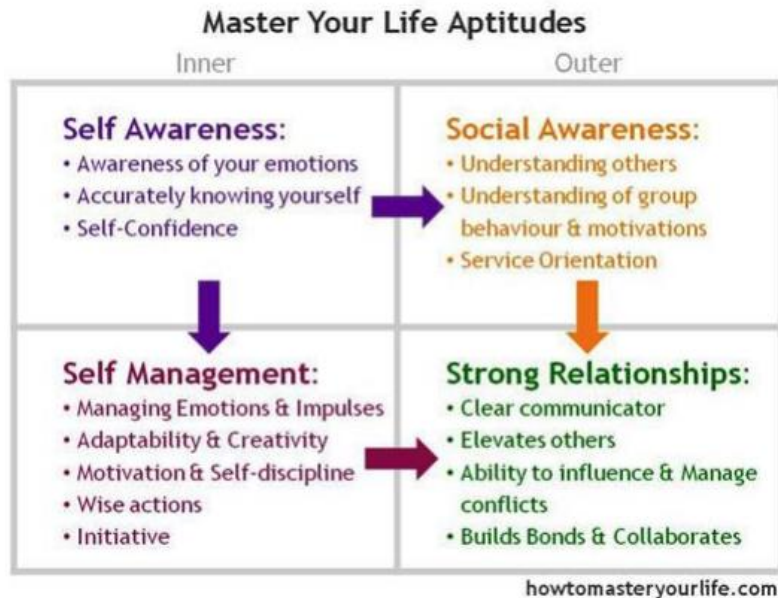
Who am I and how do I want others to see me?
 Each of us is unique, with a mind, strengths, and experiences that are powerful self-brand assets. Anything that you have ever done or thought about could be an asset. If you think it is an <http://websterampersand.com/branding-yourself/> asset, it is. If you see it as a stepping-stone to your self-brand goal, it is. If you see it as a career buster, it is.

Few of us have been taught to think of ourselves in terms of being a *brand*, as something that can be looked at in different ways, developed into a winning brand, and marketed so that we may achieve our full potential:

My Strengths	Fun Things I Like	Describe my personality	
My Skills	Goals I might have	What are my hot buttons	

Social and Emotional Learning

Review & Understand




Exercise to improve

Define strengths A strength is an activity that makes you feel strong. A strength is not just something that you are good at. That's a skill. **A strength is an activity that you're good at and that gets you excited.** A weakness, on the other hand, is something that makes you feel weak. You may be good at it, but the activity drains you. (Provide personal examples.) Identifying Your Strengths

- What are 3 things you are naturally good at?





	<ul style="list-style-type: none"> • What knowledge or expertise do you have? • Which personal characteristics are you most proud of? • Think about what you have done in the last week. Do you feel like you are spending more time in your areas of strengths or weakness? • How can greater self-awareness of your strengths influence the decisions you make about the future? 							
<p>Outcomes</p> <p>Avoid: abject hatred, malice, and unpleasantness</p>	<p>Having developed skills like Trust, Respect, Independence, Collaboration, and Kindness, Listening, Empathy.</p> <table border="1" data-bbox="444 655 846 1152"> <tr><td><u>Character development</u></td></tr> <tr><td><u>Executive functions</u></td></tr> <tr><td><u>Thinking skills</u></td></tr> <tr><td><u>Habits of mind</u></td></tr> <tr><td><u>Social Intelligence</u></td></tr> <tr><td><u>Emotional Intelligence</u></td></tr> <tr><td>Questioning skills</td></tr> </table> 	<u>Character development</u>	<u>Executive functions</u>	<u>Thinking skills</u>	<u>Habits of mind</u>	<u>Social Intelligence</u>	<u>Emotional Intelligence</u>	Questioning skills
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Every individual child, teen or adult of course has their own personality: some are curious, some happy, grumpy, creative, social, introverted, flamboyant, etc. Some love sports, others are into music, some love traveling. We come in all shapes and sizes, but the way that we evolve to understand ourselves and see our selves and our relationship to others, moves from less complex to more complex. As this complexity increases our freedom increases. ... *The Nordic Secret*

