

I AM

likable, capable, unique and valued.



SELF-AWARENESS COMPETENCIES

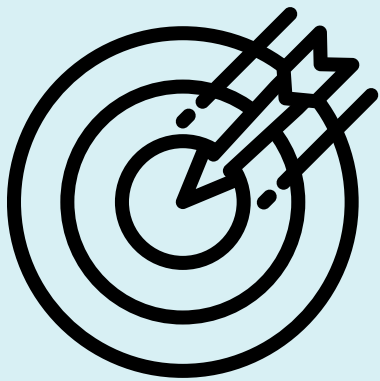


SELF-PERCEPTION/IDENTITY/VALUE

- Have a sense of self as an individual.
- Can recognize strengths and acknowledge limitations.
- Recognize their value is not contingent upon what they DO but who they ARE. “I am a valuable person; I matter.”

SENSE OF SELF-CONFIDENCE

- Recognize and trust their abilities and competencies.
- Do not compare themselves to others.
- Have a realistic self-confidence (we are not all created to “be” or “do” just anything, but something specific to our talents, gifts and strengths).

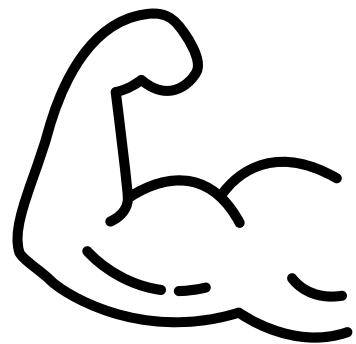


SELF-EFFICACY

- Recognize their behaviors and actions impact what happens.
- Are empowered and realize in many ways “I am the master of my fate.”
- Have a sense of control over their life and their capability to achieve their goals.

RECOGNIZING STRENGTHS

- Can identify activities they enjoy in which they are successful.
- Can identify and have confidence in their competencies.



IDENTIFY EMOTIONS AND HEALTHY WAYS TO EXPRESS THEM

- Can be non-judgmental about their feelings.
- Recognize it is important not to deny/discount feelings.
- Can learn and practice healthy ways to express and cope with feelings.
- Recognize that mood-altering drugs, including alcohol, change the way they feel and can cause them to lose self-control.

RECOGNIZING DIFFERENCES

- Recognize the world is made up of many kinds of people with different ways of speaking, looking, believing, dressing, etc.
- Learn by accepting and appreciating one another’s differences we can get along better.
- Identify ways we are alike and different from each other.

