

LEADERSHIP FOR THE NEW
MILLENNIUM AND BEYOND:
BECOMING AN IMPACT PLAYER

SELF - ESTEEM:
DEVELOPING A POSITIVE
SELF-IMAGE
VOLUME I, MODULE I

(WORKBOOK)

NAME

SELF-ESTEEM:
DEVELOPING A POSITIVE
SELF-IMAGE

SELF-ASSESSMENT
VOLUME I, MODULE I

Self-Assessment - Self-Esteem

1 - CENTERING DOWN ON YOU

✧ Define Self-Esteem: _____

✧ Interests: _____

✧ Skills: _____

✧ Strengths: _____

✧ Values: _____

✧ Deficiencies: _____

✧ Achievements To Date: _____

2 - IN YOUR MIND'S EYE, HOW DO YOU PERCEIVE A SUCCESSFUL PERSON?

✧ Occupation: _____

✧ Educational Preparation: _____

✧ Values: _____

✧ Interests: _____

✧ Skills: _____

✧ Strengths: _____

✧ Personal Attributes: _____

✧ Achievements: _____

✧ Goals: _____

3 - PEOPLE YOU MOST ADMIRE — AND WHY:

- 1) _____
Why? _____

- 2) _____
Why? _____

- 3) _____
Why? _____

- 4) _____
Why? _____

4 - IN YOUR OPINION, WHAT ARE THE IMPORTANT QUALITIES OF AN EFFECTIVE PERSON?

- ◇ _____
- ◇ _____
- ◇ _____
- ◇ _____
- ◇ _____
- ◇ _____
- ◇ _____
- ◇ _____
- ◇ _____
- ◇ _____
- ◇ _____
- ◇ _____
- ◇ _____

5 - EVALUATE YOURSELF IN THE FOLLOWING AREAS:

- A= Very Strong
- B= Above Average
- C= Average
- D= Below Average

POSITIVE ATTITUDE	
TREAT OTHERS KINDLY	
GOOD LISTENER	
HONEST / TRUSTWORTHY	
RELIABLE	
COMMUNICATION SKILLS	
PRESENCE	
TEAM PLAYER	
MOTIVATING OTHERS	
SOMEONE OTHERS CONFIDE IN	
RESPECTFUL TO AUTHORITY	
LEADERSHIP	

6 - WHAT IS YOUR MOST SIGNIFICANT STRENGTH?

7 - WHAT IS YOUR MOST SIGNIFICANT DEVELOPMENT NEED?

8 - IF YOU COULD BE HANDED ONE PERSONAL SKILL, WHAT WOULD IT BE ?

9 - DEFINE THE FOLLOWING:

◇ Civility: _____

◇ Presence: _____

◇ Positive Attitude: _____

◇ Mentoring: _____

◇ Team Player: _____

◇ Unconditional Positive Regard: _____

◇ Empathy: _____

10 - IN YOUR OPINION, WHAT ARE THE QUALITIES THAT OTHER PEOPLE
VALUE IN INDIVIDUALS ?

11 - HOW MANY OF THESE QUALITIES DO YOU CURRENTLY POSSESS ?

12 - WHAT WOULD BE YOUR IMMEDIATE GOALS TO REACH THE POINT OF POSITIVE SELF-ESTEEM?

13 - LIST FIVE (5) SELF-ESTEEM ENHANCEMENT GOALS:

Priority (1 to 5)

1) _____	_____
2) _____	_____
3) _____	_____
4) _____	_____
5) _____	_____

14 - WHAT EFFORTS ARE YOU CURRENTLY EXPENDING TO REACH THESE GOALS ?

1) _____
2) _____
3) _____
4) _____
5) _____

15 - DEFINE SUCCESS (REFER TO # 2):

16 - EVERY MORNING , FOR THE NEXT 25 DAYS, WRITE DOWN SOMETHING UNIQUE AND SPECIAL ABOUT YOURSELF AND FOCUS ON IT ALL DAY. ALSO, DO THE SAME FOR SOMEBODY YOU KNOW AND SHARE IT WITH THAT PERSON.

YOU

FRIEND

1. _____	_____
2. _____	_____
3. _____	_____
4. _____	_____
5. _____	_____
6. _____	_____
7. _____	_____
8. _____	_____
9. _____	_____
10. _____	_____
11. _____	_____
12. _____	_____
13. _____	_____
14. _____	_____
15. _____	_____
16. _____	_____
17. _____	_____
18. _____	_____
19. _____	_____
20. _____	_____
21. _____	_____
22. _____	_____
23. _____	_____
24. _____	_____
25. _____	_____

Desiderata

“Go placidly amid the noise and haste, and remember what peace there may be in silence. As far as possible without surrender be on good terms with all persons. Speak your truth quietly and clearly; and listen to others, even the dull and ignorant; they too have their story. Avoid loud and aggressive persons, they are vexations to the spirit. If you compare yourself with others, you may become vain and bitter; for always there will be greater and lesser persons than yourself. Enjoy your achievements as well as your plans. Keep interested in your career, however humble; it is a real possession in the changing fortunes of time. Exercise caution in your business affairs; for the world is full of trickery. But let this not blind you to what virtue there is; many persons strive for high ideals; and everywhere life is full of heroism. Be yourself, especially, do not feign affection. Neither be cynical about love; for in the face of all aridity and disenchantment it is perennial as the grass. Take kindly the counsel of the years, gracefully surrendering the things of youth. Nurture strength of spirit to shield you in sudden misfortune. But do not distress yourself with imaginings. Many fears are born of fatigue and loneliness. Beyond a wholesome discipline, be gentle with yourself. You are a child of the universe, no less than the trees and the stars; you have a right to be here. And whether or not it is clear to you, no doubt the universe is unfolding as it should. Therefore be at peace with God, whatever you conceive him to be, and whatever your labors and aspirations, in the noisy confusion of life keep peace with your soul. With all its sham, drudgery and broken dreams, it is still a beautiful world. Be careful, strive to be happy.”

Found in Old St. Paul's Church Baltimore - Dated 1692

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SELF - ESTEEM:
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SELF - IMAGE

VOLUME I, MODULE I

(FACILITATOR GUIDE, FOLLOW-UP ACTIVITIES, AND
SUPPLEMENTAL RESOURCES)

Facilitator's Role - Self-Esteem

AGENDA

- ✧ Review all Materials Before Class
- ✧ Copy Workbook for all Participants
- ✧ Introduce Topic *2 Minutes*
- ✧ Play Video *30 Minutes*
- ✧ Facilitate Discussion Around the Video *8 Minutes*
- ✧ Distribute Workbook *1 Minute*
- ✧ Review Workbook Contents *4 Minutes*
- ✧ Begin Completion of Workbook *Remainder of Class*

FOLLOW-UP ACTIVITIES

- ✧ Have students periodically review their self-assessments (workbook).
- ✧ Discuss transgressions and how these instances help us all to become more resilient (review Denis Waitley *Resilience* Audio Tapes).
- ✧ Talk about the importance of forgiving others and yourself - and moving on.
- ✧ Facilitate a process/project where the students can design a story, play, or movie script based on them; have them develop a positive role.
- ✧ Assign the book *Civility* by Stephen Carter, and discuss it in class.
- ✧ Facilitate discussion and/or support groups for those who desire more interaction on this issue.

Self-Esteem

The senseless killings at Columbine - and other schools; random acts of violence against innocent parties; the bullying of others; domestic violence; substance abuse; sexual violations - are all manifestations of a perpetrators' poor self-image

The Nazis responsible for the horrible mass murders at Treblinka, Bergen-Belsen, and Auschwitz.

And the racists who continue to inflict injury on groups different from them - all seem to have this one thing in common - a need to compensate for a poor self-image.

Obviously, these are extreme examples of negative human behavior - and presented to you only to underline what a destructive force that poor self-esteem can be.

You deserve better. . .

Society deserves better.

Fortunately, we all are in a position to ensure that society operates from a positive perspective. Each of us has the opportunity *and* ability to bring about positive behavior from within ourselves - as well as to influence others in a similar way.

Earl Nightingale, in his magnificent message - *The Strangest Secret* - states that the only god-like quality of a human being is their ability to change the environment by changing their attitude of mind. In other words, if you feel good about yourself and act accordingly toward those around you - they, too, will begin to feel good about themselves. The surrounding environment begins to change to radiate this sense of well-being.

You don't need drugs, alcohol, tobacco - or other foreign substances to reach a high. Feeding off of one another's positive sense of being is euphoric in itself.

But first - you need to begin a process that will enforce in you a positive sense of your self. You can't be a positive influence on others until you are truly comfortable with who you are.

And the best thing about reaching this comfort zone is that you don't have to be the biggest, strongest, fastest, most beautiful, most articulate, or most intelligent person in your sphere of the world in order to feel good about yourself.

You *do* need to have a sense of right and wrong - an understanding of what makes you happy and sad - an appreciation of what pleases and displeases others - and a desire to be a positive force in this world.

Below are the names of eight great human beings. Each of these people will be remembered, for as long as there is life, for having achieved greatness in their lifetimes, and for having significantly impacted society. When you read their names, try to envision what each of them had in common - aside from their greatness.

Helen Keller, Franklin Roosevelt, Barbara Jordan, Martin Luther King, Jr., John Kennedy, Eleanor Roosevelt, Lou Holtz, and John McCain.

Your guess as to their common ground?

Answer: Each of them was in a prison of some form, either before or during their drive toward effectiveness, success, and greatness.

Helen Keller: A prison of darkness and silence

Franklin Roosevelt: A prison of leg braces and wheelchairs

Barbara Jordan: A prison of racist obstacles, and later, the crippling effects of MS

Martin Luther King, Jr.: A prison of southern racism and hatred

John Kennedy: A prison of war injuries, religious prejudice, and a progressive disease

Eleanor Roosevelt: A prison of rejection from mother and husband - insults related to perceived lack of beauty

Lou Holtz: A prison of doubters

John McCain: A real prison during the Viet Nam War

The other thing that each of these individuals had in common: a sustained and purposeful positive self-image. No matter the obstacle, they were self-determined winners. You can be, as well. It just takes a commitment to do so.

Developing a positive self-image allows you to find a meaningful purpose in life - and a peace of mind. Both of which are essential to your ability to enjoy your time on this planet. Also, we all need to feel we are making a positive contribution to society and life in general. As the former editor of a major news publication stated many years ago: "The architect of the universe didn't build a stairway going nowhere. We've been someplace and we're going someplace."

We have a sense of social responsibility to give back to this world by helping others succeed. Take the time to help yourself - then reach out to others in need. Not just the poor, the down-trodden, and the needy - but look to your left and to your right - those who you least expect, might desperately need your support. By being a positive role model and support mechanism for others - you achieve a significant degree of greatness in this world.

You will be given a workbook and an opportunity to answer questions and respond to probes in the workbook. This exercise will give you a deeper understanding of the importance of a positive self-image and a clearer understanding of the importance of you.

Some things to keep in mind:

1. Others may be cynical about this process - don't let that bother you.
2. Some will find a way to make jokes about the references/exercises in completing the workbook- this is just a simple case of their immaturity.
3. Some people will resist this process and want you to resist it as well. Don't let others dictate your direction in life.
4. There exist various external life factors that will constantly interfere with your attempt to produce and stay focused on a healthy self-image.
 - ✧ Criticisms from parents, friends, and teachers related to a variety of things
 - ✧ Physical and mental intimidators/bullies
 - ✧ Physical/ mental limitations
 - ✧ Perceived superficial beauty issues
 - ✧ Lack of money/resources
 - ✧ Weak support system at home or at school

You must stay focused on the ultimate objective - and move beyond these obstacles.

5. When things get tough - at some point you just have to SUCK IT UP and move on.

“Believe in yourself.”

Follow-Up Activities - Self-Esteem

REVIEW YOUR SELF-ASSESSMENT PERIODICALLY:

- ✧ How do you see yourself now?
- ✧ How are you improving?

PEOPLE WHO HAVE TRANSGRESSED YOU:

- ✧ Who are they?
- ✧ What did they do to you?
- ✧ Forgive them.

PEOPLE YOU HAVE TRANSGRESSED:

- ✧ Who are they?
- ✧ What did you do to them?
- ✧ Forgive yourself.

CONSTRUCT A NEW IMAGE OF YOU:

- ✧ Focus on your:
 - 1) Qualities
 - 2) Achievements
 - 3) Potential
 - 4) Heroes
 - 5) Aspirations
 - 6) Develop a story, movie, or play that has you in the lead role. Write the storyline. How does it evolve: Happy? Upbeat? Exciting? You provide the outcome.
 - 7) Practice positive self-talk.

**ONCE YOU HAVE DEVELOPED THIS NEW IMAGE, KEEP THIS
IMAGE IN YOUR MIND:**

“You Become What You Think About Most Of The Time.”

-Earl Nightingale

Supplemental Resources - Self-Esteem

BOOKS

- ✧ Civility *By Stephen Carter*
- ✧ The New Professional Image *By Susan Bixler*
- ✧ Psychocybernetics *By Dr. Maxwell Maltz*

AUDIO TAPES

- ✧ The Power of Resilience *By Denis Waitley*
- ✧ Lead the Field *By Earl Nightingale*
- ✧ Relationship Strategies *By Tony Alessandra*
- ✧ Vocab *By Dr. Bergen Evans*
- ✧ Self-Esteem and Peak Performance *By Jack Canfield*

These resources are available through:

The Faurote Group
Contact: Dennis L. Faurote
(317) 826-2399
And
The Just Help Yourself Company
Contact: Charles R. Hyde, Sr.
(765) 966-4933