

Knowing Yourself

Overview:

1. Nobody else is accountable for your happiness
2. Knowing your purpose in any moment
3. While the canvas of your life is painted with daily experiences, behaviours, reactions, and emotions, you're the one controlling the brush.
4. What is this here to teach me?

Workshop:

1. We are accountable for our own success and happiness (20mins)
 - a. Students discuss what the terms "accountable" and "ownership" mean and how people's actions and behaviours can change when they take accountability and ownership for what they do and how they treat people.
 - b. Watch Video – Taking Ownership (Weebly) and discuss key points about ownership and accountability:
 - i. What has happened to cause a problem?
 - ii. How are people reacting to the problem?
 - iii. Who takes action?
 - iv. What is the result of that action?
 - v. Is he successful?
 - vi. What is the definition of success in this instance? *The boy did not complain, yell and whinge like many others; he decided to be solution-driven.*
 - c. Students discuss the importance of taking ownership for their own success and happiness being accountable for their actions – discuss common things that happen in school that could be made more positive if more people to ownership were accountable for their actions.
 - d. View Video – It's Up To You (Weebly). Consider the following quotes – in groups of 3-4, students brainstorm the meaning of one of these quotes (different quote per group)
 - i. Never believe a prediction that doesn't empower you.
 - ii. It's not important how long you live, it's important how you live.
 - iii. To turn yourself around you must feed and strengthen the mind.
 - iv. You're going to make some mistakes. The person who has never made any mistakes hasn't done anything!
 - v. Spend each day trying to be a little wiser than you were when you woke up.
 - vi. Step by step you get ahead, but not necessarily in large spurts.
2. Purpose – you're the painter (15min)
 - a. Ask students to close their eyes. They will need to be quiet and focus on their breathing. They will be asked one question. **What do you want out of life?** Allow time for this question to sit for a while, then explain that this is not linked to career or jobs, it is linked to what will fulfil and satisfy us in life. What do we want?
 - b. Consider and discuss the quote: ***While the canvas of your life is painted with daily experiences, behaviours, reactions, and emotions, you're the one controlling the brush.***

- c. View Video – The Mindset Behind Success (Weebly).
 - d. Discuss what was most common in this video, students share their thoughts.
 - e. Ask students to consider the quote: **I am the only problem I will ever have, and I am the solution.** Discuss different interpretations of this quote and discover that, regardless of predicaments, the way we view situations and choose to think about things will have an impact on our happiness and success.
3. What is the lesson? (10mins)
- a. Discuss the lessons of this workshop.
 - b. Ask students to consider that all experiences they will ever have are life lessons disguised as challenges, failures, hardship, excitement, etc.
 - c. Oprah call these lessons **Life's Whispers**; view video – Life's Whispers (Weebly)
4. Extra Time:
- a. If extra resources needed:
 - i. Watch Video – You Are Responsible For Your Own Life (Weebly)
 - ii. Watch Video – Believing in Yourself (Weebly)