

HAND-OUT

AREA: SELF DEVELOP AND MAINTAIN A POSITIVE SELF-IMAGE

“Me at my best”

Interview 10-20 people in your life and work or school. Ask each on, “Tell me about a time in which I was at my best.” Let them tell you the story of that moment. Write notes about what they said. After you have collected 10-20, read them and look for patterns. Which of the emotional and social intelligence competencies appear in many of them so that you would consider them a strength? You will use the results of this action learning assignment for determining your Real Self as others experience you.