

Workshop: Who Am I At My Best?

This workshop is the first in a series:

1. Who Am I At My Best?
2. Vision Your Future
3. Embrace Your Future

and was created for high school students as they prepare for the next big step in their life: college, work, career, ... You will need these Inspiration Card sets (though you could make others available if you like):

- <https://www.songsforyourspirit.com/LifeCoachPromptsMindYourOwnBigIdeas.php>
- <https://www.songsforyourspirit.com/LifeCoachPromptsCelebratingYou.php>
- <https://www.songsforyourspirit.com/LifeCoachPromptsSuccessAtWork.php>

All can be ordered from:

<http://www.songsforyourspirit.com/InspirationCardOrder.php>

Your participants will need to be open to self-discovery and have something to write on.

The intention for each participant in this experience is a greater awareness of personal strengths and gifts, skills and talents, and habits which support or hinder them. The outcome will be a personal, powerful commitment to bring more of “my personal best” alive in life NOW in one very specific way.

OUTLINE:

1. **A FEW QUESTIONS FOR YOU:** Raise your hand:
 - a. If you know absolutely what you will choose as a career
 - b. If you think college or tech school is in your future
 - c. If you wish you could stay in HS forever
 - d. If you haven't got a clue
2. **A LITTLE BIT ABOUT ME (substitute your relevant message here):** In high school, I thought about careers and changed my mind 3 times. I went to college to become a choral director. After two years, I knew that wasn't for me. I started working for the technology department as a programmer. I finished school – without my choral degree - then went on to work in technology for 30 years. I was a programmer, analyst, manager. Then I realized I loved people more than the work. I switched careers at age 50! I am a life coach. **What do I know now that I didn't know at your age?**
 - Success demands flexibility, ability to change as life changes-‘cause it will, a healthy attitude
 - Who we are (kind, respectful, passionate, tolerant, persistent, organized, responsible), how we build relationships and treat people, what we truly value and our willingness to live in a way that honors those values, how dedicated we are to our own learning and growth – these contribute more to “success” than most anything. We must become willing to BRING OUR BEST to EVERYTHING and EVERYONE. Period.

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- I know that I don't know most everything! The world is changing and what I can see is SO LITTLE. It is vital to ask questions, ask for help, admit we don't know ...
3. **WHAT ARE WE ABOUT TODAY?** I hope you leave here with a little more understanding of YOU: strengths, talents, skills, personal qualities, habits – and a commitment to bringing more of the best of you to your life NOW. **ARE YOU WILLING TO PLAY A BIT?**
 4. **EXPLORING “ME”** – Find greater awareness of personal strengths and gifts, skills and talents, habits
 - Write down 3-5 things you really enjoy doing ... (home, school, free time...)
 - Write down 3-5 places, relationships, experiences where you feel good about you ... (service work, getting dressed in the morning, helping a sibling, doing math...)
 - Write down 3-5 people who really care about or love you ... (one family member, one friend, one teacher or coach ...)
 - DEBRIEF – What was that like? Anyone totally stuck with no answers? Any help in the room? Anyone willing to read one of their lists aloud?
 - Review list #1, what you enjoy doing. As an outsider looking in, what talents and skills do you possess?
 - Review list #2, where you feel good about you. What do you like or love or appreciate about you? When you are with others, what do you suppose they appreciate (your generosity, patience, quick wit...)?
 - Review list #3, what would those who care about you say if I asked, “Who are you? What great habits do you have?”
 - DEBRIEF – Learn anything about you? Is there any overlap in what you see from the various perspectives – what you enjoy, where you feel good, what others who care about you see?
 5. **PULL IT ALL TOGETHER:** Make a list of qualities that you possess that feel good, desirable, powerful (patience, precision, compassion, humor, creative, gentle, leader, ...) [OPTIONAL: List of qualities for students to get ideas from]
 6. **OPTIONAL: VOLUNTEER.** Bring one person to the front and have them tell you about themselves. What do you enjoy doing? When do you feel good about you? Who cares about you? What qualities did you identify in yourself? Encourage confidence in claiming who they are.
 7. **PARTNER UP.** Pass out three coaching cards: *Success at Work*, *Celebrating YOU!* and *Mind Your Own Big Ideas*. Take turns. Partner #2 selects the collage that calls to him or her. Partner #1 shows partner #2 the collage then selects questions at random and asks partner #2 to answer with the first things which come to mind. Switch. Repeat. Repeat again with the another collage as time permits.
 8. **DEBRIEF.** What was that like? What did you learn about you? How do you feel about YOU?
 9. **UPDATE YOUR LIST FROM #5:** Who are you at your best?

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- 10. JOURNAL:** Where do you withhold your best? What habits aren't healthy and cover up your best? What activities, relationships, classes, don't get your best? What would be different if they did?
- 11. PARTNER UP.** Share with your partner one thing that you wrote about in #10 that you care about. What would be different if you brought your best? What holds you back? Make a commitment by completing this simple form and share it with your partner. [NOTE: You may choose to have a handout for this purpose or not. Other options include flip charting the questions and inviting use of personal journals.]

MY COMMITMENT TO BRING ON MY BEST

I, _____ *name* _____, on this date, _____ *date* _____, commit to my personal best in this way:

In this activity or relationship:

I will stop these limiting actions, thoughts or beliefs:

I will start or bring forward more of these actions, thoughts or beliefs:

My personal best includes:

My purpose for this commitment is:

My fulfillment of this commitment will have this powerful impact:

My accountability partner who will support and encourage me is:

- 12. COMMITMENT CEREMONY:** Having drawn a real or imaginary line on the floor, gather all participants on one side of the line and you on the other. Then, one by one, each person steps up to the line, hands you their commitment which you hold so they can read the commitment aloud with conviction. When they feel empowered, they take back their commitment and cross the line, ready to acknowledge each next person.