

Agree or Disagree?

Your ideas about where you are going are dependent on your thoughts about where you have been.



Language – finding words that best fit your sense of self

Today you will:

1. find the words that best match ideas about who you think you are at this stage of your life
2. begin to unpack these words for the information they provide about your attitudes and assumptions, skills and abilities, plans and goals.

The more language you have to describe yourself and what you are bringing to the next stage of your life, the more opportunities you have to represent yourself accurately.

Choose 10 words that best fit your sense of self

- Absent-minded
- Self-aware
- Inarticulate
- Light hearted
- Curious
- Active
- Self-promoter
- Indispensible
- Low self esteem
- Dependable
- Adventurous
- Self-reliant
- Influential
- Analytical
- Self-starter
- Inquisitive/Curious
- Positive self esteem
- Devoted
- Angry
- Selfish
- Intellectual
- Optimistic
- Disciplined
- Appreciative
- Serious
- Kind
- Organized
- Respectful
- Artistic
- Shine at work
- Social person
- Outgoing
- Responsible
- Book smart
- Shy person
- Street smart
- Passionate
- Enterprising
- Talkative
- Patient
- Leader
- Enthusiastic
- Complicated
- Determined
- Stressed
- Persuasive
- Scientific
- Helpful
- Happy
- Trustworthy
- Worrier
- Goal-setter
- Pessimistic
- Motivated
- Cool
- Procrastinator
- Fearful
- Family person
- Valiant
- Mindful

Evaluating

Now rank your words from most important to least important in describing who you are right now.

Homework

ASSIGNMENT: Take notes on the reactions from what someone else says about your words, and bring them to class tomorrow.

- Discuss your words with someone you trust, and ask them about the words you have chosen.
- As they talk about your words, take notes on what they say by letting them talk for a while and then writing down the gist of what they say.
 - So if someone says that your selection of “trustworthy” as a key word is good, but that there are times when you may not be so trustworthy, don’t argue; just listen. Then write down the gist of their point—what they are saying, not what you are thinking.
- **Your job is to try to capture their thinking and extend your understanding of the words you have selected as representing your values, beliefs, or goals.**
- Remember: It is difficult to represent yourself well if you don’t have a fairly solid sense of who you are or what you believe about yourself.