Self-Actualization Workbook

Your Name __________________

Date Started: ______________

Date Finished: ______________

By Dorothy Thompson
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Introduction

Welcome friend. One goal of this workbook is to provide a basic understanding of the human life experience that is shared with all ethnicities, nations, sizes, colors, ages, sexual orientations, etc. Although there are many shared truths among the human race, there are also some things that we do not agree. Our diversity is the key to bringing people together so that we can learn from each other. Our diversity is what makes this world such a wonderful place to live.

The basic fact is that we are all human and we, as individuals, need to embrace one another, not just tolerate each other; but, accept each other for who we are within the various groups we identify with. There are no two completely identical individuals on the planet throughout history, so each of us has the basic right to be our own individual. At the same time, our individualism cannot be at the cost of another’s individualism, freedom, or well-being.

Throughout history, many have discriminated against others for various reasons, including: personal gain, fear of the unknown, power, hatred, etc. Through social evolution processes, many are now paying closer attention to diversity and egalitarian standards of living on earth. Now is the time for us to take a closer look at the problems created by discriminating against each other and figure out how we can reduce it in society.

This workbook is designed to help individuals self-analyze thoughts, beliefs, aspirations, ideas, endeavors, and behaviors in order to first identify our awareness of current issues in the world and at home. We all make mistakes everyday. Society tries to put us in a tight mold and tell us who we are. We, as individuals, can become the best person we can become, and as a collective
group, we can become the best human race the earth has ever experienced!

About the Author
Dorothy Thompson, mother of five, is a visionary for an egalitarian and democratic society where people from diverse backgrounds work together to create the change they want to see in the world. As the founder of The New System coalition, an opportunity to create a unified realistic vision of a better world for all is available to every person who wishes to work on this amazing project (www.thenewsystem.info).

This personal workbook is one outcome from her Internship at Metropolitan State University, where she is pursuing her Bachelor’s Degree in Psychology.
**Self-Inventory**

As you go through this workbook, you should use the next page to identify your progress in different areas of your life. It is a good way to see where you are today, what you need to work on, and what you have accomplished. First complete the self-inventory and personality snapshot, then, after each chapter, come back to the self-inventory and update your progress. This will help you identify areas you thought you were strong in; but, may need to do more work on.

Unaware: You do not know the details of what this topic entails. Aware: You know what the details of this topic are; but, you don’t understand how to apply it to yourself or society. Personally Aware: You know what the details of this topic are and you know how to apply it to yourself; but, not to society. Socially Aware: You know what the details of this topic are, you know how to apply it to yourself, and you know how the topic applies to society.

*Write the date under the appropriate level of awareness for each topic. Use a pen as you go through the workbook. Complete the worksheets and then review your answers, you are defeating the purpose of self-exploration and personal growth if you peek.*
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Personality Snapshot

Your personality was shaped by your biological makeup, the environment you were raised in, your personal experiences, and your life choices. Identifying the many different pieces of the puzzle can help you see how you have become who you are today and it can give you the opportunity to accept or reject various aspects of your personality that you do not like or have realized are factors that impact your view of others negatively, which can lead to discrimination and oppression.

Demographics & Oppression:

1. What is your sex? Male/Female
2. Are you discriminated against because of your sex? Yes/No
3. Why do you answer?
   __________________________________________________________
   __________________________________________________________
   __________________________________________________________
   __________________________________________________________

4. What is your ethnicity?
   __________________________________________________________

5. What color is your skin?
   __________________________________________________________

6. Are you discriminated against because of your ethnicity/skin color? Yes/No
7. Why do you answer?
   __________________________________________________________
   __________________________________________________________
   __________________________________________________________
8. How old are you? __________
9. Are you discriminated against because of your age?  
   Yes/No
10. Why do you answer?
    __________________________________________________________________________
    __________________________________________________________________________
    __________________________________________________________________________
    __________________________________________________________________________
11. What is your income?
    __________________________________________________________________________
12. Are you discriminated against because of your income?  
   Yes/No
13. Why do you answer?
    __________________________________________________________________________
    __________________________________________________________________________
    __________________________________________________________________________
    __________________________________________________________________________
14. What is your sexual orientation?
    __________________________________________________________________________
15. Are you discriminated against because of your sexual orientation?  Yes/No
16. Why do you answer?
    __________________________________________________________________________
    __________________________________________________________________________
    __________________________________________________________________________
    __________________________________________________________________________
17. What is your weight? __________  Height? __________
18. Are you discriminated against because of your weight?  
   Yes/No  Height? Yes/No
19. Why do you answer?

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

20. What is your gender? Masculine/Feminine/Androgynous

21. Are you discriminated against because of your gender? Yes/No

22. Why do you answer?

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

23. What is your religion? ________________________________

24. Are you discriminated against because of your religion? Yes/No

25. Why do you answer?

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

26. What are your political views?

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

27. Are you discriminated against because of your political views? Yes/No
28. Why do you answer?

___________________________________________________

___________________________________________________

___________________________________________________

___________________________________________________

30. What continents, countries, states, cities, suburbs, and/or neighborhoods did you grow up in?

___________________________________________________

___________________________________________________

___________________________________________________

___________________________________________________

___________________________________________________

31. From that list, count how many different homes you lived in during your elementary years (birth – age 12) _____; (Age 13 – 18) _____; (Age 19 – 30) _____; (Age 31 – 40) _____; (Age 41 – 50) _____; (Age 51 – 60) _____; (Age 61 – 70) _____; and (Age 71 – 90) ___. (Answer all that apply. Count each home once.)

32. From that list, count how many homes you have lived in up until now. ______
Answer these questions regarding ages: birth - 18.

33. Who raised you and who did you live with?

___________________________________________________

___________________________________________________

___________________________________________________

34. Were your parents married, divorced, remarried, and how many children did each of them have?

___________________________________________________

___________________________________________________

___________________________________________________

35. What number child were you? _________ What are your thoughts on being the (oldest/middle/youngest) sibling?

___________________________________________________

___________________________________________________

36. What were you like when you were a baby? (What do you hear about you when you were a baby?)

___________________________________________________

___________________________________________________

37. What did you like/dislike about your family?

___________________________________________________

___________________________________________________

___________________________________________________

___________________________________________________

___________________________________________________
38. What was your mother’s highest level of education?

39. What was your father’s highest level of education?

40. What was your family’s income?

41. What was the political zeitgeist of the time?

42. Did your family agree with the government rule? Why or why not?

43. Were there political uproar and/or war during this time? Yes/No  How did that affect you?

44. Was your family religious or spiritual? Explain. (What religion? What traditions did you follow? Etc.)

45. Did you have family members who lived close by? Yes/No  Who were they and were they a positive person in your life?
46. What family activities did you enjoy together as a family?

47. What were your family’s values?

48. What were your values?

49. What kind of education did you receive?

50. Did you do well in school?

51. Is there anything significant to note about your high school experience?
52. Did you have any learning or behavioral problems in school? Yes/No (Explain.)


53. Did you have a lot of friends? Describe your friendships.


54. Did you experience any physical, sexual or emotional trauma? Yes/No (Explain.)


55. Were you born with or did you become disabled/handicapped during this time? Yes/No (Explain.)


56. Did you have any emotional or mental illness? Yes/No (Explain.)


57. Did either of your parents have a disability/handicap or emotional/mental illness? Yes/No (Explain.)

58. Have you experienced discrimination for your disability/handicap or emotional/mental illness? Yes/No (Explain.) If not, how were you discriminated against?

59. Did anyone in your family have a substance abuse problem? Yes/No

60. Did their substance abuse effect how they treated you or others? Yes/No (Explain.)

61. Were you in therapy to deal with childhood trauma? Yes/No Did it help you? Yes/No (Explain.)
62. What were your interests/hobbies?

__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________

63. Did you have any accomplishments during your youth? Yes/No (Explain.)

__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________

64. Were you athletic? Yes/No

65. What kinds of activities were you involved in?

__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________

66. What were your fears?

__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________

67. What were your goals when you were going to graduate from high school? What did you want out of life?

__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________
68. Who have you looked up to in your life and why?

69. List five qualities that describe your personality during this time.

70. What were you taught about people that are different from you?

Answer these questions regarding ages: 19 - Present.
71. Do you like where you live now? Yes/No (Explain.)
___________________________________________________
___________________________________________________
___________________________________________________

72. What is your marital status?
___________________________________________________

73. Are you discriminated against regarding marital status? Yes/No

74. Why do you answer?
___________________________________________________
___________________________________________________
___________________________________________________

75. Do you have children? Yes/No

76. Names and ages:
___________________________________________________
___________________________________________________
___________________________________________________

77. How many times have you been married? __________

78. Are you discriminated against because you have children? Yes/No

79. Why do you answer?
___________________________________________________
___________________________________________________
___________________________________________________
80. Have you had problems with the court system regarding your children? Yes/No
81. Who do you live with?

82. What family members have been there for you in your life and how do you feel about it?

___________________________________________________
___________________________________________________
___________________________________________________
___________________________________________________
___________________________________________________

83. Are there family members you do not want in your life? Yes/No (Explain.)

___________________________________________________
___________________________________________________
___________________________________________________
___________________________________________________

84. What are your spiritual/religious beliefs?

___________________________________________________
___________________________________________________
___________________________________________________
___________________________________________________

85. Are they different or similar to your childhood beliefs? How?

___________________________________________________
___________________________________________________
___________________________________________________
___________________________________________________
86. Did you graduate from high school? Yes/No  What was your G.P.A.? ___

87. Did you go to college? Yes/No  What degrees do you have or are you working toward?
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

88. Do you like to learn? Yes/No

89. Do you like to study? Yes/No

90. Have you ever been arrested? Convicted of a felony? Imprisoned? Yes/No (Explain.)
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

91. What is your temperament?
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

92. Have you ever experienced any physical, emotional, or sexual trauma? Yes/No (Explain.)
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

93. Have you sought professional help to deal with your traumas? Yes/No Why or why not?
________________________________________________________________________
94. Have you become disabled/handicapped? Yes/No (Explain.)

95. What do you value in your life?

96. Do you have enough resources to care for yourself and your family responsibilities? Yes/No

97. Do you have friends that you do things with regularly? Yes/No How many? ____ Do you want more or less friends? More/Less Or do you want to choose your friends more carefully? Yes/No

98. Who have you looked up to in your life and why?
99. What activities do you enjoy?

___________________________________________________

100. Are they similar to your childhood activities?
    Yes/No

101. What are your values?

___________________________________________________

102. What have you accomplished in your life? (Even little things matter.)

___________________________________________________

103. Have you struggled with depression, anxiety, and/or substance abuse? Yes/No (Explain.)

___________________________________________________

104. Who in your life have you hurt the most and why?
105. Did anyone serve in the armed forces in your lifetime? Yes or No. Who? Feelings about it?

106. What are your biggest fears?

107. How old were you the first time someone died in your life? ____

108. Did you get support to deal with your grief? Yes/No

109. Do you like the outcome of your life so far? Yes/No

110. Do you want to make changes in your life for a better future? Yes/No

Design a few of your own questions here and answer them:

1. ____________________________________________________________
   ____________________________________________________________
   ____________________________________________________________
   ____________________________________________________________
   ____________________________________________________________

2. ____________________________________________________________
   ____________________________________________________________
   ____________________________________________________________
   ____________________________________________________________
   ____________________________________________________________
Chapter One: Personal Development

Resources:

http://www.trans4mind.com/positive/ This site has a free self-directed personal development program.

www.impactfactory.com This site is in the business of communication training.

www.higherawareness.com This site describes the process of personal growth and focuses on higher powers (E.g. psychic).

The Myers-Briggs test identifies personality characteristics. (Take the free test available here: http://sminds.com/mbti/)

Defined: Personal development is a forward moving and progressive process that takes into account you as an individual, what you believe in, how you cope with problems, and other important factors, like: intellectuality, spirituality, relationships, physical health, social health, work, finances, etc. Personal development is the process that leads to self-actualization.

Answer the following questions to identify your attitude toward change, learning, and growing.

Intellectually/Academically

Are you satisfied with your current intellectual ability/IQ? Yes No  Why?

What limitations inhibit your ability to learn?

_________________________________________________________
How do you feel about your limitations?

_________________________________________________________
_________________________________________________________
_________________________________________________________
_________________________________________________________

Do you like to learn?   Yes   No   Why or why not?

_________________________________________________________
_________________________________________________________
_________________________________________________________
_________________________________________________________

Do you know which learning styles you prefer?   Yes   No   Why?
Can you identify them?

_________________________________________________________
_________________________________________________________
_________________________________________________________
_________________________________________________________

Do you recognize that people have different capacities for learning and do you respect those who have a capacity different than you?  Yes  No  Explain.

_________________________________________________________
_________________________________________________________
_________________________________________________________
_________________________________________________________

What talents do you have? (e.g., music, science, math, etc.)

_________________________________________________________
_________________________________________________________
_________________________________________________________
_________________________________________________________

What hobbies do you enjoy? (e.g., sports, chess, gardening, candle-making, etc.)

_________________________________________________________
_________________________________________________________
_________________________________________________________
_________________________________________________________
Spirituality

Have your spiritual beliefs changed since your youth? Yes  No  Explain.

Are your spiritual beliefs sound?  Yes  No  Why?

What are your religious/spiritual beliefs or denomination?

How long have these been your beliefs?

What process did you go through to get to your beliefs?
What do you know about Christianity?
Islam?

Hinduism?

Taoism?

Atheism?

Wiccan?
Others not mentioned?
_________________________________________________________
_________________________________________________________
_________________________________________________________
_________________________________________________________

Are you curious about the spiritual/religious beliefs of others?  Yes No  Why or why not?
_________________________________________________________
_________________________________________________________
_________________________________________________________
_________________________________________________________

Are you interested or willing to learn about other spiritual/religious beliefs in order to understand other people better?  Yes No  Why?
_________________________________________________________
_________________________________________________________
_________________________________________________________
_________________________________________________________

Socially/Relationally

Do you have enough friends?  Yes No  Describe.
_________________________________________________________
_________________________________________________________
_________________________________________________________
_________________________________________________________

Do you have a strong social support network?  Yes No  Describe:
_________________________________________________________
Do you have relationship problems with anyone? Yes  No  Describe:

Have you engaged in road rage? Yes  No  Describe:

Do you engage in behaviors that harm others emotionally/mentally? (E.g. smoking, driving recklessly, yelling and screaming, and using sarcasm, or words that bite.)  Yes  No  Describe:

Have you tried to control your anger; but, seem to lose control when under pressure? Yes  No  Describe:

Who have been your mentors throughout your life? List at least 2 important people who have impacted your life positively.
Name two people who have had a negative impact on your life.

Are these people still in your life? Yes or No, Why?

Do you accept people for who they are or do you try to change people? Explain:

Career/Employment

Are you satisfied with your current employment? Yes  No  Why or why not?

Are you making plans to change employment, furthering your education, job search, etc.? Yes  No  Describe
Identify your strengths on the job:

_________________________________________________________
_________________________________________________________
_________________________________________________________
_________________________________________________________

Identify your weaknesses on the job:

_________________________________________________________
_________________________________________________________
_________________________________________________________
_________________________________________________________

Finances

How important is money to you?

_________________________________________________________
_________________________________________________________
_________________________________________________________
_________________________________________________________

Do you have enough money to pay your bills? Yes  No

How much debt do you have? ________________________

How long will it take for you to get out of debt? _________years
________ months

Have you spoken to a financial advisor? Yes  No  Why or why not?

_________________________________________________________
Do you have short and long term financial goals? Yes No

Do you think the current economic system benefits everyone? Yes No Why or why not?

_________________________________________________________
_________________________________________________________
_________________________________________________________

Physical Health

How old do you feel? _____ How old are you?

What lifestyle choices have you made that have affected your physical health?
_________________________________________________________
_________________________________________________________
_________________________________________________________

Are you trying to change negative lifestyle choices that have contributed to physical problems? Yes or No Why or Why not?
_________________________________________________________
_________________________________________________________
_________________________________________________________

Have you sought out help and not been able to get the help you need? Yes No

Who have you sought help from?
_________________________________________________________
How much stress do you feel on a day to day basis? Explain.

Where does your body carry stress?

What do you think your body needs to be healthy?

Emotional Health
Are you emotionally stable? Yes  No
Do others in your life think you are emotionally stable? Yes  No
Are these answers the same?  Yes  No  Explain.
Are you able to identify physical sensations that go along with certain emotions? Yes No

Identify physical sensations that accompany the following emotions:

Rage:
_________________________________________________________
_________________________________________________________

Anger:
_________________________________________________________
_________________________________________________________

Love:
_________________________________________________________
_________________________________________________________

Sadness:
_________________________________________________________
_________________________________________________________

Remorse:
_________________________________________________________
_________________________________________________________

Insecure:
_________________________________________________________
_________________________________________________________

Shyness:
_________________________________________________________
_________________________________________________________

Prideful:
_________________________________________________________
Identify factors that have a direct impact on your emotional experiences.

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

How often do your emotions change in an average day? 
__________

What experiences usually change your emotion? (Include internal & external experiences.)
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

Sexuality

What is your sexual identity? Heterosexual  Bisexual  Lesbian Homosexual  Transsexual  Transgender  Other:
________________________

Are you open about your sexual identity? Yes  No  Why?
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
Are you discriminated against because of your sexual identity? Yes No If so, how?
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

What is your gender? Feminine Masculine Androgynous

Are you discriminated against for your gender? Yes No
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

Do you feel shame or guilt for your sexual identity or behaviors related to it? Yes No Why?
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

If feeling guilty or shameful for your choices, what are you doing to maintain your stand?
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

Do you have support from your friends and family? Yes No
What are some reasons why you may not get support?
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
Is gay marriage legally acknowledged in your state? Yes  No

Does it matter to you? Yes  No

What are your thoughts on gay marriage?

What are some other important factors in your life to be considered that haven’t been covered?

Write down three goals:
“Self-concept is a multi-dimensional construct that refers to an individual's perception of "self" in relation to any number of characteristics, such as academics, gender roles and sexuality, racial identity, and many others. While closely related with self-concept clarity (which "refers to the extent to which self-knowledge is clearly and confidently defined, internally consistent, and temporally stable"), it presupposes but is distinguishable from self-awareness, which is simply an individual's awareness of their self. It is also more general than self-esteem, which is the purely evaluative element of the self-concept.

The self-concept is composed of relatively permanent self-assessments, such as personality attributes, knowledge of one's skills and abilities, one's occupation and hobbies, and awareness of one's physical attributes. For example, the statement, "I am lazy" is a self-assessment that contributes to the self-concept. In contrast, the statement "I am tired" would not normally be considered part of someone's self-concept, since being tired is a temporary state. Nevertheless, a person's self-concept may change with time, possibly going through turbulent periods of identity crisis and reassessment.

The self-concept is not restricted to the present. It includes past selves and future selves. Future selves or "possible selves" represent individuals' ideas of what they might become, what they would like to become, and what they are afraid of becoming. They correspond to hopes, fears, standards, goals, and threats. Possible selves may function as incentives for future
behavior and they also provide an evaluative and interpretive context for the current view of self.

Self-esteem is a term used in psychology to reflect a person's overall evaluation or appraisal of his or her own worth. Self-esteem encompasses beliefs (for example, "I am competent" or "I am incompetent") and emotions such as triumph, despair, pride and shame. A person's self-esteem may be reflected in their behavior, such as in assertiveness, shyness, confidence or caution. Self-esteem can apply specifically to a particular dimension (for example, "I believe I am a good writer, and feel proud of that in particular") or have global extent (for example, "I believe I am a good person, and feel proud of myself in general").

Self-efficacy has been defined in a variety of ways: as the belief that one is capable of performing in a certain manner to attain certain goals, as a person’s belief about their capabilities to produce designated levels of performance that exercise influence over events that affect their lives. It is a belief that one has the capabilities to execute the courses of actions required to manage prospective situations. It has been described in other ways as the concept has evolved in the literature and in society: as the sense of belief that one’s actions have an effect on the environment; as a person’s judgment of his or her capabilities based on mastery criteria; a sense of a person’s competence within a specific framework, focusing on the person’s assessment of their abilities to perform specific tasks in relation to goals and standards rather than in comparison with others’ capabilities. Additionally, it builds on personal past experiences of mastery. The idea of self-efficacy is one of the center points in positive psychology; this branch of psychology focuses on factors that create a meaning for individuals. It is believed that our personalized ideas of self-efficacy affect our social interactions in almost every way. Understanding how to foster the development of self-efficacy is a vitally important goal for positive psychology because it can lead to living a more productive and happy life.”
On a scale from one to ten:  

(1) Low  (10) High

How well do you know yourself?  ____

How do you rate your self-esteem?  ____

How do you rate your self-efficacy?  ____

Read information on the website: [http://www.more-selfesteem.com/](http://www.more-selfesteem.com/) and answer these questions.

What factors can you identify that have had an impact on your self-concept?

________________________________________________________

________________________________________________________

________________________________________________________

What factors can you identify that have had an impact on your self-esteem?

________________________________________________________

________________________________________________________

________________________________________________________

What factors can you identify that have had an impact on your self-efficacy?

________________________________________________________

________________________________________________________

________________________________________________________

What are some ways that you can improve in these areas?

________________________________________________________

________________________________________________________

________________________________________________________
Chapter Three: Self-Actualization

Resources:

http://psychology.about.com/od/theoriesofpersonality/a/hierarchyneeds_2.htm

http://webspace.ship.edu/cgboer/maslow.html

Definition: "What a man *can* be, he *must* be. This need we may call self-actualization…It refers to the desire for self-fulfillment, namely, to the tendency for him to become actualized in what he is potentially. This tendency might be phrased as the desire to become more and more what one is, to become everything that one is capable of becoming." Abraham Maslow, Hierarchy of Needs.

This signifies that there is a process that each of us goes through to reach our full potential. Underprivileged people tend to believe that they cannot extend beyond the invisible boundaries that this system socially constructs them to remain within; however, each of us has the capability to be all that we can be on an individual basis and the only person who can judge whether or not one has reached their fullest potential, is the individual. This implies that we are each able to learn to change our thinking, attitudes, and behaviors as we move along on our own journey.

Is this a new concept for you? Yes No

What is your reaction to this theory?

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
Do you believe that you can reach your fullest potential? Yes No Explain.

Lifelong learning is a natural process. Not all individuals are able to recognize this and keep themselves in the confines of what the world dictates for them. Even if you understand these principles, in one way or another, this social system does not meet the needs of everyone.

What factors can you identify that are keeping you from progressing to your fullest potential?

How do you feel about these obstacles?
What steps can you take right now to overcome these obstacles?

_________________________________________________________
_________________________________________________________
_________________________________________________________
_________________________________________________________

Abraham Maslow’s self-actualization approach identifies these factors as relating to happiness needs. Without these values, a person will develop depression, physical ailments, etc. Check off the items that you believe you display in your life. Ask someone close to you to verify that others see these qualities in you, as well.

☐ Truth, rather than dishonesty.
☐ Goodness, rather than evil.
☐ Beauty, not ugliness or vulgarity.
☐ Unity, wholeness, and transcendence of opposites, not arbitrariness or forced choices.
☐ Aliveness, not deadness or the mechanization of life.
☐ Uniqueness, not bland uniformity.
☐ Perfection and necessity, not sloppiness, inconsistency, or accident.
☐ Completion, rather than incompleteness.
☐ Justice and order, not injustice and lawlessness.
☐ Simplicity, not unnecessary complexity.
☐ Richness, not environmental impoverishment.
☐ Effortlessness, not strain.
☐ Playfulness, not grim, humorless, drudgery.
☐ Self-sufficiency, not dependency.
☐ Meaningfulness, rather than senselessness.
Do you agree with Abraham Maslow’s self-actualization theory? Yes  No  Explain.
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
Chapter Four: Intellect

Resources:

http://www.childdevelopmentinfo.com/development/piaget.shtml


Defined:


The theory of multiple intelligences was proposed by Howard Gardner in 1983 to more accurately define the concept of intelligence and to address the question whether methods which claim to measure intelligence (or aspects thereof) are truly scientific.

Gardner's theory argues that intelligence, particularly as it is traditionally defined, does not sufficiently encompass the wide variety of abilities humans display. In his conception, a child who masters multiplication easily is not necessarily more intelligent overall than a child who struggles to do so. The second child may be stronger in another kind of intelligence and therefore 1) may best learn the given material through a different approach, 2) may excel in a field outside of mathematics, or 3) may even be looking at the multiplication process at a fundamentally deeper level, which can result in a seeming slowness that hides a mathematical intelligence that is potentially higher than that of a child who easily memorizes the multiplication table.

According to multiple intelligence theory, there are eight basic types of intelligence.

- Visual-spatial
- Verbal-linguistic
- Logical-mathematical
- Bodily-kinesthetic
- Spatial
- Language
- Logic/Math
- Body Movement
• Musical-rhythmic  Music
• Interpersonal  Self
• Intrapersonal  Social
• Naturalistic  Nature

See the Wikipedia link for explanations of each of these types of intelligences and take a test to find your strengths here: http://literacyworks.org/mi/assessment/findyourstrengths.html, then review your strengths (Write your scores in the appropriate space above.) and click on “practice” at the bottom of the page to see how you can be more engaged in the multiple intelligence learning processes.

Did this exercise help you understand your intelligence strengths better?  Yes  No  Explain.

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

Which area of intelligence was your strongest?

________________________________________________________________________

Are you surprised?  Yes  No  Comment:

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

Which strength do you want to improve in?

________________________________________________________________________

Meditate on reasons for you scores. What early influences, education, personal interests, etc. impact your learning levels?

________________________________________________________________________
Write down practical ways that you can improve your learning style:
Chapter Five: Perception

Resource:

http://en.wikipedia.org/wiki/Perception

http://www.modern-thinker.co.uk/4%20-%20objective%20idealism.htm#Orientations

Defined:
http://www.sapdesignguild.org/resources/optical_illusions/intro_definition.html

Perception is the process by which organisms interpret and organize sensation to produce a meaningful experience of the world. Sensation usually refers to the immediate, relatively unprocessed result of stimulation of sensory receptors in the eyes, ears, nose, tongue, or skin. Perception, on the other hand, better describes one's ultimate experience of the world and typically involves further processing of sensory input. In practice, sensation and perception are virtually impossible to separate, because they are part of one continuous process. (See website for more information.)

Social constructs are organized and created through our perception of the world around us from an early age. When we see events or experience abuse, we make internal judgments about the people around us and extend it to the rest of the population. As we mature, we begin to recognize the inaccuracies of our formed judgments and attempt to undo the thinking processes by finding alternative ways to see the world.

It is important to question the social constructs that have shaped your view of the world and the people around you because some individuals want to dictate what you should believe (religion, government, media, commercialism, etc.). This workbook is
encouraging you to identify within your own life experience ways that you have been socially constructed to believe falsehoods.

What are some things that you question? (Think of at least 3.)

_________________________________________________________

_________________________________________________________

_________________________________________________________

_________________________________________________________

Do personal research on each of these topics to help you see the truth behind your thinking. Use reputable resources, such as books, articles, and scholarly material to reconstruct your ideologies. Peer reviewed articles are great resources to obtain information that have been accepted as credible resources.

Resources:

_________________________________________________________

_________________________________________________________

_________________________________________________________

_________________________________________________________

_________________________________________________________

_________________________________________________________

Conclusion:

_________________________________________________________

_________________________________________________________

_________________________________________________________

_________________________________________________________
Chapter Six: Character Qualities

Resources:
http://www.characterfirst.com/aboutus/qualities/
http://webspace.ship.edu/cgboer/perscontents.html

Defined:

Here is a list of exemplary character qualities that each of us would benefit from mastering:

<table>
<thead>
<tr>
<th>Attentiveness</th>
<th>Responsibility</th>
<th>Diligence</th>
<th>Dependability</th>
</tr>
</thead>
<tbody>
<tr>
<td>Obedience</td>
<td>Patience</td>
<td>Loyalty</td>
<td>Thoroughness</td>
</tr>
<tr>
<td>Truthfulness</td>
<td>Initiative</td>
<td>Hospitality</td>
<td>Determination</td>
</tr>
<tr>
<td>Gratefulness</td>
<td>Self-Control</td>
<td>Sensitivity</td>
<td>Thriftiness</td>
</tr>
<tr>
<td>Generosity</td>
<td>Punctuality</td>
<td>Enthusiasm</td>
<td>Availability</td>
</tr>
<tr>
<td>Orderliness</td>
<td>Resourcefulness</td>
<td>Flexibility</td>
<td>Deference</td>
</tr>
<tr>
<td>Forgiveness</td>
<td>Tolerance</td>
<td>Discernment</td>
<td>Compassion</td>
</tr>
<tr>
<td>Sincerity</td>
<td>Creativity</td>
<td>Cautiousness</td>
<td>Persuasiveness</td>
</tr>
<tr>
<td>Virtue</td>
<td>Discretion</td>
<td>Boldness</td>
<td>Wisdom</td>
</tr>
</tbody>
</table>

Look through this list of character qualities and research one that you would like to personally improve on. Do more as time permits.

Character quality:

__________________________________________

What did you learn about yourself?

_________________________________________________________

_________________________________________________________

_________________________________________________________

_________________________________________________________

_________________________________________________________
How can you apply the information in your life today?

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

Now take *The Big Five* Personality test here:
http://www.outofservice.com/bigfive/

How do you rate this test?   Poor   Good   Excellent

Write your results here:

- Closed-Minded
- Open to New Experiences
- Disorganized
- Conscientious
- Introverted
- Extraverted
- Disagreeable
- Agreeable
- Calm / Relaxed
- Nervous / High-Strung

Read through the results page, then answer these questions:

Do you agree with your results?  Yes  No  Explain.

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________
How can this test be improved?

______________________________________________________

______________________________________________________

______________________________________________________

______________________________________________________
Chapter Seven: Morality

Resources:

http://www.allaboutworldview.org/principles-of-morality-video.htm

Defined: http://en.wikipedia.org/wiki/Morality

Morality (from the Latin *moralities* "manner, character, proper behavior") is a system of conduct and ethics that is virtuous. Morality has three principal meanings.

‘In its "descriptive" sense, *morality* refers to personal or cultural values, codes of conduct or social mores that distinguish between right and wrong in the human society. Describing morality in this way is not making a claim about what is objectively right or wrong, but only referring to what is considered right or wrong by people. For the most part right and wrong acts are classified as such because they are thought to cause benefit or harm, but it is possible that many moral beliefs are based on prejudice, ignorance or even hatred. This sense of term is also addressed by descriptive ethics.

In its "normative" sense, *morality* refers directly to what is right and wrong, regardless of what people think. It could be defined as the conduct of the ideal "moral" person in a certain situation. This usage of the term is characterized by "definitive" statements such as "That act is immoral" rather than descriptive ones such as "Many believe that act is immoral." It is often challenged by a moral skepticism, in which the unchanging existence of a rigid, universal, objective moral "truth" is rejected, http://en.wikipedia.org/wiki/Morality - cite_note-0 and supported by moral realism, in which the existence of this "truth" is accepted. The normative usage of the term "morality" is also addressed by normative ethics.
Morality may also be defined as synonymous with ethics, the field that encompasses the above two meanings and others within a systematic philosophical study of the moral domain. Ethics seeks to address questions such as how a moral outcome can be achieved in a specific situation (applied ethics), how moral values should be determined (normative ethics), what morals people actually abide by (descriptive ethics), what the fundamental nature of ethics or morality is, including whether it has any objective justification (meta-ethics), and how moral capacity or moral agency develops and what its nature is (moral psychology).

Throughout history morality standards have been dictated by religious, government, and other agents, which have led to ‘rebellion’ against these ‘authorities’; yet, social morality structures vary worldwide. Morality involves personal conduct standards, which this workbook encourages you to have high moral standards regarding personal conduct, such as avoiding behaviors that harm others or yourself (adultery, drug abuse & addiction, criminal activity, lying, discrimination, etc.).

Morality is a touchy subject since people don’t like being told what is right or wrong and many people are not taught high morality standards to live by.

Contemplate: Whose standards of morality are the best approach for humankind as a whole?

How do you define morality?

_________________________________________________________________________________
_________________________________________________________________________________
_________________________________________________________________________________
_________________________________________________________________________________
What standards is it based on?


Do you believe that your culture is moral? Yes  No

In what ways is your culture moral?


In what ways is your culture immoral?


There are globally accepted norms of immoral behavior, such as: torture, rape, child abuse, prostitution, human trafficking, drug rings, murder, and the like. There are also globally acceptable norms of moral behavior, such as: altruism, civic engagement, kindness, love, organ donations, etc. The problem of defining what is moral (right and wrong) involves issues that are in the ‘grey’ area, such as: separation and divorce, spanking, sex outside of marriage, smoking marijuana, blood transfusions, masturbation, etc.
Watch this video on Principles of Morality, here: http://www.allaboutworldview.org/principles-of-morality-video.htm and discuss the topic with someone close to you that you trust and know lives by high standards.

What did you think about the video?

_________________________________________________________
_________________________________________________________
_________________________________________________________

Did the video help you to change your viewpoint of morality?
Yes  No  Why or why not?

_________________________________________________________
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“Human beings have an almost infinite variety of Likes and Wants. Since human resources are limited, we have to set priorities for our Likes. One person may deem an object desirable but another person may hate the same article. Some people like banana bread others detest the stuff. Some people chase after sex; others would rather read a good book. Our likes and wants are infinite but our dislikes are very limited.

Opposed to the myriad of Wants that differ dramatically from person to person, there are basic Dislikes that apply uniformly to all human beings. Absolutely nobody likes to be killed or injured, nobody likes to be enslaved and nobody likes to have his property stolen. These universal dislikes are the reason for the superior moral applicability of the Negative Golden Rule: "Do not do to others what you do not want done to yourself."
The Negative Golden Rule can thus serve as the basic framework for a personal morality system. A moral code based on the Negative Golden Rule relies on the innate emotional and rational nature of human beings. “(How Life Really Works by Walter E. Requadt.)

Do you agree with Requadt’s concept of morality? Yes  No

Explain why.

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Identify feelings that you have had during the Morality exercises (Circle):

Resentment  Frustration  Agreement
Disagreement  Appreciation  Rejection
Hostility  Contentment  Imaginative
Curious  Shameful  Guilt
Reluctant  Creative  Intuitive
Resourceful  Thoughtful  Rejoiceful

Chapter Eight: Principles

Resources:


Defined:  http://www.ethics.ubc.ca/papers/invited/colero.html
‘Principles of personal ethics might also be called morality, since they reflect general expectations of any person in any society, acting in any capacity. These are the principles we try to instill in our children, and expect of one another without needing to articulate the expectation or formalize it in any way.’

Principles of Personal Ethics include:

- Concern for the well-being of others
- Respect for the autonomy of others
- Trustworthiness & honesty
- Willing compliance with the law (with the exception of civil disobedience)
- Basic justice; being fair
- Refusing to take unfair advantage
- Benevolence: doing good
- Preventing harm

Write down 10 guiding principles that you live by:

1. __________________________________________________________
   __________________________________________________________________________
2. __________________________________________________________
   __________________________________________________________________________
3. __________________________________________________________
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4. __________________________________________________________
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5. __________________________________________________________
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6. __________________________________________________________
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7. __________________________________________________________
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8. __________________________________________________________
   __________________________________________________________
   __________________________________________________________

9. __________________________________________________________
   __________________________________________________________
   __________________________________________________________

10. __________________________________________________________
    __________________________________________________________
    __________________________________________________________

To what extent are you concerned about the welfare of your neighbor?
   __________________________________________________________
   __________________________________________________________
   __________________________________________________________

Who do you consider as your neighbor?
   __________________________________________________________
   __________________________________________________________
   __________________________________________________________

How does it make you feel when you see someone suffering?
   __________________________________________________________
   __________________________________________________________
   __________________________________________________________
Who do you think is to blame for one’s suffering?
______________________________________________________________________________
__________________________________________________________________________

Do you feel strongly against behaviors of others that you do not approve of? Yes No Why?
______________________________________________________________________________
__________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________

Do you take away or try to control other people’s rights in any way? Yes No If so, why?
______________________________________________________________________________
__________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________

What guiding principles influence your opinions, life choices, and actions?
______________________________________________________________________________
__________________________________________________________________________
______________________________________________________________________________
______________________________________________________________________________

Do you believe that your way is the best way and that others should follow your lifestyle? Yes No Why should one follow your set of standards/principles?
______________________________________________________________________________
__________________________________________________________________________
______________________________________________________________________________
Are you a fair person?  Yes  No

Have you ever cheated in a game?  Yes  No

Did/do you feel sorry that you cheated?  Yes  No

Did you apologize?  Yes  No

Have you ever cheated on your mate (girlfriend, boyfriend, husband, wife)?  Yes  No

Did/do you feel sorry that you cheated?  Yes  No

Did you apologize?  Yes  No

If you haven’t apologized for cheating, will you? Yes No

Do you make it a practice to tell the truth or do you find yourself telling ‘little white’ lies? Yes No

Do you take advantage of people who are weaker, poorer, or less advantaged than you? Yes  No

Are you a good person? Yes  No

Do you go out of your way to try not to offend others? Yes No

Do you say things to people that are hurtful because you believe what you are saying is true, so it is ok to say it?  Yes No

Other principles to think about:

Thomas Jefferson's Guiding Principles:

- Never put off till tomorrow what you can do today.
- Never trouble another for what you can do yourself.
- Never spend your money before you have it.
- Never buy what you do not want, because it is cheap; it will be dear to you.
- Pride costs us more than hunger, thirst, and cold.
☐ We never repent of having eaten too little.
☐ Nothing is troublesome that we do willingly.
☐ How much pain has cost us the evils which have never happened.
☐ Take things always by their smooth handle.
☐ When angry, count ten before you speak; if very angry, a hundred.

What are your reactions to Thomas Jefferson’s guiding principles?
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

Do you follow any of these principles in your life? Yes No  Check off which ones.

Are the principles that you live by productive or counterproductive in your life? (Circle word.)

How are they productive?
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

How are they counterproductive?
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

Soul search. In what ways can you alter your guiding principles to benefit everyone around you, including yourself?
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
Chapter Nine: Lifelong Learning

Resources:

http://www.lifehack.org/articles/lifestyle/15-steps-to-cultivate-lifelong-learning.html

http://www.youtube.com/watch?v=zh6yd6wfCgU

Defined: http://en.wikipedia.org/wiki/Lifelong_learning

Lifelong learning, also known as LLL, is the "lifelong, lifewide, voluntary, and self-motivated" pursuit of knowledge for either personal or professional reasons. As such, it not only enhances social inclusion, active citizenship and personal development, but also competitiveness and employability.

Are you a lifelong learner? Yes  No If not, why?

________________________________________________________________________________________________________________________________________

________________________________________________________________________________________________________________________________________

________________________________________________________________________________________________________________________________________

Reading is an integral part of lifelong learning. Many today do not enjoy reading because they are not skilled at it. The only way to become skilled at is to read more.

Do you enjoy reading? Yes  No  If not, why?

________________________________________________________________________________________________________________________________________

________________________________________________________________________________________________________________________________________

________________________________________________________________________________________________________________________________________

If you have a learning disability, are you being encouraged to push your reading skills? Yes  No
Write down the fifteen steps from the article listed above:

1. _______________________________________
2. _______________________________________
3. _______________________________________
4. _______________________________________
5. _______________________________________
6. _______________________________________
7. _______________________________________
8. _______________________________________
9. _______________________________________
10. _______________________________________
11. _______________________________________
12. _______________________________________
13. _______________________________________
14. _______________________________________
15. _______________________________________
Chapter Ten: Values

Resources:

www.values.com


‘Values are those things that really matter to each of us ... the ideas and beliefs we hold as special. Caring for others, for example, is a value; so is the freedom to express our opinions. Most of us learned our values at home, at church, and/or at school during our youth.’

Go to Values.com and listen to a few of the audio clips and write down a reflection response here: (Click on the Audio tab).

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

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________________________________________________________________________

These questions will help you think about how your behaviors may impact your life and the lives of others around you. All of these questions are based on the Values.com list of values noted below. Write down any thoughts next to the question if needed.

Y/N  Question

Are you willing to win/succeed at any cost?

Do you usually say thank you when someone does something kind for you?

Do you do what you say you will do?
Do you tell little white lies to avoid getting into trouble?

Do you look for trouble?

Do you do things for others even when you don’t really feel like doing it?

Do you keep trying to be a better person, accepting that you are imperfect?

Do you give to the poor?

On the job, do you work hard or just do the basics to get by?

Do you have a core belief system?

Do you believe in yourself?

When someone you don’t know is crying in front of you, do you care?

When you are doing something with others, do you do your share of the work?

Do you open the door for strangers?

Do you take care of your body physically?

Do you take a shower/brush your teeth regularly?

When you want to do something, are you able to follow through to its end?

Are you able to converse with others who are different from you?

Are you a forgiving person?

Are the people in your life able to rely on you?

Are you energetic?

Are you faithful to your spouse/mate?
Do you make good decisions?
Are you pessimistic?
Do you have plans for your future that you are working toward?
Do you make yourself available for people who request your time?
Are you pleasant to be around?
Do you make people laugh at others expense?
Do you listen when people talk to you?
Are you a creative person/thinker?
Are you too hard on yourself/easy on yourself? (Circle which.)
Are you able to share your personal thoughts and feelings with those closest to you?
When others wrong you, are you able to discuss it respectfully?
Are you able to let wrongs go even if the person doesn’t apologize?
Are you able to give more to someone than you are getting from them?
Are you able to solve problems with the right resources?
Are you able to give yourself rewards for reaching goals?
Do you have the ability to see how your actions may impact others?
Are you a good friend?
Do you do your best at whatever you are doing?
Are you able to learn from others?
Circle your top 10 values and write the date.

<table>
<thead>
<tr>
<th>Achievement</th>
<th>Generosity</th>
<th>Peace</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ambition</td>
<td>Giving Back</td>
<td>Perseverance</td>
</tr>
<tr>
<td>Appreciation</td>
<td>Gratitude</td>
<td>Persistence</td>
</tr>
<tr>
<td>Believe</td>
<td>Hard Work</td>
<td>Preparation</td>
</tr>
<tr>
<td>Believe In Yourself</td>
<td>Helping Others</td>
<td>Purpose</td>
</tr>
<tr>
<td>Caring</td>
<td>Honesty</td>
<td>Reaching Out</td>
</tr>
<tr>
<td>Character</td>
<td>Hope</td>
<td>Respect</td>
</tr>
<tr>
<td>Charity</td>
<td>Humility</td>
<td>Responsibility</td>
</tr>
<tr>
<td>Class And Grace</td>
<td>Ingenuity</td>
<td>Right Choices</td>
</tr>
<tr>
<td>Commitment</td>
<td>Inspiration</td>
<td>Rising Above</td>
</tr>
<tr>
<td>Common Ground</td>
<td>Integrity</td>
<td>Sacrifice</td>
</tr>
<tr>
<td>Compassion</td>
<td>Laughter</td>
<td>Sharing</td>
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<tr>
<td>Confidence</td>
<td>Leadership</td>
<td>Soul</td>
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<tr>
<td>Courage</td>
<td>Learning</td>
<td>Sportsmanship</td>
</tr>
<tr>
<td>Courtesy</td>
<td>Listening</td>
<td>Spread Your Wings</td>
</tr>
<tr>
<td>Dedication</td>
<td>Live Life</td>
<td>Stewardship</td>
</tr>
<tr>
<td>Determination</td>
<td>Live Your Dreams</td>
<td>Strength</td>
</tr>
<tr>
<td>Devotion</td>
<td>Love</td>
<td>Teaching By</td>
</tr>
<tr>
<td>Do Your Part</td>
<td>Loyalty</td>
<td>Example</td>
</tr>
<tr>
<td>Drive</td>
<td>Making A Difference</td>
<td>Team Work</td>
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<tr>
<td>Encouragement</td>
<td>Motivation</td>
<td>True Beauty</td>
</tr>
<tr>
<td>Excellence</td>
<td>Opportunity</td>
<td>Trust</td>
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<tr>
<td>Foresight</td>
<td>Optimism</td>
<td>Unity</td>
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<tr>
<td>Forgiveness</td>
<td>Overcoming</td>
<td>Vision</td>
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<tr>
<td>Friendship</td>
<td>Patience</td>
<td>Volunteering</td>
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</tbody>
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