



# ASPIRE

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# **Aspire**

## **Session #1 Hopes, Dreams & Goals**

**1. When you were a kid, what did you dream of being?**

**2. List some of the dreams you have now.**

**3. List one thing that makes you lose track of time.**

**4. What would others say you are good at?**

**5. Name something that you are not good at.**

**6. List some things you could “fill your life with”.**

## Self-Esteem Evaluation

1. How I feel about myself depends on what others think of me:

\_\_\_\_\_ Always    \_\_\_\_\_ Sometimes    \_\_\_\_\_ Never

2. When I am criticized I berate myself for being stupid:

\_\_\_\_\_ Always    \_\_\_\_\_ Sometimes    \_\_\_\_\_ Never

3. I easily ask for and accept help from others:

\_\_\_\_\_ Always    \_\_\_\_\_ Sometimes    \_\_\_\_\_ Never

4. I easily accept compliments:

\_\_\_\_\_ Always    \_\_\_\_\_ Sometimes    \_\_\_\_\_ Never

5. When I look in the mirror I see flaws in my appearance:

\_\_\_\_\_ Always    \_\_\_\_\_ Sometimes    \_\_\_\_\_ Never

6. I make time in my schedule for activities that support my health and well-being:

\_\_\_\_\_ Always    \_\_\_\_\_ Sometimes    \_\_\_\_\_ Never

7. I am uncomfortable expressing my opinions and feelings in my personal relationships:

\_\_\_\_\_ Always    \_\_\_\_\_ Sometimes    \_\_\_\_\_ Never

8. I do not like to admit that I don't know or understand something:

\_\_\_\_\_ Always    \_\_\_\_\_ Sometimes    \_\_\_\_\_ Never

9. In a restaurant, if I receive food that doesn't match my order, I say nothing and eat it anyway:

\_\_\_\_\_ Always \_\_\_\_\_ Sometimes \_\_\_\_\_ Never

10. I am confident and value myself:

\_\_\_\_\_ Always \_\_\_\_\_ Sometimes \_\_\_\_\_ Never

11. I openly express my opinions in class:

\_\_\_\_\_ Always \_\_\_\_\_ Sometimes \_\_\_\_\_ Never

12. I envy others:

\_\_\_\_\_ Always \_\_\_\_\_ Sometimes \_\_\_\_\_ Never

13. I believe my life would be better if I were more attractive:

\_\_\_\_\_ Always \_\_\_\_\_ Sometimes \_\_\_\_\_ Never

14. No matter what I do, I always find something wrong with the result:

\_\_\_\_\_ Always \_\_\_\_\_ Sometimes \_\_\_\_\_ Never

15. I believe I will never really be happy:

\_\_\_\_\_ Always \_\_\_\_\_ Sometimes \_\_\_\_\_ Never

## **Toot Your Horn**

[WWW.SELF-ESTEEMEXPERTS.COM](http://WWW.SELF-ESTEEMEXPERTS.COM)

**Honestly complete as many of the following statements as you can.**

- 1. Qualities that I like about myself are...**
  
- 2. I consider myself good at...**
  
- 3. I've been successful at...**
  
- 4. My friends would say that my positive qualities include...**
  
- 5. What I enjoy most is...**
  
- 6. I am loved by....**
  
- 7. People compliment me for...**
  
- 8. I laugh when I think about...**
  
- 9. I feel good about myself when I...**
  
- 10. I feel peaceful when...**

## Session #2: Reaching Your Goals/Self -Discipline

1. Self-discipline is determining what \_\_\_\_\_ to be done and \_\_\_\_\_ it (even when you don't feel like it).
2. In what areas of your life do you feel like you have a lot of self-discipline?
3. In what areas of your life could you have more self-discipline?
4. List the four *Steps of Self-discipline*.
5. Give an example of a long-term goal that is positive, personal, precise, possible and powerful.
6. What steps would it take to reach this goal?
7. Now list the things that would most likely distract a person from doing what it takes to reach this goal.
8. What plan could be put into place to overcome these distractions?
9. Why is accountability so important?

## Session 3 - The Domino Effect/Responsibility

1. List some choices that every teen has to make?

2. Who else could be affected by these choices?

3. How would you rate yourself on a responsibility scale of 1-10 with 10 meaning that you are always dependable?

4. What are some ways that you could be more dependable?

5. If a teen chooses to be sexually active, how might the following people be affected by that teen's choice?

Teen	Sexual Partner	Both Teens' Parents	Baby?	Team/Group teens are in	Future Spouses	Society

## Session 4 - Healthy vs Unhealthy Relationships

### The Ten Signs of Relationship Abuse:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

### Important Things to Remember About Abuse:

- 1.
- 2.
- 3.

### Recovering From an Unhealthy Relationship:

1. How would letting go of the things people have done to hurt you bring you freedom?
2. Why is it important to forgive, even if the person who hurt you is not sorry for what they did?
3. Take a minute and think about these questions....is there anyone that you need to forgive? Have you hurt someone and need to ask him or her for forgiveness?



## Relationship Quiz

### Part A

- |  |     |    |
|--|-----|----|
| 1. Does this person accept you as you are without trying to change you?      | Yes | No |
| 2. Do you enjoy this person's company most of the time?                      | Yes | No |
| 3. Does this person listen when you need to talk about a problem?            | Yes | No |
| 4. Does this person seem to understand you?                                  | Yes | No |
| 5. Is this person really what you want in a friend?                          | Yes | No |
| 6. Does this person say good things about you?                               | Yes | No |
| 7. Does this person consider what you want to do when making plans together? | Yes | No |
| 8. Is this person sensitive to your feelings?                                | Yes | No |
| 9. Does this person make you feel good about yourself?                       | Yes | No |
| 10. Can you be honest with this person?                                      | Yes | No |
| 11. Can you talk about your feelings with this person?                       | Yes | No |

### Part B

- |   |     |    |
|---|-----|----|
| 1. Does this person put you down or insult you?   | Yes | No |
| 2. Does this person ever threaten you?  | Yes | No |
| 3. Does this person often say negative things about others?                               | Yes | No |
| 4. Does this person ever try to make you feel bad about yourself?                         | Yes | No |
| 5. Does this person ignore you when you need help?  | Yes | No |
| 6. Does this person put you down if you don't have the same opinion as he/she does?       | Yes | No |
| 7. Is your friend jealous or possessive of you?   | Yes | No |
| 8. Does your friend pressure you to do things that you are know you should not do?        | Yes | No |
| 9. Do you feel "down" or frustrated after being with this friend?                         | Yes | No |
| 10. Has this person ever pushed, shoved, punched, choked, slapped or hurt you in any way? | Yes | No |

If you had mainly Yes answers in Part A and No answers in part B, you should appreciate this person and be a good friend in return. If the opposite is true, it may be time to re-evaluate this friendship.

## **Session #5 – Live Outside Yourself**

- 1. How does giving change others?**
- 2. How can giving change you?**
- 3. What is meant by “When you give, you can never fail”? How does this concept change the way you understand giving?**
- 4. Think through a typical day in your life. Make a list of the needs of others you come across from the time you wake up to the time you go to bed. How could you help meet each of those needs?**
- 5. What keeps you from meeting those needs?**
- 6. If you had one year to change something in the world for the better, what would it be? Why?**

# **My Mission in Life**

Name \_\_\_\_\_

**1. I want my future to include:**

**2. Four things I want to be known for:**

**3. The steps I will take to reach these goals:**

**4. Who's On My Team:**

**Accountability Partners-**

**Mentors-**

**5. Roadblocks I should be prepared for:**

**6. My plan to avoid or deal with these road blocks:**

**7. What can I do to positively impact my world?**