

# **SYMPLE EXERCISES** **TO BOOST OUR SELF-IMAGER**

## **Self Discovery Activities**

1. **Photo Story**: Give the participants a set of pictures from any photo language series. Out of them, they have to create a photo -story that explains the causes and effects of poor “self-image.”
2. **Role-play**: The group may role-play any situation where the good or bad effects of ‘self-image’ are exemplified.
3. **Write a short radio play script or a skit** about the influence the family has in the formation of our self-image. Prepare it and read it to the group in a dialogue form.
4. **Analysis of some ‘ fairy tales’** like Cinderella and Prince Charming “, where the heroine discovers her true worth through the eyes of her admirer or lover.
5. **Writing a new parable with a similar message** as the one of the Begging Bowl. Prepare it and present it to the house in any way you chose.
6. **Analyze some of the Gospel stories like** the one of Zacchaeus, Mary Magdalene etc... where sinners were transformed. Was their ‘ self-image’ changed?...if so, how

## **Self Discovery Exercise**

### **“MY STRENGTHS”**: **My Abilities and my Qualities**

#### **Abilities –**

**Write down a list of the abilities and strengths you have**: for instance, I have a strong physique I can sing, I can study well, I can play games, I can dance, I am good at math’s, I can make friends,, etc...

#### **Qualities -**

**Write down a list of your good personal qualities,** for instance I am kind, I am friendly, I am loyal, I am hard-working, I am religious minded, I am serviceable , I am polite, etc.

### **My Best Five Lists**

#### **Make a list of:**

- Your five best talents, abilities and strengths **Things I are good at**
- Your five best qualities and virtues, : **What a good guy I am**

**Sharing:** *(instructions to the participants)* `

- Share now, aloud with the entire group **My Best five Lists**
- Did you find it easy or hard to write the two **My Best five List**
- Next, share the feelings you experienced while writing **My Best five Lists**
- Share now, how do you feel while hearing other searing their **My five Best Lists**

**Reflection:**

- Why it is easier to find faults and deficiencies in ourselves than abilities and good qualities?
- Why do we find it award to disclose our strengths and good qualities to others?
- Has our self-image anything to do with the shyness we feel while disclosing our abilities and good qualities to mothers?
- Share your observations about the sharing of the other members of the group.

**Prayer:**

- One by one, pray aloud and spontaneously for the one at your right and the one on your left
- Ask The Lord that they may be able to discover, accept and thank Him for their abilities and good qualities