

Self Confidence Notes

Objective

To give the Rangers an understanding of the factors that build or limit self- confidence and to teach them how to use them to advantage.



DISCUSSION STARTERS	PERSONAL PROFILE TEST				
	Definitely	Probably	Neutral	Unlikely	Never
1. I am terribly hurt if someone criticizes me or scolds me.					
2. I find it hard to talk when I meet new people.					
3. I often feel lonely.					
4. I don't like to contribute to discussions in class.					
5. I doubt if I will be as successful as most people.					
6. I am deeply concerned when someone has a poor opinion about me.					
7. I do not want a job that demands a lot of competition.					
8. I tend to be a rather shy person.					
9. I tend to daydream a lot.					
10. I am eager to get along with others.					

MY STRENGTHS

The following are some areas in which strengths can be found. Some of us may have most of our strengths in one area such as sports, others may have one or two strengths in a number of areas. Use this guide to think of all the possible strengths you may have. Those listed are only examples, so include any that have not been mentioned. Remember, they are to be your strengths—it doesn't matter if you have a long or a short list of important strengths—no one else can have quite the same mixture as you.

Areas of Personal Strengths

Using your Reasoning Abilities:

1. Solving problems. You can stick with a problem until you've sorted it out.
2. You can pick up plots of films, plays, and books easily.
3. Curious mind. You can accept new ideas.
4. You can talk or write clearly about your ideas.
5. You sometimes have new ideas of your own.

Special Abilities:

1. Able to do sums quickly in your head.
2. Able to write clearly about facts or ideas.
3. Able to work well with your hands in making or repairing things.
4. Able to persuade others about the value of an idea.
5. Able to talk easily to different kinds of people.
6. Able to make the most of your appearance.
7. Able to make plants grow.
8. Able to cook well.
9. Able to speak foreign languages.
10. Able to climb mountains.

School Strengths:

1. What were you good at in primary school?
2. What are you good at in secondary school?
3. Any exams or other achievements such as music or drama.

Activities:

What activities do you enjoy?

1. Reading.
2. Making things, e.g. pottery.
3. Being with other people.
4. Solving puzzles and problems.
5. Selling things.
6. Outdoor activities and sports.
7. Helping people.
8. Listening to or playing music, singing.
9. Watching or helping in plays.
10. Writing poems.
11. Painting or designing things.
12. Speaking other languages.

Social Strengths:

1. Helping others.
2. Active in local community or church.
3. Able to make friends easily.
4. Sense of humor.
5. Understanding people's feelings.
6. Getting on at home with parents, brothers, and sisters.

Sports and Outdoor Activities:

1. Good at any sports.
2. Enjoy outdoor activities such as walking, camping, visiting historic or beautiful places, traveling.

Work Strengths:

What you might do well and enjoy at work. e.g. using a skill, selling things, meeting people, traveling.

A SELF PROFILE

Instructions: Consider yourself honestly. For each of the following attributes, put an "X" in one of the boxes numbered 1 - 5. Make a profile of yourself by joining the "X's" with a line.

	1	2	3	4	5	
Being able to accept criticism						One who reacts against criticism
Self confident						Lacking in self confidence
Tolerant						Intolerant
One who likes making friends and mixing with people						A person who likes to keep to himself
Having a good sense of humor						Lacking a good sense of humor
Trusting						Suspicious
Honest						Dishonest
One who generally accepts what teachers and leaders say						One who usually challenges what others say
Imaginative						Unimaginative
One who is easily hurt emotionally						Not very easily hurt, rather "tough-skinned"
One who knows just where he is going and what he wants out of life						Crazy mixed-up kid
One who has sorted out any problems in his relationship with his parents						One who is not interested in sorting out his relationship with his parents
Interested in helping others with their problems whenever possible						Have enough of your own problems and can't be bothered with others
Generally a happy person						Find nothing much to be happy about
Look forward to things in the future						Find nothing much to look forward to

Will Power Notes

Objective

To help the Ranger to understand the role of the will and how one develops will-power

Definition of the Wil

Questions for Discussion

- Do you find it easy to make decisions?
- Does it depend on the kind of situation you have to think and decide about?
- Do you know other young people who find decision-making easy? Difficult?

What Makes Decision Making Difficult?

How do you become strong in your decision-making?