



BUILDING CONFIDENCE AND PURPOSE THROUGH ACTIVE SELF-DISCOVERY

A Social-Emotional Learning and Leadership Development Program
for Classrooms, After-School Programs, Summer Camps, and Young
Adult Community Organizations

WORK BOOK AND JOURNAL

MIDDLE SCHOOL PROGRAM

An Empowering Program to Develop Courageous and Successful Youth

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Building Confidence and Purpose Through Active Self-Discovery
Student Edition

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A MESSAGE FROM THE CREATOR OF EMPOWERING CONFIDENT YOUTH

Remember being a young child and dreaming about what you wanted to be when you “grew up”? It was exciting to look forward to a future full of promise and dreams, like becoming an astronaut, pilot, or famous football player. Somewhere along the way, most young adults lose sight of their dreams, and often their sense of self along with it. This program is designed to help you dream again—but not only dream. This program will also help you gain a thorough understanding of yourself so you know what you want out of life.

Uncovering your dreams is half the picture. Developing the skills needed to turn that dream into a reality is the other half. So, we will do both. We will discuss practical life skills like setting goals, forming healthy habits, managing strong emotions, and more. What’s the result? We want you to see that you can succeed in life. You can be a self-aware, self-confident, and capable leader who relates well to others and can make a difference in this complex world.

Ready? Let’s get going, leaders.

Warm Regards,

Jean Paul Paulynice, M.B.A

Discovering Me

ECY Pillar 1: Understand the Unique Self

In this module, we will answer the question: **WHO AM I?**

Workspace:

Record notes or drawings regarding the activity, game, or project for this Module here.

THE BIG QUESTION

What is one discovery
you made about yourself
that is important to you?

Remember This!

Prepare:

Prepare for Module 2 by finishing two of the three sentence starters below:

My top three talents are:

The three things that most fascinate me are:

My favorite hobbies are:

Module One: Extension

Summarize:

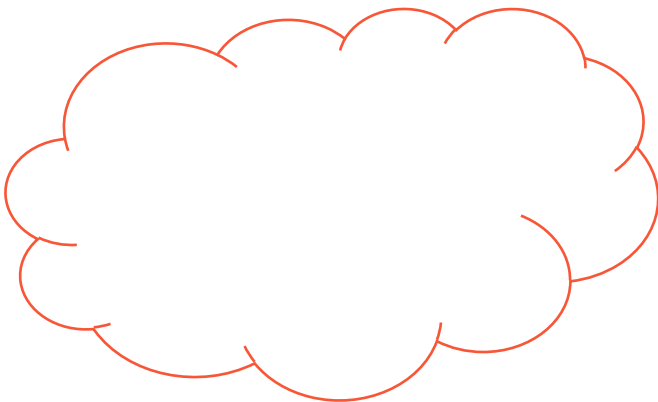
How would you summarize your learning in response to the question: **WHO AM I?**



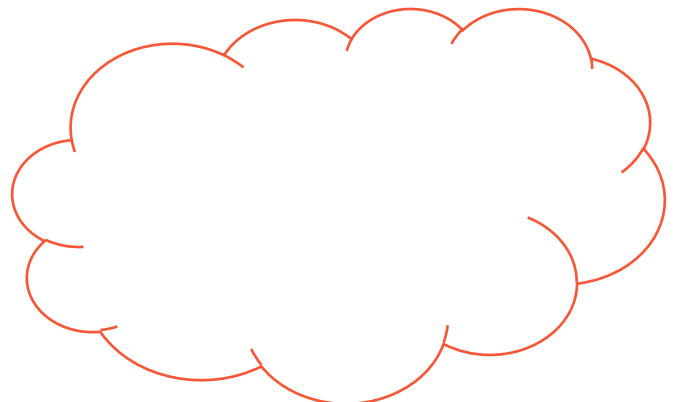
Wonder Words:

To review what you learned in this module, write a definition of each key term in your own words.

SEL



SELF-AWARENESS:



Module Two

SEL Competency:

Self-Awareness: Accurate self-perception

Understanding My Unique Self

ECY Pillar 1: Understand the Unique Self

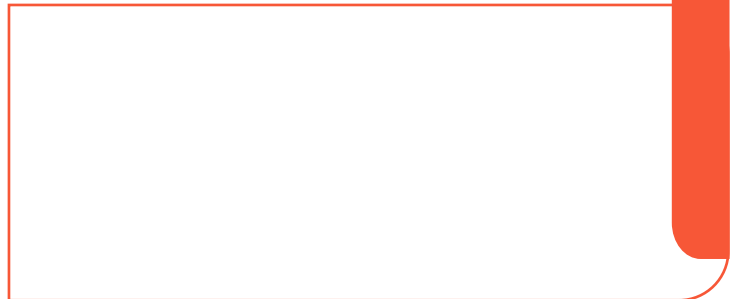
In this module, we will answer the question: **HOW DO I UNCOVER MY UNIQUE SELF?**

Workspace:

Record notes or drawings regarding the activity, game, or project for this Module here.

THE BIG QUESTION

What is one quality you have that will help you in school, your job, or your relationships?



Remember This!

Prepare:

Prepare for Module 3 by finishing this sentence:

Three non-negotiable principles of mine are:

Module Two: Extension

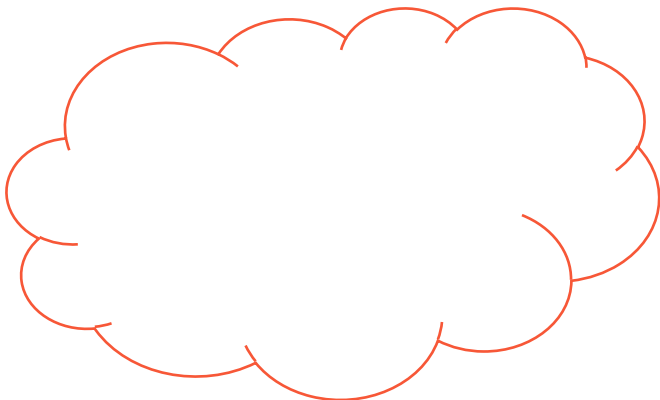
Summarize:

How would you summarize your learning in response to the question: **HOW DO I UNCOVER MY UNIQUE SELF?**

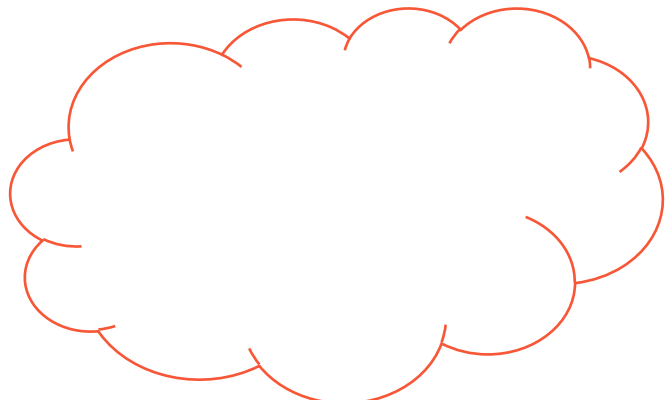
Wonder Words:

To review what you learned in this module, write a definition of each key term in your own words.

PASSIONS:



DREAMS:



Module Three

SEL Competency:

Self-Awareness: Recognizing strengths; self-confidence

Articulating My Core Values

ECY Pillar 2: Articulate Core Values

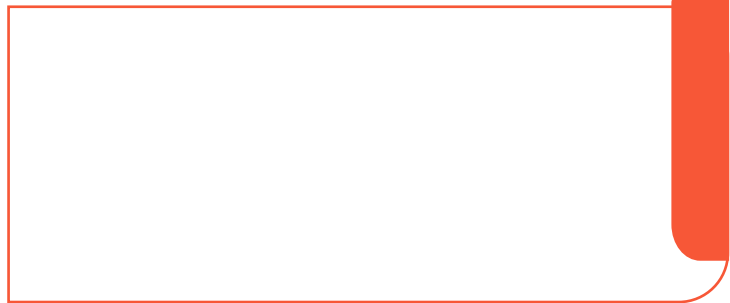
In this module, we will answer the question: **WHAT ARE MY CORE VALUES?**

Workspace:

Record notes or drawings regarding the activity, game, or project for this Module here.

THE BIG QUESTION

How can knowing yourself and your values help you get through a challenge that life will throw your way?



Remember This!

Prepare:

Prepare for Module 4 by finishing this sentence:

One thing I'm really amazing at is:

Module Three: Extension

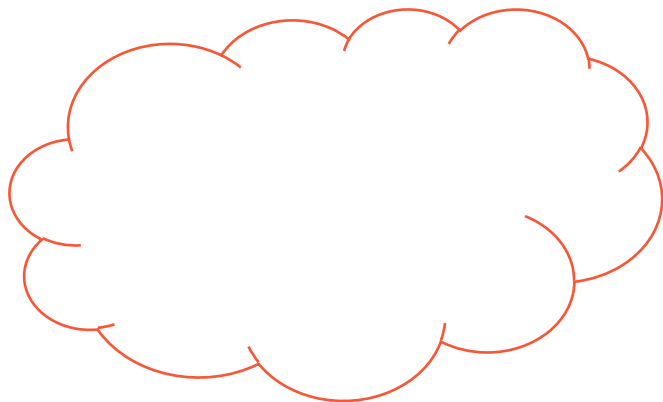
Summarize:

How would you summarize your learning in response to the question: **WHAT ARE MY CORE VALUES?**

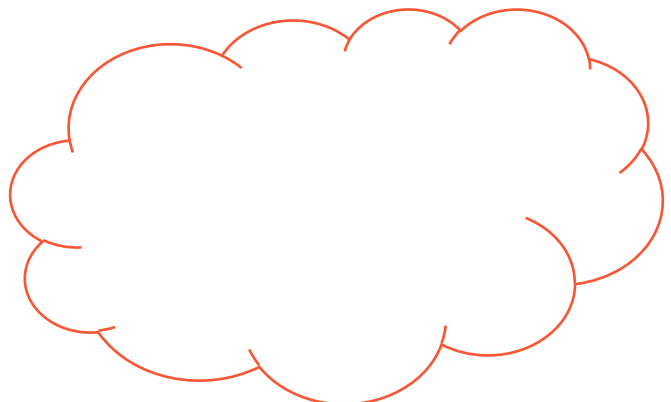
Wonder Words:

To review what you learned in this module, write a definition of each key term in your own words.

CORE VALUES:



_____: (Insert one
of your core values here.)



Module Four

SEL Competencies:

Self-Awareness: Recognizing strengths;

Self-Management: Introduction

Me and My Super Powers

ECY Pillar 3: Explore Personal Interests and Curiosities

In this module, we will answer the question: **WHAT ARE MY SUPERPOWERS (I.E., SKILLS, STRENGTHS, AND TALENTS)?**

Workspace:

Record notes or drawings regarding the activity, game, or project for this Module here.

THE BIG QUESTION

How might you use your
super power to help
SOMEONE ELSE?

Remember This!

Prepare:

Prepare for Module 5 by finishing this list, ranking the items from 1–10, in order of importance:

Ten things I am interested in are:

Module Four: Extension

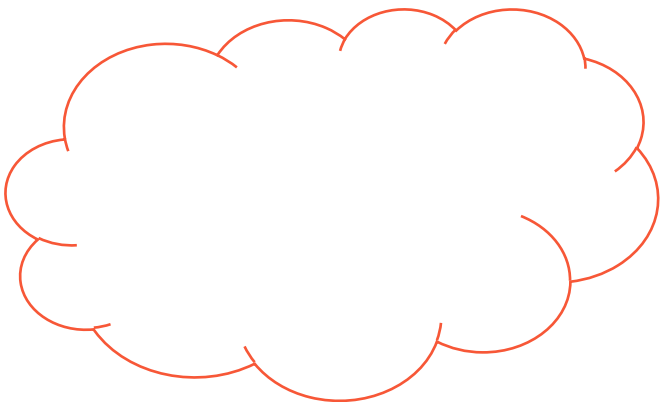
Summarize:

How would you summarize your learning in response to the question: **WHAT ARE MY SUPER POWERS (I.E., SKILLS, STRENGTHS, AND TALENTS)?**

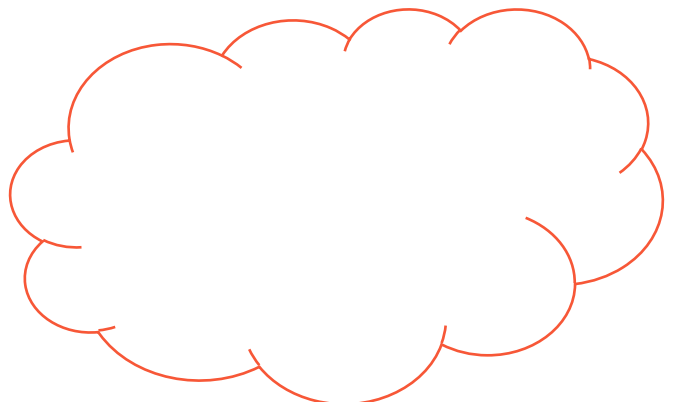
Wonder Words:

To review what you learned in this module, write a definition of each key term in your own words.

SELF-MANAGEMENT:



SUPER POWER:



Taking a Fresh Look at My Strongest Interests

ECY Pillar 3: Explore Personal Interests and Curiosities

In this module, we will answer the question: **WHAT ARE MY STRONGEST INTERESTS?**

Workspace:

Record notes or drawings regarding the activity, game, or project for this Module here.

THE BIG QUESTION

How can engaging with others who have the same interests as you help you to explore your interests or

Remember This!

Prepare:


Prepare for Module 6 by creating a bucket list of at least five things you want to do in life.

Five things I would like to do are:

Module Five: Extension

Summarize:

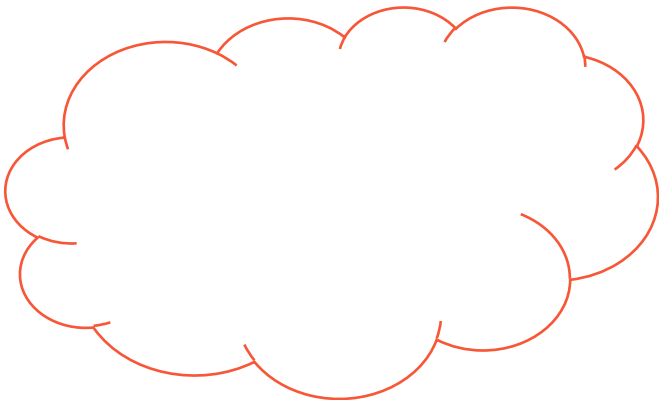
How would you summarize your learning in response to the question: **WHAT ARE MY STRONGEST INTERESTS?**



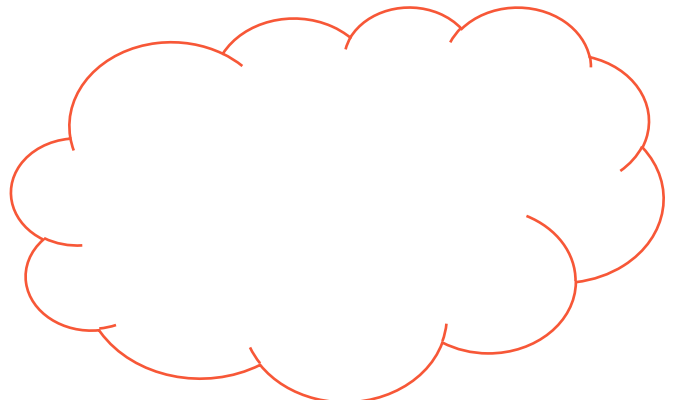
Wonder Words:

To review what you learned in this module, write a definition of each key term in your own words.

INTERESTS:



CURIOSITIES:



Module Six

SEL Competency:

Self-Management: Goal-setting;
organizational skills; self-discipline

Goal Setting and Purpose-Driven Choices

ECY Pillar 4: Set Goals and Evaluate Decisions

In this module, we will answer the question: **HOW DO I SET AND ACHIEVE PURPOSEFUL GOALS?**

Workspace:

Record notes or drawings regarding the activity, game, or project for this Module here.

THE BIG QUESTION

What is one thing you
can do today to get
started on your goal?

Remember This!

Prepare:

Prepare for Module 7 by finishing this sentence:

One reservation I have about my future is:

Module Six: Extension

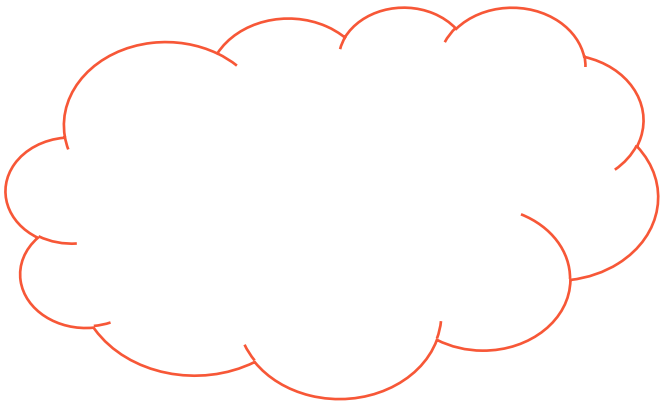
Summarize:

How would you summarize your learning in response to the question: **HOW DO I SET AND ACHIEVE PURPOSEFUL GOALS?**

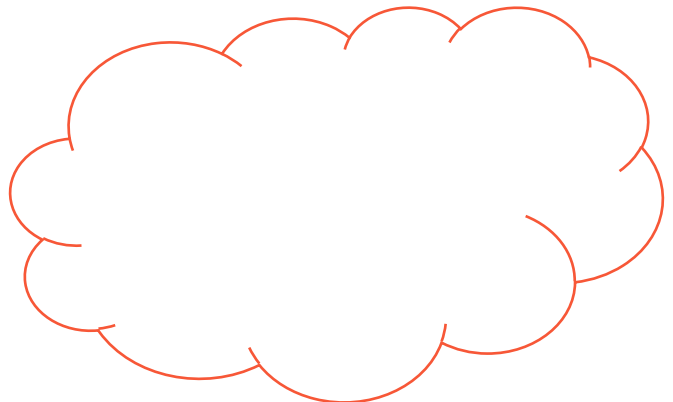
Wonder Words:

To review what you learned in this module, write a definition of each key term in your own words.

GOAL SETTING:



“SMART” GOALS:



Module Seven

SEL Competency:
Self-Management: Impulse control

Leaving My Doubts and Fears Behind

ECY Pillar 5: Confront Doubts and Fears

In this module, we will answer the question: **HOW DO I GET PAST MY DOUBTS AND FEARS?**

Workspace:

Record notes or drawings regarding the activity, game, or project for this Module here.

THE BIG QUESTION

Can you replace a fear or doubt with a positive affirmation about yourself?

Let's hear it!

Remember This!

Prepare:

Prepare for Module 8 by finishing this sentence:

Something that brings me hope for my future is:

Module Seven: Extension

Summarize:

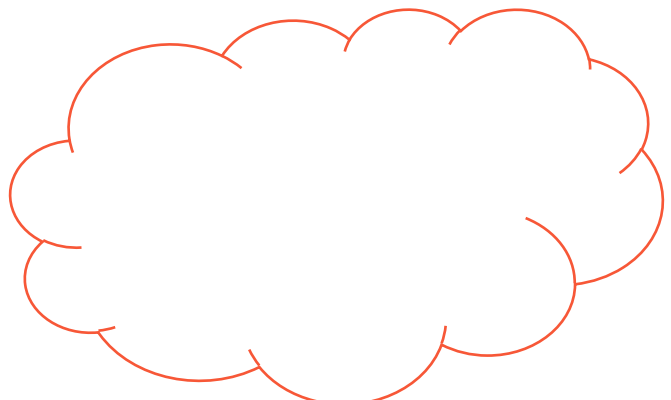
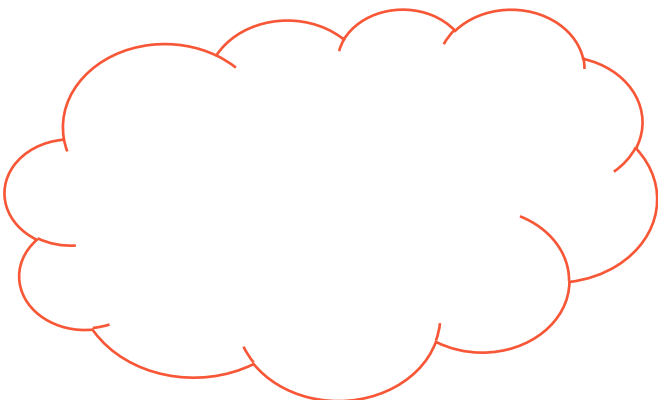
How would you summarize your learning in response to the question: **HOW DO I GET PAST MY DOUBTS AND FEARS?**

Wonder Words:

To review what you learned in this module, write a definition of each key term in your own words.

DOUBTS:

AFFIRMATIONS:



Module Eight

SEL Competency:

Self-Management: Self-confidence; self-efficacy

Responsible Decision-Making: Identifying problems; reflecting

Building My Confidence Muscle

ECY Pillar 6: Build Self-Confidence

In this module, we will answer the question: **HOW DO I BUILD MY CONFIDENCE MUSCLE?**

Workspace:

Record notes or drawings regarding the activity, game, or project for this Module here.

THE BIG QUESTION

What is one way you feel
better prepared to
succeed?

Remember This!

Prepare:

Prepare for Module 9 by finishing this sentence:

A good friend and citizen is someone who:

Module Eight: Extension

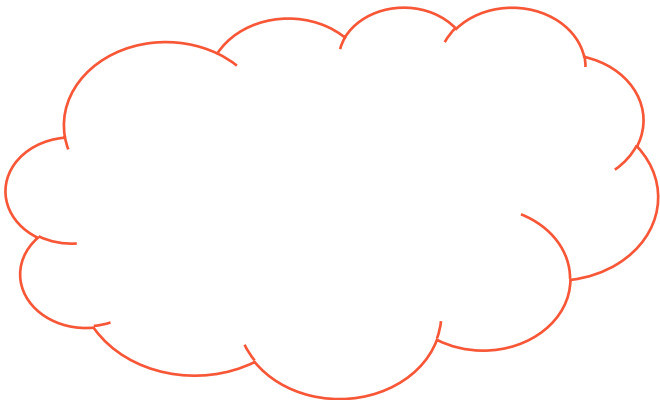
Summarize:

How would you summarize your learning in response to the question: **HOW DO I BUILD MY CONFIDENCE MUSCLE?**

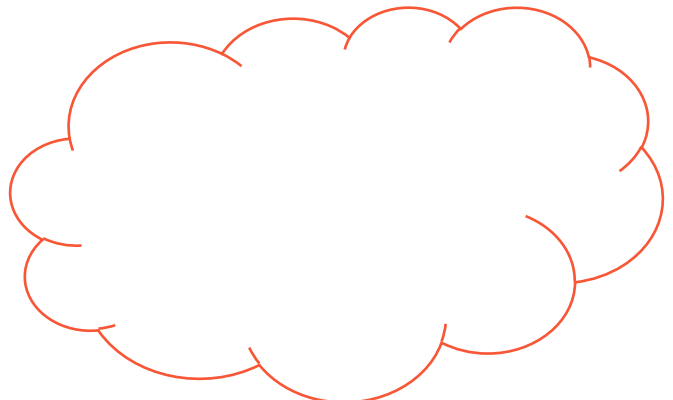
Wonder Words:

To review what you learned in this module, write a definition of each key term in your own words.

CONFIDENCE:



SELF-EFFICACY:



Module Nine

SEL Competency:

Social Awareness: Empathy; respect for others; perspective-taking, appreciating diversity

Relationship Skills: Social engagement; teamwork; relationship building; communication

Owning My Place in the World

ECY Pillar 7: Develop Social Skills and Community Awareness

In this module, we will answer the question: **HOW DO I OWN MY PLACE IN THE WORLD?**

Workspace:

Record notes or drawings regarding the activity, game, or project for this Module here.

THE BIG QUESTION

What is one thing you want to do to be a better friend or citizen?

Remember This!

Prepare:

Prepare for Module 10 by finishing the sentence starters:

I experience stress when:

When I am stressed, I:

Module Nine: Extension

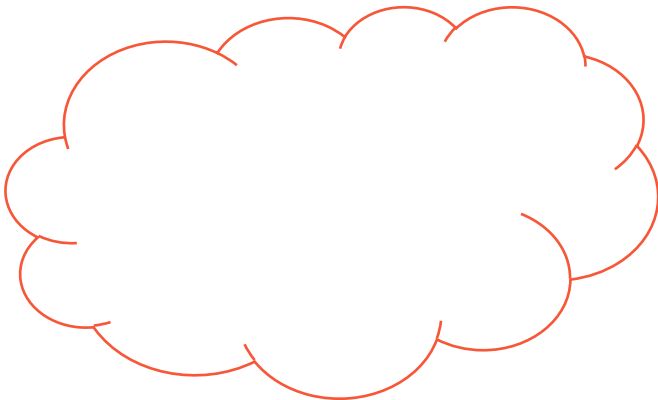
Summarize:

How would you summarize your learning in response to the question: **HOW DO I OWN MY PLACE IN THE WORLD?**

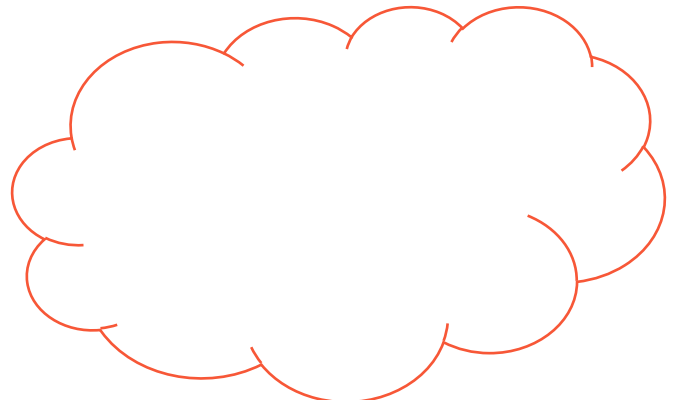
Wonder Words:

To review what you learned in this module, write a definition of each key term in your own words.

STRESS MANAGEMENT:



RESILIENCE:



Module Ten

SEL Competency:

Self-Awareness: Identifying emotions

Self-Management: Stress management; impulse control

Understanding and Controlling My Emotions

ECY Pillar 8: Manage Emotions

In this module, we will answer the question: **HOW CAN I MANAGE MY EMOTIONS IN HEALTHY WAYS?**

Workspace:

Record notes or drawings regarding the activity, game, or project for this Module here.

THE BIG QUESTION

What did you learn about yourself and your emotions?



Remember This!

Prepare:

Prepare for Module 11 by finishing this sentence:

The most important quality in a leader is:

Module Ten: Extension

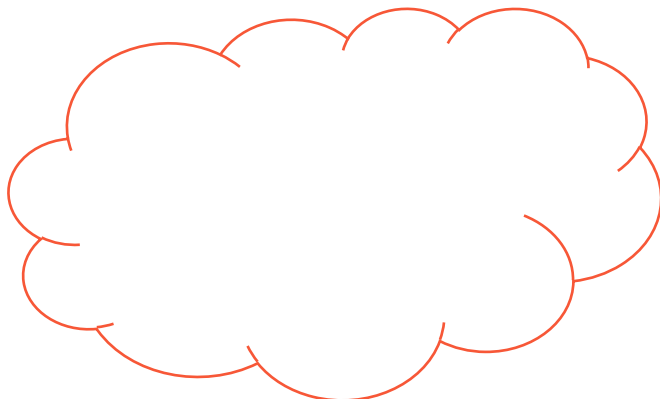
Summarize:

How would you summarize your learning in response to the question: **HOW CAN I MANAGE MY EMOTIONS IN HEALTHY WAYS?**

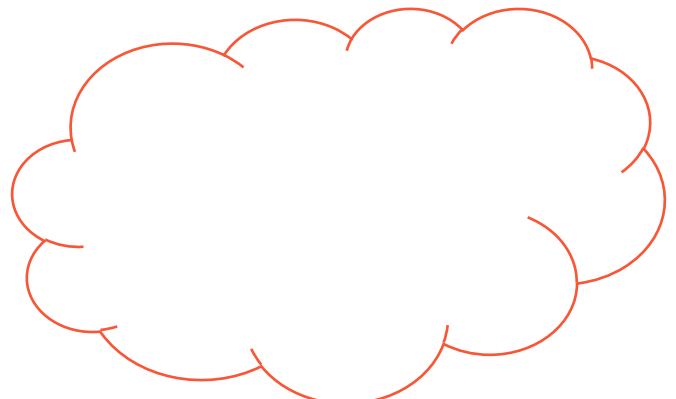
Wonder Words:

To review what you learned in this module, write a definition of each key term in your own words.

STRESS MANAGEMENT:



RESILIENCE:



Module Eleven

Becoming a Leader

SEL Competency:

Relationship Skills: Social engagement; communication

Responsible Decision-Making: Analyzing situations; solving problems; evaluating ethical responsibility

ECY Pillar 9: Cultivate an Entrepreneurial Spirit

In this module, we will answer the question: **HOW DO I BECOME A LEADER?**

Workspace:

Record notes or drawings regarding the activity, game, or project for this Module here.

THE BIG QUESTION

What is your biggest
takeaway from this
program?

Remember This!

Prepare:

Prepare for your future by finishing this sentence:

I will be a leader by:

Module Eleven: Extension

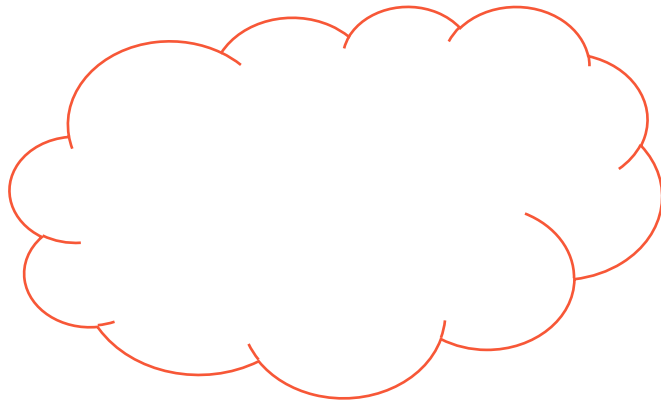
Summarize:

How would you summarize your learning in response to the question: **HOW DO I BECOME A LEADER?**

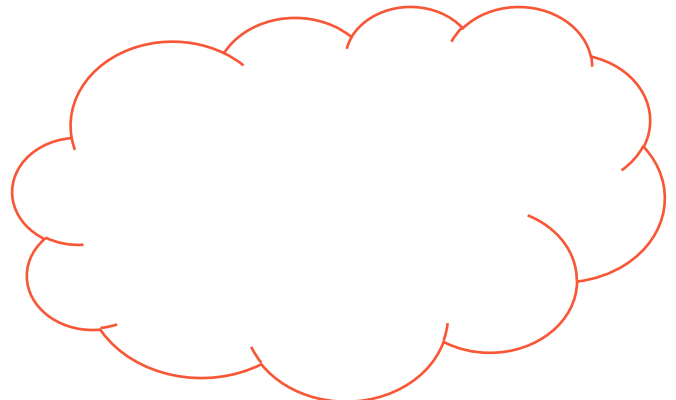
Wonder Words:

To review what you learned in this module, write a definition of each key term in your own words.

LEADERSHIP:



ENTREPRENEURIAL SPIRIT:



End-of-Workshop Evaluation

Thank you for being a part of our journey! Your feedback is very important, and we'd like to know what you thought of **Building Confidence and Purpose Through Active Self-Discovery**. Thanks for answering these questions. We won't put your name on this sheet, so feel free to be totally honest.

1. Overall, what did you think of the workshop series?

2. What was your favorite part of the workshop?

3. What was your least favorite part of the workshop?

4. Have you made any changes in your daily life at school, at home, or in the community because of the class? Please share an example.

5. On a scale of 1–5, with 5 being the best, how would you rate your workshop instructor? Why?

6. Do you have any suggestions to help us improve the course?

From the list below, circle each area you feel has improved from taking this workshop. If you feel like a characteristic about you has stayed the same, draw a line through it.

- *My understanding of myself*
- *My understanding of my core values*
- *My understanding of my personal interests*
- *My understanding of the things in my life that give me purpose*
- *My ability to set goals and take steps to achieve them*
- *My understanding of my doubts and fears*
- *My ability to confront and work through doubts and fears*
- *My self-confidence*
- *My relationships at school*
- *My relationships at home*
- *My happiness or passion for life*
- *My “entrepreneurial spirit” or leadership skills*

Write one to three sentences below to describe how you feel about yourself and the workshop after having taken it.



EMPOWERING CONFIDENT YOUTH[®]

BUILDING CONFIDENCE AND PURPOSE THROUGH ACTIVE SELF-DISCOVERY

An Empowering Program to Develop Courageous And Successful Youth

This innovative program from Empowering Confident Youth offers a fresh new perspective on social-emotional learning. **Building Confidence and Purpose Through Active Self-Discovery** provides middle school students, along with their instructors, an opportunity to dive deep into themselves to clearly articulate their core identities, their personal interests, and sources of joy in their lives. We hope this program, based on our nine Key Pillars, will inspire young people to start on a path of purpose-driven choices, working toward passion-aligned goals. We want the youth of upcoming generations to build bright futures on firm foundations of self-confidence, determination, resilience, and enthusiasm.

"I would recommend the Empowering Confident Youth program to my friends, because it can really change your perspective of the world and the people in it. I also think this program boosts your self-confidence and gives me important tips for the future."

Leire, 8th Grader YMCA of Central Massachusetts

EmpoweringConfidentYouth.com

