

FREEDOM TO BE MYSELF



LEVEL

Advanced Level

AGE GROUP

17 – 20 year olds

TOPIC

Freedom to be Myself



EXPECTED LEARNING OUTCOMES

Knowledge

Understand the meaning and importance of self-confidence, self-direction, and goal-setting for achieving success and personal growth.

Skills

Practice self-reflection and self-assessment techniques to identify areas for personal growth and development.

Attitudes

Demonstrate a positive attitude towards personal growth and development, and maintain a sense of optimism and resilience in the face of adversity.



EXPLAINER VIDEO

We all have dreams and aspirations for the future. But have you ever felt like you're not good enough to achieve them? Like you're not confident in your abilities to make them a reality? Well, the truth is, self-confidence is crucial when it comes to planning for the future. And in this video, we're going to show you why.

When you lack self-confidence, it's easy to feel like you're not capable of achieving your goals. You may feel like you don't have the necessary skills, resources, or knowledge to make your dreams a reality. This negative self-talk can lead to feelings of anxiety, self-doubt, and fear of failure. And when you're planning for the future, this can be especially challenging.

When you build self-confidence, you begin to believe in yourself and your ability to achieve your goals. The more confident in your own abilities you become, the more likely you are to take risks, try new things, and pursue your passions. One of the main ways that this can be accomplished is by being positive in the way you talk to yourself which can lead to feelings of excitement, determination, and motivation to succeed.

Self-confidence also has a big impact on the way that others perceive you. When you're confident in yourself, you become more positive and optimistic in your own capabilities which makes others take notice. You're more likely to attract opportunities, build meaningful relationships, and inspire others to follow your lead.

That's why you should focus on building your self-confidence. Building self-confidence starts with self-awareness. Start by recognising your own strengths, skills, and talents, and begin to focus on them. When you are presented with an opportunity to develop new skills, don't be afraid to take them. Try to surround yourself with positive and supportive people who believe in you and your ability to succeed!

Remember to practice self-reflection and self-awareness every day and build those confidence skills! Self-confidence is a skill that can be developed and nurtured over time - the more you practice it, the more confident you'll become.

So when you are planning for your future remember - self-confidence is key! Believe in yourself, focus on your strengths, and don't be afraid to take risks! With self-confidence, you can achieve anything that you set your mind to and make your dreams a reality!



CHECK-IN QUIZ

Take this quiz to check in with yourself and test your confidence in your own abilities and your future! Answer as honestly as possible and check your score at the end to see how you did.

1. How do you feel when you think about your future goals?
 - a. Excited and motivated
 - b. Anxious and overwhelmed
 - c. Indifferent or unsure
2. Have you set specific, measurable, achievable, relevant, and time-bound (SMART) goals for your future?
 - a. Yes, I have set clear goals and a plan to achieve them.
 - b. I have some general ideas but haven't created a specific plan yet.
 - c. No, I haven't thought much about my goals.
3. How do you react when faced with setbacks or obstacles in pursuing your goals?
 - a. I see them as challenges to overcome and keep pushing forward.
 - b. I get discouraged and sometimes give up on my goals.
 - c. I haven't faced many setbacks yet.
4. How confident are you in your ability to achieve your goals?
 - a. Very confident, I believe in myself and my abilities.
 - b. Somewhat confident, but I have some doubts and uncertainties.
 - c. Not very confident, I don't know if I can achieve my goals.
5. Do you seek support and guidance from others in pursuing your goals?
 - a. No, I prefer to work independently.
 - b. Sometimes, but I also like to figure things out on my own.
 - c. Yes, I actively seek advice and help from others.

Answer Key

For each question, give yourself:

- 3 points for every "a" answer
- 2 points for every "b" answer
- 1 point for every "c" answer

Scoring answers

11-15 points: You have strong self-confidence in your abilities and the future! Keep up the great work!

5-10 points: You have some work to do in building self-confidence when it comes to the future, but it's getting there! Keep working towards it by setting clear goals and working towards small goals for the future!

1-4 points: Your self-confidence could use some improvement! Start by being kind to yourself, engaging in self-care, and surrounding yourself with kindness.



ARTICLE: PLANNING FOR THE FUTURE!

PLANNING FOR THE FUTURE!

Self-confidence and setting goals are two important skills that can help you succeed in life. When you have confidence in yourself and your abilities, you're more likely to take risks, try new things, and achieve your goals. At the same time, setting goals gives you a roadmap to follow, helps you stay focused, and provides a sense of accomplishment when you reach them. Here's what you need to know about these important life skills.

Self-confidence is the belief in your own abilities, qualities, and judgement. It's the foundation of a positive self-image and can affect every aspect of your life, from your relationships to your career. To build self-confidence, focus on your strengths and acknowledge your weaknesses. Surround yourself with positive people who support you, and try new things to stretch yourself and build your confidence. Finally, be kind to yourself. Treat yourself with the same respect and compassion that you would offer a good friend.

Setting goals is the process of defining what you want to achieve in the future and developing a plan to get there. It's a powerful tool for motivation, as it gives you something to work towards, and it helps you prioritise your time and energy. When setting goals, be specific, measurable, and realistic. Make sure your goals are meaningful to you and align with your values. Create a timeline, break your goals down into smaller, more manageable steps, and track your progress along the way.



Finally, it's important to remember that self-confidence and goal setting are skills that you can continue to develop and refine over time. Celebrate your successes, learn from your failures, and keep pushing yourself to grow and improve. With hard work, determination, and a positive attitude, you can achieve anything you set your mind to.

In conclusion, self-confidence and setting goals are essential life skills that can help you achieve your full potential. By building self-confidence, setting achievable goals, and being kind to yourself, you'll be well on your way to a happy and successful future. So, don't be afraid to take that first step and start working towards the life you want today!

SELF-HELP ACTIVITY: MY CLEAR GOALS

MY CLEAR GOALS

Setting goals can seem very daunting and anxiety-inducing for most young people. It can make you anxious to think about the future when you feel like you do not know what you're doing. However, goal-setting can actually be very impactful on building self-confidence because it provides a clear direction for what you want to achieve, and helps you focus on the steps needed to make it a reality. Setting and achieving goals is a great way to challenge yourself, learn new skills, and overcome obstacles. When you successfully achieve a goal, it gives you a sense of accomplishment and reinforces the belief that you are capable of achieving even more.

In this activity, you will practice goal-setting in your personal life by using the SMART/CLEAR goals methods. Follow the steps below to set some realistic but optimistic goals to build your self-confidence and a few skills along the way!

1. Think about a goal that you would like to achieve in the next 6-12 months. It can be related to anything in your life such as education, health, personal things, hobbies, professional achievements.
2. Write down your goal in a clear and specific way such as "I will improve my fitness by going running everyday and reaching 10 kilometres a day by the end of the year".

3. Make such that your goal is measurable so you can track your progress and know when you have achieved it, for example "I will run increase the distance I run by 1 kilometre every month."

4. Ensure that your goal is achievable and relevant. This means that it is realistic and aligned with what you actually want to do. Try to think of any potential barriers or challenges that you may face and how you will overcome them.

For example, "I will make sure that I am able to achieve my goal by slowly increasing the distance every week, making sure that I run consistently and don't overexert myself. This is important to me because I want to get fitter to improve my mental health."

5. Set a deadline for your goal which is realistic but challenging, for example "I will run 3.5 kilometres every day in 3 months' time".
6. Make sure that you review and revise your goal regularly by checking your progress and make changes where necessary.

Important tips:

- Make sure that you celebrate all the successes, no matter how small.
- Try to remain motivated by regularly checking in with yourself.

Link to Video:

Setting SMART Goals – How to Properly Set a Goal (animated) by Better than Yesterday:

<https://www.youtube.com/watch?v=PCRSVRD2Eak>

VIDEO LIBRARY

Why the secret to success is setting the rights goals *by John Doerr*

<https://www.youtube.com/watch?v=L4N1q4RNI9I>

SMART Goals – Quick Overview *by DecisionSkills*

<https://www.youtube.com/watch?v=1-SvuFIQjK8>

What is Self-Esteem? *by ClickView*

<https://www.youtube.com/watch?v=E8R27mqUQK8>



IRENE

Family Learning to Address Domestic Violence

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