

In your groups, please complete the following about your chosen topic. You have approximately 15 minutes, before we will switch groups.

- 1) A summary of the section
- 2) Why does the section matter?
- 3) How does it relate to being proactive?
- 4) Examples of your section “in practice”
- 5) Images representing your section

# Value Walk

Please read the statement  
and based on your  
personal feelings, move to  
that side of the room.  
Also, please record the  
“Why?” in your notes.

1

When I am upset I need to  
first look at myself to see  
what is wrong.

2

A “Can-Do” attitude is  
really just another word for  
being pushy/bossy.

3

If someone does not like  
me, it is their fault.

4

It's not what happens to  
you in life, it's what you do  
about it that makes you  
who you are.

# The Personal Bank Account



Interpret the meaning in 3-4 sentences.

“The real tragedy is the tragedy of the man who never in his life braces himself for his one supreme effort-he never stretches to his full capacity, never stands up to his full stature.”





You must first begin with yourself. This is an  
“inside out” change.

*When I was young and free and my  
imagination had no limits, I dreamed of  
changing the world. As I grew older and wiser, I  
discovered the world would not change, so I  
shortened my sights somewhat and decided to  
change only my country.*

*But it, too, seemed immovable.*

*As I grew into my twilight years, in one last  
desperate attempt, I settled for changing only  
my family, those closest to me, but alas, they  
would have none of it.*

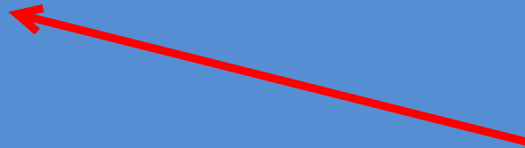
*And now as I lie on my deathbed, I suddenly  
realize: If I had only changed my self first, then  
by example I would have changed my family.  
From their inspiration and encouragement, I  
would then have been able to better my  
country and, who knows, I may have even  
changed the world.*

Meaning??



How you feel about yourself is what we call the *personal bank account*.

Deposits



Withdrawals



# Personal Bank Account

## Deposits



- Keep Promises to yourself
- Do small acts of kindness
- Be honest
- Renew yourself
- Tap into yourself



## Withdrawals



- Break promises to yourself
- Keep to yourself
- Dishonesty
- Wear yourself out
- Neglect talents

Examples??

# Exit Slip

Take a few minutes and create a “Top 10” ways to increase someone’s personal bank account. Try to vary them in level of importance from 1-10 (with 1 being the most important).

