

Black Dot Exercise



Rules of Engagement

Future STRONG Academy



**Present,
Polite
&
Positive**

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Workflow:

Black dot exercise

Rules of engagement

Name on board and strength

Perspective

Mindful minute

Thought exercise

Why love yourself?

Read out poem

Why it is difficult to love oneself?

Brain break

Steps to love yourself

Worksheets

Strengths and star dust

Takeaway



Why?

If there were no benefits to loving oneself no one would be encouraged to do it.



The rose that grew from concrete

by
Tupac Shakur

Tupac Shakur (1971-1996) was an African American rapper, actor, poet, and activist.

Did you hear about the rose that grew
from a crack in the concrete?
Proving nature's laws wrong it
learned to walk without having feet.

Funny it seems, but by keeping its dreams,
it learned to breathe fresh air.
Long live the rose that grew from concrete
when no one else ever cared.



Why?

It is difficult to love ourselves as much as we love others because we know our own flaws.

Why is our anxiety through the roof?

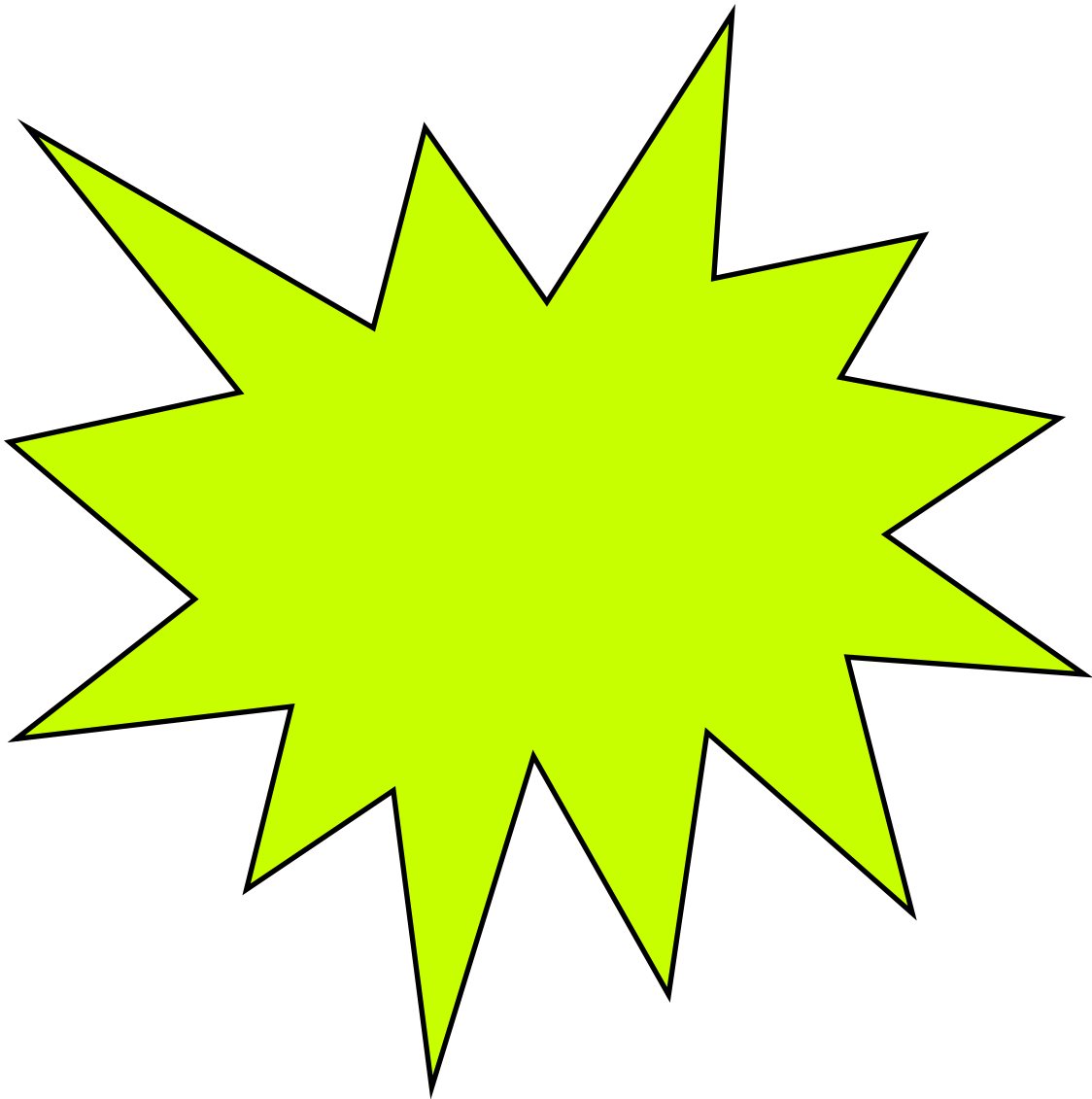
We are becoming more outspoken, we have more awareness.

We're seeing others' happy moments always on display and comparing it with our own flawed, less stimulating life. This is leading to more self loathing and anxiety.



I'm the center of my galaxy

- Double down on my strengths
and
- Turn my weaknesses into star dust



Vocabulary:

Unconditional

Positive

Regard

Quote:

You can't really love others if you don't love yourself first.

Watch:

The Power of Forgiveness | The Science of Happiness

https://www.youtube.com/watch?v=8o9_TlZyB_Y

