

Defining your personal power (self worth, personal responsibility, integrity)

From: Create a Culture of Kindness in Middle School

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1. Do things that make you feel confident, and engaged. Exercise your talents and interests. Remember to participate in things that make you happy!
2. Never allow anyone to make you feel less than who you are. *Remember: You are special and have qualities that make you who you are! Head held high, shoulders back. No one has the right to make you feel less of a person.
3. You have the power to change your brain. Envision yourself with confidence and personal power. When a negative situation arises, remind yourself you are strong and confident. Imagine a positive image that can help you get through the negativity.