



WHO ARE YOU?
SELF DISCOVERY

Survey time

STATE YOURTM
CASE

CONFLICT ANGER SELFESTEEM

@nywusa

<https://case-nywusa.herokuapp.com/schools>

Defining Who You Are



Importance of Knowing You

- ☐ You won't take what people say and accept it.
- ☐ You become what you aspire to be
- ☐ You hold yourself in high esteem, and be confident in what you do.
- ☐ Knowing who you are helps you to realize the value you have to yourself and the society.
- ☐ helps you to remember why you work hard, and not take anything for granted, since things can change at any point in time.

Backing It Up

"Knowing others is intelligence; knowing yourself is true wisdom.

Mastering others is strength; mastering yourself is true power."

-Lao Tzu, Tao Te Ching

DIAMONDS
& Pearls

Creating a Positive Narrative



I know how to _____, don't I (what I do)

I know how to _____, don't I (what I do)

_____, that's a fact

Say it louder for the people in the back.

(a positive thing about your ability)

Example:

I know how to go and make an A, don't I

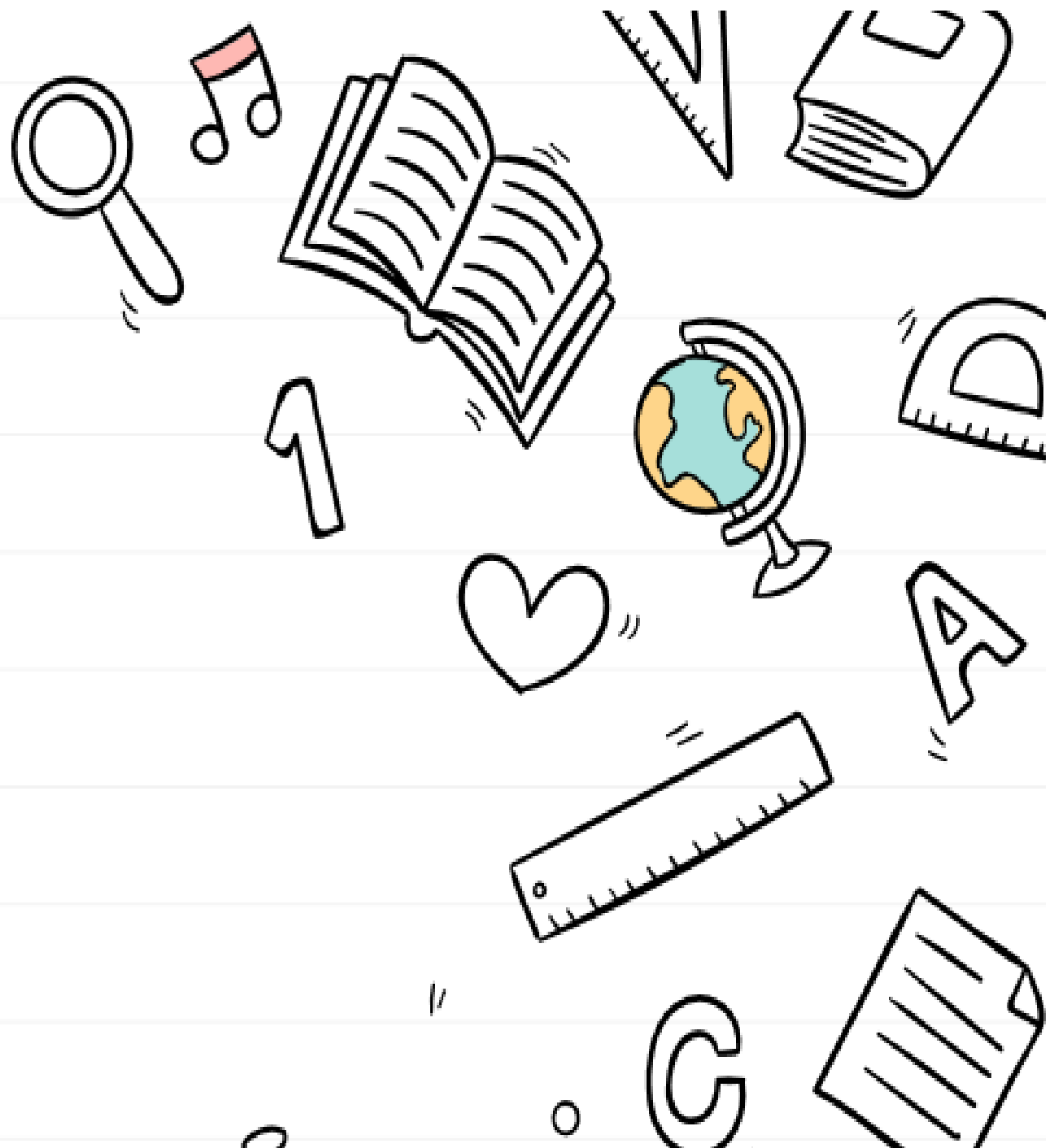
I know how to work and make the grade, don't I

Make the haters say forget the rest, that's a fact

She's the best, and there ain't no others left



SELF REFLECTION





LEFT SIDE

What you
see when
you look in
the mirror.



RIGHT SIDE

What people
to see when
they look at
you.



**WHAT DO YOU WANT
PEOPLE TO SEE WHEN
THEY LOOK AT YOU.**



Why Do I Need to Know About My Personality?

A personality test is usually completed to yield a description of an individual's distinct personality traits. In most instances, your personality will influence relationships with your family, friends, and classmates, contribute to your health and well-being, and even impact your future career. Knowing about ourselves and how we can work with different personalities will help you become your best self.



Activity (7 min)

Silently and
independently
complete the True
Colors Personality
Test.

Use the sentences below to describe your personality.

1. When I make decisions:

- a. I do it quickly and go with the first impressions.
- b. I think about it, consider the options and then decide.
- c. I listen to my feelings and consider how my decisions will affect others.
- d. I take it seriously and always try to make the right decision.

2. The best way for others to show me they care about me is to:

- a. Do fun things with me.
- b. Give me space to be myself.
- c. Spend time with me doing whatever.
- d. Do what I want to do, not let me down or go back on their word.

3. When I'm with my friends, I like to provide:

- a. The excitement, the fun, the jokes.
- b. Questions, answers, a logical way of looking at things.
- c. Concern for others, a lot of caring.
- d. The planning, a sense of security, a good standard.

4. I like to:

- a. Act on a moment's notice, do risky things.
- b. Provide answers or give thought to people's questions.
- c. Help maintain a sense of harmony and togetherness.
- d. Be responsible, dependable, and helpful to others.

Below are 11 incomplete sentences that describe people. Each sentence has four possible endings. Give four points to the phrase that is "most like you," three points to the phrase that is "next most like you," two points to the next phrase, and one point to the phrase that is "least like you."

Use the sentences below to describe your personality.

1. When I make decisions:

- _____ a. I do it quickly and go with the first impressions.
- _____ b. I think about it, consider the options and then decide.
- _____ c. I listen to my feelings and consider how my decisions will affect others.
- _____ d. I take it seriously and always try to make the right decision.

2. The best way for others to show me they care about me is to:

- _____ a. Do fun things with me.
- _____ b. Give me space to be myself.
- _____ c. Spend time with me doing whatever.
- _____ d. Do what I want to do, not let me down or go back on their word.

3. When I'm with my friends, I like to provide:

- _____ a. The excitement, the fun, the jokes.
- _____ b. Questions, answers, a logical way of looking at things.
- _____ c. Concern for others, a lot of caring.
- _____ d. The planning, a sense of security, a good standard.

4. I like to:

- _____ a. Act on a moment's notice, do risky things.
- _____ b. Provide answers or give thought to people's questions.
- _____ c. Help maintain a sense of harmony and togetherness.
- _____ d. Be responsible, dependable, and helpful to others.

5. One thing I am really good at is:

- _____ a. Acting courageously.
- _____ b. Thinking.
- _____ c. Being sensitive.
- _____ d. Organizing.

6. Friends who know me best would say that I am:

- _____ a. Competitive.
- _____ b. Reserved, thoughtful.
- _____ c. Emotional, friendly.
- _____ d. Neat, prepared.

7. My basic approach to life is:

- _____ a. To take one day at a time and have fun.
- _____ b. To figure out what life is all about.
- _____ c. To help others and be happy and succeed.
- _____ d. To plan for the future and make it as good as possible.

8. When I am feeling discouraged or "down in the dumps":

- _____ a. I often become rude, mad, or sometimes even mean.
- _____ b. I withdraw, don't talk very much, and try to think my way out of the problem.
- _____ c. I feel emotional, am sad, and usually like to talk it over with someone close to me.
- _____ d. I try to figure out what's causing the problem and fix it.

9. I feel good about myself when:

- _____ a. I can do things that are difficult.
- _____ b. I can solve problems or figure things out.
- _____ c. I can help other people.
- _____ d. I am appreciated or rewarded for things I do.

10. Teachers at school who saw me when I wasn't on my best behavior might describe me as:

- _____ a. Rowdy or a little wild.
- _____ b. Arrogant.
- _____ c. Talkative.
- _____ d. Someone who wants things my way, dominant, worrying.

11. Teachers at school (who like me and in whose class I do pretty well) would probably describe me as:

- _____ a. Charming, a natural leader, clever, someone who is fun to have around.
- _____ b. Thoughtful, someone who has good answers, someone who likes to figure out problems.
- _____ c. Nice, friendly, someone who gets along with other students and is helpful to the teacher and others.
- _____ d. Neat, organized, prepared, someone who does assignments and is a good student.

Score Tabulation (5 min)

Let's walk through the tally sheet
and reveal YOUR true colors!

Number	A	B	C	D
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
TOTAL				

Total your columns and place your results in the blanks below.

- a. Orange
- b. Green
- c. Blue
- d. Gold

What is your first color?

What is your second color?

Who's In The Room? (5 min)

Enthusiastic, Sympathetic,
Personal, Warm,
Communicative,
Compassionate, Idealistic,
Spiritual, Sincere,
Peaceful, Flexible,
Imaginative

*Move to the the corner that
represents your FIRST color.*

*Take a look around...where
are the people you know?
Look at who may be just
like you.*

Analytical, Global,
Conceptual, Cool, Calm,
Collected, Inventive,
Logical, Problem Solver,
Abstract, Creative,
Investigative

Witty, Charming,
Spontaneous, Impulsive,
Generous, Impactful,
Optimistic, Eager, Bold,
Physical, Immediate,
Courageous

*One person from each corner
share out what it's like to work
with or be around you? Also,
share what challenges could
there be?*

Loyal, Dependable,
Prepared, Thorough,
Sensible, Punctual,
Faithful, Stable,
Organized, Caring,
Concerned, Helpful

Understanding Your Personality

Enthusiastic, Sympathetic,
Personal, Warm,
Communicative,
Compassionate, Idealistic,
Spiritual, Sincere,
Peaceful, Flexible,
Imaginative

Witty, Charming,
Spontaneous, Impulsive,
Generous, Impactful,
Optimistic, Eager, Bold,
Physical, Immediate,
Courageous

Knowing your personality helps you to set yourself up for success when it comes to interacting with other people, especially those who have a different personality. We all must realize that the focus can't always be "ME". When interacting with others, in a positive or negative way, we have to consider the other person's perspective before speaking or acting. However, if you always try to put others first, it's nearly impossible for conflict to build.

Analytical, Global,
Conceptual, Cool, Calm,
Collected, Inventive,
Logical, Problem Solver,
Abstract, Creative,
Investigative

Loyal, Dependable,
Prepared, Thorough,
Sensible, Punctual,
Faithful, Stable,
Organized, Caring,
Concerned, Helpful



THE POWER OF WORDS

“Instead of worrying about what you cannot control, shift your energy to what you can create.”

— Roy T. Bennett, *The Light in the Heart*

BEYOND THE STEREOTYPE

BABY MAMA

DRAMA

HOOD

LOUD

“EXTRA”

GHETTO

ANGRY

RATCHET

DISRESPECTFUL

ILLITERATE



Show Your
Magic To
The World