

# SELF EMPOWERMENT THROUGH SELF AWARENESS PROGRAM (SETS A)

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## A. Overview

*(Complete immediately after each topic covered. As far as possible discuss / share realisations, shifts (eg. awareness), progress on Purpose, Slogan if working as a group)*

<b>4. Whats my Purpose ( What will be my ultimate outcome?)</b>		
a		
b		
c		
<b>3.Topic</b>	<b>What will I now DO differently?</b>	<b>Whats my expected the RESULT?</b>
1.Self Empowerment, Self Awareness		
2.Knowledge / Wisdom/		
3.Thoughts		
4.Joharis Window		
5.Personality and Character		
6.Maslows Hierarchy		
7.Trust/Confidentiality/Respect/		
8.Role Models and Legacy		
9.Values and Beliefs		
10.My Life Now / Personal		
11.Prejudice and Labels		
12.Time		
13Feelings. Sympathy and		
14.Heart versus Head		
15.Ego versus Soul		
16.Emotions		
17.Emotional Intelligence		
18.Power		
19.Relationships and Masks		
20.Communication		
21.Anger		
22.Conflict management		
23.Generation Gap		
24.Grief		
25.My Jihad		
26.Goals and Risks		
27.Freedom		
28.Happiness		
29.Self Esteem		
30.Wrap up		
<b>2. What are my FOUNDATION Pillars</b>		
a	Sprituality?	
b		
c	?	
d	?	
<b>1. What is my SLOGAN</b>		

## **B. Reflecting and Building.**

(Complete topic by topic, as the program progresses. Review Daily. Be willing to add / subtract as you progress through the program.)

**Consider: Is “If Self-awareness is the basis for self-empowerment”, hat have I learnt about myself?**

**1.** -

-

**For each, what are my key learnings and key ACTIONS moving forward?  
(note emphasis on ACTIONS)**

**My degree of transparency or Openness, Hidden and Unknown areas**

**My attitude to Trust**

**My attitude to Confidentiality**

**My attitude to Respect**

**Attitude to and use of Time?**

**My awareness of Feelings and Emotions at a given point**

**In self**

**In others**

**My (perhaps REVISED) Values, Beliefs are**

**My Limiting Beliefs My self-labels and self-talk to be dispensed with are:**

**(the inner voice that tells me whether I can or cannot do something)**

**My Prejudices**

**My Masks to be dispensed with**

**My attitude to my Behavior generally**

**My Attitude to Power**

**My attitude knowledge / wisdom**

**My attitude to unlearning**

**My Attitude to Generation Gap?**

**My Anger and Conflict Management Style**

**My Character and Personality: current state and desired changes**

**My Losses / Grief (including Loved ones)**

**My attitudes to Freedom**

**My attitude to Happiness?**

**My attitude to Communication/ Words I use and (Wi-Fi transmitter)?**

**My attitude to respect for women (or opposite gender)**

**My Relationships. Revisit Relationships and “wants me to be exercise”**

**What would want to do differently?**

**What new relationships do you wish foster?**

**What are my challenges moving forward?**

**My Thoughts / Thinking Processes**

**My Goals**

**My Foundation Pillars are:**

***OTHER NOTES***

### C. Pledge (if working with others)

- **Confidentiality: Personal issues discussed here, STAYS HERE!**
- **To be mindful of the Feelings of others**
- **Respect other viewpoints (even on disagreement)**

I, ..... (name)

hereby pledge to

.....	.....	.....
.....	.....	.....
.....	.....	.....
.....	.....	.....

that I will

**-RESPECT YOUR OPINIONS (EVEN IF I HAPPEN TO DISAGREE WITH YOU)**

**-MAINTAIN CONFIDENTIALITY OF WHATEVER YOU SHARE WITH ME (WHAT'S DISCUSSED HERE, STAYS HERE)**

Signed

Date

## **D. LABELS**

We each belong to many different Groups and can be categorized in many different ways  
eg. my Age, Race, Sex, Religion, Class, Ability, Occupation, Appearance

1. Make a list of 2 or 3 of the Groups / Population Groups to which you belong
2. Next to each category write some labels or phrases or names to describe people belonging to these groups (Usually derogatory stereotypes are used)
3. When addressed by these names (or labels), how did it feel?
4. Share with the group one experience when YOU have been on the receiving end of prejudice (or discrimination)
5. Think of an occasion when you made a false assumption about someone else. How did you feel when you did this? Share with the Group.
6. How does this apply to me, my family and to my work in the Community?
7. IMPORTANT!!!!What labels do I assign to myself? For each label, state whether it serves you or not.

## **E. Character and Personality**

**How do I describe my Character?**

- 
- 
- 

**How do I describe my Personality?**

- 
- 
- 

**Is this how I am seen by others?**

- 
- 
- 

**Am I OK with all of the above?**

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## **F. The Bus Exercise**

**There are 12 Passengers in a bus which tries to cross a flooding river. Its gets stuck on the bridge with the water rising and is about to be swept away. A boat comes to the rescue but can only save six passengers**

**The passengers are**

- A policeman**
- An alcoholic**
- A Farmer**
- A Taxi owner**
- A woman who is HIV positive**
- An immigrant**
- A street child of 12**
- A religious Leader**
- A wealthy Businessman**
- A Sportsman**
- A Doctor**
- An ex-Convict**

**List the SIX persons you would save in order of preference**

-

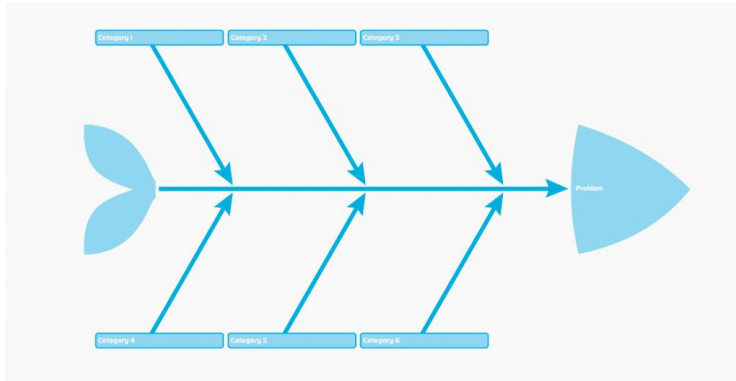
**List the six persons you would NOT save in order of preference**

-

**Why would you save the first group and not the second group? Discuss**

## G. PERSONAL TIMELINE

- Draw A Timeline (fish-bone diagram)
- Above the line – Good or Positive experiences
- Below the line – negative experiences
- Extend the line to show intensity (of experience)



1. Take the longest line/s in Positives, consider
    - How did the positives FILL your life?
    - Did you have control over it?
  2. Take the longest line in Negatives, consider
    - Did it affect your life? How
    - Should it have impacted you
    - Did you have control
  3. On balance: were you more affected by Positives or Negatives?
  4. What were the LESSONS then and now (Knowledge, Wisdom, Lie Experiences...)?
  5. How is this relevant to the work in the community, my family, my growth?
-

## H. ANGER

Which of the following best describes your anger style?

### CONSTRUCTIVE

6. Pleasant, assertive, rational behaviours which seeks a resolution and deals with the person and issue directly

5. venting anger unpleasantly but directed towards the person and issue concerned. Thinking logically.

4. Uncontrolled, generalised verbally expressed anger but without seeking to hurt someone

3. Verbal uncontrolled outburst at the person concerned and anyone else nearby. Swearing, shouting, name calling, hurtful accusations (verbal abuse)

2. Passive aggression, indirect, devious, sneaky, self defeating, destructive ways of expressing anger

### DESTRUCTIVE

1. Physical Aggression, violence, hurting someone or destroying property

Complete individually.

1. I tend to get angry when

2. I get angry most often with

Because

3. When I am angry I usually

Because

4. But I wish I could...

5. When someone gets angry with me, I usually respond by

6. I think I might handle anger better if

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## **I. CONFLICT**

**Which style best applies to you (tick 1-3)**

### **The Conflict Avoider**

**Most people who avoid conflict have problems with creating boundaries with their colleagues/ family because they are unable to say "NO"**

### **The Passive Aggressor**

**They have various ways in which to show others they are upset or don't agree**

### **The overly suspicious person**

**They are usually loners; they don't trust anyone and approach conflict resolution with skepticism**

### **The sudden exploder**

**Outwardly composed, inwardly boiling then the volcanic eruption**

### **The conflict creator**

**They feel at home with conflict and will create it so as to be able to experience the excitement**

### **The Bully**

**They expect and demand that others will do what they want. They will have temper tantrums and get others to co-operate and will attack and insult verbally**

### **"I am so sensitive"**

**Fragile, oversensitive with regards to criticism, easily hurt, defensive, uncertain, shy, little confidence**

### **The Complainer**

**Their daily pattern consists of moaning endlessly about everything**

### **The moral crusader**

**This person acts as if he knows more than anyone else as if he is the only one with moral principles**

### **The grudge Holder**

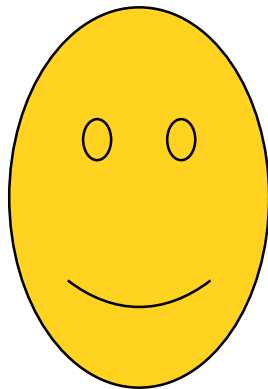
**The grudges of this person are a major obstacle when conflict has to be resolved**

## J. "WANTS ME TO BE EXERCISE"

Think of the significant persons in your life now and assign one of the boxes to each one. For example, your husband/wife/partner, children, work colleagues, boss, friend, GOD, etc.

How does each person want you to be?

In the circle labelled "Me", say how you want to be.



ME



Me



### Awareness

- Roles and Masks
  - Sources of Stress and Conflicts
  - Drivers for Behavior including conformance
  - Drivers for Action / Effort
  - True-to-self
-

## **K. Personal Grief**

**Looking at the lines drawn on your lifeline, write about a particularly significant loss you have experienced. A deep sense of mourning and grief may be experienced through broken relationship, loss of a friend through moving, the death of loved one, the loss of a job, the loss of one's role as a mother, wife, breadwinner, the loss of a pet or precious possession.**

**Write about the loss in the third person if possible as if you were a biographer. Write about yourself. Instead of "This is my story", write "This is Anne's Story" giving our own name**

## **L. Values**

Values are principles by which we live, our guideposts to making choices and decisions to determining our attitudes and behaviors.

*Considering the following prompts,*

**1.     *What do you spend your money on?***

*How do you spend you spare time?*

*Who would you like to be like?*

*What do you mean by success?*

*If there were a fire, what would you want to save?*

*What would you want to be remembered for?*

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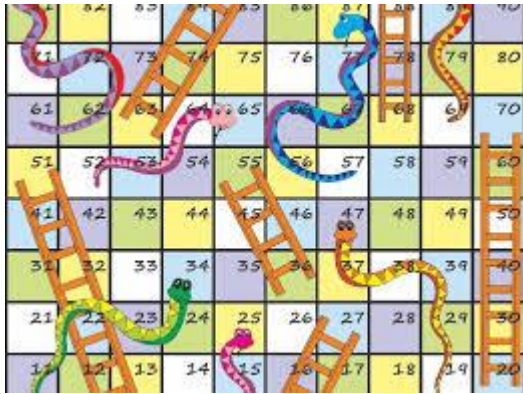
**1. Consider and write down the values by which you live**

**2. Think of a time when one value clashes with another eg. loyalty vs truth or freedom vs responsibility.... what happened, how did you cope?**

**3. Consider what (Values) SHOULD BE most important to you, the things you live for and what gives your life meaning**

**4. Take a moment to ponder your BELIEFS and VALUES. Are you true to YOURSELF?**

## M. SWOT. Risk Analysis



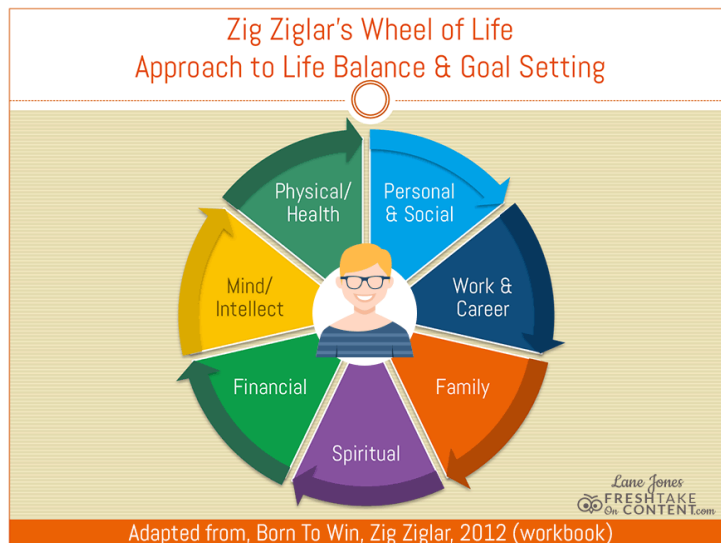
### THREATS

- 1
- 2
- 3
- 4
- 5
- 6

### Techniques

- 1
- 2
- 3
- 4
- 5
- 6

## N. Goals





**SMART principle (Specific, Measurable, Achievable, Relevant, Time-bound)**

**GOAL SETTING**

**Now identify the 3-4 GOALS which are MOST important**

**For each goal state**

**By xx/xx/xx, I will xxxxxxxx. I will monitor my progress by xxxxx**

**Goal 1**

**Goal 2**

**Goal 3**

**Goal 4**

**Goal 5**

In the Name of God

## 0. My personal Contract

1.0 I,....., hereby declare that this **Personal Contract** is undertaken by me, for me

I further declare that

2.0 **My Purpose in life** is

3. **My “Jihad” or mission for now at least, is**

4.0 **My SLOGAN (or Mantra) is**

5.0 **The 2-3 foundation Pillars of my life are**

6.0 **My Legacy would be ...** (What do I want to be remembered for?)

7.0 **The 2-3 Self Labels that I will discard** immediately (and replace with positive affirmations) are:

Old	New
Old	New
Old	New

8.0 **My Values are**

2-3 Values I'd “die for”	2-3 values I stand for	2-3 values that define me
-	-	-
-	-	-
-	-	-

**9.0 The 2-3 (other) Topics will I implement are** (For each, what will I do and What would be the result)

**10.0 The 2-3 further areas of Grief or Emotional pain that I will deal with are?**

**11.0 My 2-3 Key Goals** (What are these? By When?)

**12.0 Other key Shifts (or Changes) in my life will be**

**13.0 I further declare that**

***13.1 I will remind myself of this Contract DAILY for the next 12 moths .....***

***13.2 I will review and update this contract every .....months***

***13.3 I will honour my word to myself (as per this Contract)***

**Name.....**

**Signature.....**



## **P. Summary and Feedback**

(PLEASE CONSIDER EMAILING A COPY OF THIS PAGE TO [SETSA786@GMAIL.COM](mailto:SETSA786@GMAIL.COM), IN CONFIDENCE).

Thank you.

- 1. In a few words, summarise what this program did for you (or how it might help you).**
- 2. What is your message / advice to others who may consider doing this program?**
- 3. What were your (5-7) key LEARNING points about yourself? (don't just list topics covered)**
- 4. Moving forward, what are the (5-7) key ACTIONS you commit to undertake?**
- 5. Do you have any suggestions to improve the program? Please share:**

