

## Mindful Self-Awareness Exercise: Recognizing Strengths

This exercise will help you and your adolescent learn the importance of recognizing and building on strengths and addressing limitations in order to build self-awareness and self-confidence.

- Each exercise takes 10 minutes or less.
- Familiarize yourself with the exercise before using with your adolescent.
- Use the script to guide the exercise. Adjust language as needed.
- All exercises begin with **Breath Awareness** followed by a **Mindfulness Activity** that teaches a practical mindfulness skill.
- Each exercise ends with **Reflecting Questions** to discuss with your adolescent. Invite your adolescent to stay in mindful silence until the Reflecting Questions.

### Breath Awareness

*Let's get comfortable today for our mindfulness exercise as we focus together on recognizing our strengths and limitations to become more self-aware and self-confident. Find a comfortable posture. It can be sitting, standing, or lying down. If you choose to sit, make sure you are sitting straight with your hands on your thighs. You can either close your eyes or keep them open and gaze softly downward. Let's do a quick body scan together. Begin to bring your attention to your breath. (pause)*

*Start to notice the rhythm of your breathing and how you are breathing in and out naturally. Once you are aware of that natural rhythm, begin to breathe more deeply. Bring the air all the way into your belly through your nose (pause) and release the air through your mouth, letting your belly go back toward your spine. (pause)*

*Continue this gentle rhythm as you scan your body. Start with your feet, then lead up to your calves, through your knees, and up to your thighs. Notice any sensations. (pause)*

*Continue scanning your belly and chest, then out through your arms, wrists, and fingers (pause), and then back to your chest and around your back. (pause)*

*Continue up your neck, through your face, and all the way to the top of your head. (pause)*

*Be curious about anything you notice. (pause)*

### Mindfulness Activity

*Continue breathing slowly and deeply. Think about something that you do well and are proud of. What did it take to accomplish that? (pause)*

*Ask yourself, "What do I do to build this personal strength of mine?" (pause)*



# Lions Quest

FAMILY  
G6-G12

*Picture the steps you go through to build this strength and how it makes you feel to get better at it. (pause)*

*Now imagine one limitation or challenge that you face that you can improve on. Perhaps you want to improve your academic performance in a particular subject area. Maybe you want to work on some artistic skills. Perhaps you want to improve an athletic skill or dance move. Or you might want to enhance a personal quality, such as your ability to meet new people or speak in front of a group. Picture this area that you want to improve. (pause)*

*Then imagine what steps might be needed to do that—even one step. (pause)*

*You might say to yourself, “I want to do better in sports, so I need to learn how to focus and concentrate better.” Building on our strengths and addressing our limitations with action steps build our self-awareness and self-confidence. If your eyes are closed, slowly open them.*

## Reflecting

Take this opportunity to have a conversation about your shared experience using the following reflecting questions:

### Reflecting Questions

- What?** What is one of your strengths that came up? What is one limitation or challenge you can improve?
- So What?** Why do you think recognizing strengths and limitations can build self-confidence?
- Now What?** What are some things you will do to add to your strengths? Address your limitations?

