

Mindful Self-Awareness Exercise: Accurate Self-Perception

This exercise will help you and your adolescent learn the value of complimenting yourselves to increase accurate self-perception of positive qualities and skills.

- 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 begin our time together today by becoming peaceful and quiet inside as we learn how giving ourselves compliments for our positive qualities and skills can build accurate self-perception. Let's get into a comfortable position. It can be sitting, standing, or lying down. If you choose a sitting position, sit up straight and place your hands on your thighs. Close your eyes, if that feels comfortable, or gaze softly downward. Breathe slowly and deeply—in through your nose and out through your mouth three times. (pause)

In your mind, slowly do a scan through your body starting with your feet, leading up to your calves, through your knees, and up to your thighs. (pause)

Notice any places of heaviness or lightness. (pause)

Continue scanning your belly, chest, and out through your arms, wrists, and fingers. (pause)

Scan back to your chest and around your back. (pause)

Go up your neck, through your face, and to the top of your head. (pause)

Mindfulness Activity

As you continue breathing slowly and deeply, think about some of your capabilities that make you who you are. It's normal to be hard on ourselves and focus on our weaker traits. However, accurate self-perception includes being clear about our positive qualities and skills because they make us who we truly are. Think about some qualities you are proud of, such as being helpful, competent, and kind. (pause)

What are some ways that you help your family or community? (pause)

What are some skills that you have developed, like doing well in school, playing music, singing, drawing, or playing sports or games? (pause)



Lions Quest

FAMILY
G6-G12

Visualize yourself demonstrating one of qualities or skills that you could compliment yourself about. You can use a positive statement to say something positive to yourself. Start your statement with your name, saying, "(Adolescent's name) is _____ (quality) and capable of _____ (skill). For example, "(Adolescent's name) is kind and capable of listening well." Another example is, "(Adolescent's name) is smart and capable of doing well in school." Now do this for yourself. Imagine yourself demonstrating a quality or performing a skill that you are proud of. Complete the compliment to yourself. (pause)

Accurate self-perception means knowing our positive qualities and skills as well as our shortcomings and focusing on the good things we bring to life. If closed, open your eyes.

Reflecting

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

Reflecting Questions

- What?** What did you notice as you were bringing to mind your positive qualities and skills?
- So What?** Why do you think self-compliments can help build an accurate self-perception?
- Now What?** How will you use this skill of giving yourself compliments for positive qualities and skills?

