

Program Lesson Plan

Title: Treat Yourself ...to Forgiveness

"Self-worth, forgiveness and how to live with rejection"

Self-worth - Is the opinion you have of oneself and the value you place on yourself (Yourdictionary, 2020)

Ex: Is a good person believing they deserve good things; bad people believing they deserve bad things.

Summary

1. Self Worth
2. Forgiveness
3. Survival of Rejection

*This program can be broken up into parts altered to best fit your wing

Implementation

Goal 4: Intrapersonal Intelligence

Narrative: Transitioning away from home and into a rigorous academic and co-ed residential environment can be challenging for students and **impact their emotional well-being, mental health, and sense of self.** Students will be able to address these changes by cultivating **resilience, self-care skills, and the utilization of available resources.** Students will become more proficient in identifying and verbalizing their needs, ideas, thoughts, and values.

Learning Outcomes: Students will explore personal values and identity

Procedure

a. Self Worth

Activity 1: "Something about me"

The document included helps the student to do an inventory about themselves. As the facilitator, you can either choose to have a paper form or do verbal responses. Note that as the facilitator you can decide if you would like for each student to have individual paper or butcher form for smaller groups. The intention of this form is for students to have an opportunity to talk about themselves without fear of being considered conceited. If the fear of being conceited

comes up be prepared to respond with the difference between knowing your worth (self-confidence) & being conceited? As the Facilitator, you will need to come up with examples. Below are a few.

Example of knowing your worth/self-confidence - knowing your value means feeling that you are equal or just as good and anyone you interact with; it's the value you place on yourself.

Some ways to show it - Tell people how you feel & act what you feel, Limit the things you "always do", Show your independence, Monitor your yeses.

Example of the behavior of being conceited - idolize themselves as much as despising others; overestimation of one's own merits and abilities. Believe that they are the most powerful, most beautiful, most successful.

Make sure to state that all the responses are to be Positive. Some of the questions can be :

- "Something I am really proud of is..."
- "I feel happy when..."
- "My friends would say this about me..."
- "Work really hard to"
- "Things that make me beautiful/handsome are..."
- "Somewhere I feel special is ..."
- "Others often praise me for"

b. **Forgiveness**

Steps to Forgiving Yourself/Letting it go/creating an environment of forgiveness when the world can be very unforgiving.

- Have your students create affirmations for themselves to reflect on when they fail at something. This can be in the form of individual affirmation boards or a banner of one affirmation or quote that the wing agrees on as a way of forgiving themselves. Be prepared to explain what the response to forgiveness could look like (i.e making a plan of success, figuring out what to do differently, better decision making, identifying what they learned from the failure, etc).
- Another option would be for the students to write a forgiveness letter to themselves and then burn them and call it " Burning to Let it go..."). Be prepared to explain ways to respond after burning the letter. Similar to the option above.

c. **Surviving Rejection**

The [article](#) that is the source for this portion of the program identifies the ways the people experience rejection - college admissions, sports teams, contests, and being told "let's

just be friends”. Rejection hurts everyone regardless of the source of the rejection. The article summarizes that when rejection takes place that the person’s feelings are hurt and their self-esteem takes a hit.

The article goes on to explain that rejection of pain is real and should be acknowledged. Also, the article states, those who acknowledge (sensitive to) rejection are more likely to take it as a hint to change their behavior before being shunned; meaning that they would be more likely to survive and succeed. Please note: This is debatable due to bias, assumptions, and a handful of others that could lead to rejection.

Go with this quote: “Rejection gets out attention and forces us to consider social circumstances” (NBCnews, 2019)

The steps that could help: --- a way to make this interactive is to ask the students what each point means to them.

- Focus on what you bring to the table
 - Attributes that might be appreciated in a different situation helps to build resilience. The facilitator can link to the Self Worth portion of this guide.
- Ask yourself if it really matters or you really care
 - Distinguish whose’s rejection matters and keep moving
- Remember, a lot of times rejection isn’t personal
- Choose to assume the best rather than the worst
 - Consider that you don’t always know the details of what is going on on the other side.
- And do get back out there
 - Withdraw doesn’t help you reach your goal & surround yourself with those who lift you up

d. Closing

- a. Depending on the effect that this program has had on your group of students the possible closing options are :
 - i. Closing Remarks of how your worth can affect many areas of your life - academic, friendships, relationships, family, etc
 - ii. Close with some encouragement to value oneself
 - iii. Challenge them to utilize what they learned over the next week and have a follow-up program.

Sources

Self-worth. (n.d.). In *YourDictionary*. Retrieved from <https://www.yourdictionary.com/SELF-WORTH>

Ackerman, C. E.(April 2020) *18 Self-Esteem Worksheets and Activities for Teens & Adults*. Retrieved from <https://positivepsychology.com/self-esteem-worksheets/> .

Ackerman is the author of four books and a Masters of Science in Positive Organization Psychology in which these worksheets were designed based on.

DiGiulio, Sarah (March 2019). *Why getting better about being rejected can help you succeed in life*”.Retrieved from <https://www.nbcnews.com/better/lifestyle/why-getting-rejected-can-actually-help-you-succeed-life-ncna984966>

