



*Here's Your Monday Morning Sharing Circle.
Enjoy!*

Something I Did (or Made) That I'm Proud Of

Objectives:

The students will:

- identify personal accomplishments.
- describe the feelings generated by accomplishments.

Introduce the Topic:

Say to the students: *Our topic for today is, "Something I Did (or Made) That I'm Proud Of." We've all done something, or made something, of which we've been proud. Think of an example in your life, and tell us about it. Maybe the thing that comes to mind makes you proud because other people thought well of you for achieving it. Or perhaps your accomplishment is something no one knows about except you. Perhaps you helped someone who really needed and wanted help, and giving that help made you feel proud of yourself. Or maybe you made something like a perfect fried egg, or fixed something, like a machine, and doing that made you feel proud of yourself. Think for a minute and see if you can come up with something. It can be an accomplishment from your childhood or something you've done recently. The topic is, "Something I Did (or Made) That I'm Proud Of."*

Discussion Questions:

1. Who besides yourself was proud of you? How did he or she show it?
2. How important is it for people to feel proud of themselves?
3. Have you ever felt it wasn't good to feel proud of yourself? If so, what caused you to feel that way?
4. How does pride in ourselves help us continue to accomplish things?

Do you want more information?

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