# **Choosing Personal Power**



Low Self-Esteem (Others are in Control)

### YOUR WORTH

Your inner person is most important You value what you think of yourself How you treat yourself is important

You do not compare yourself with others

You have a Win/Win attitude

You say positive things about yourself

You are kind and thoughtful

You are positive about others

The way you look is most important You value what others think of you How others treat you is important

#### YOUR TALENT You know your talents & gifts

You do not know your talents & gifts You compare yourself with others You have a Win/Lose attitude

## YOUR ATTITUDE

You put yourself down You are critical of others You use put-downs & sarcasm

You do your best every time You are honest with others & yourself

YOUR INTEGRITY You do not keep your word You always keep your word You do not do your best You are dishonest with others & yourself

## YOUR RESPECT

You blame others You hold grudges You do not want to grow

You accept your own mistakes You are forgiving You work on personal growth

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