

Self Management A - Unit Notes

1. The key points of the self-concept circle are: Draw the Self-Concept Circle.
 - a. _____
 - b. _____
 - c. _____
2. Name two characteristics of a positive self-concept.
 - a. _____
 - b. _____
3. Name two characteristics of a negative self-concept.
 - a. _____
 - b. _____
4. Name two ways to build self-esteem.
 - a. _____
 - b. _____
5. Name two ways to love yourself.
 - a. _____
 - b. _____
6. Values are: _____
7. Our values affect our _____, _____ and _____.
8. Base everyday _____ on your values and goals.
9. Where do values come from? _____
10. Who influences one's values most at the following ages?
 - a. Ages 1-7: _____
 - b. Ages 8-13: _____

c. Ages 14-20: _____

11. _____ are things we feel “should” influence our lives.

12. _____ simply states what actually is.

13. Define the 7 types of values:

a. Moral: _____

b. Aesthetic: _____

c. Material: _____

d. Intrinsic: _____

e. Extrinsic: _____

f. Universal: _____

g. Group Specific: _____

14. What is the difference between a short term goal and a long term goal?

15. List the 5 Decision Making Steps:

a. _____

b. _____

c. _____

d. _____

f. _____