

NOTES
Setting Your Sight on the Future
Week 2 – Self Knowledge
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Sharon Sellet
Spina Bifida Coalition of Cincinnati

Developing Your Own Identity

Personal Development is a task of adolescence

- Development of Self
- Separation from parents by taking on more responsibility
- Establish supports, relationships
- Finding a meaningful way to spend time.

You develop your identity through experiences of understanding yourself. Your likes and dislikes, success and failures, interests and strengths along with your values, morals and ethics and influence of your parents, peers, mentors and role models.

Resilience

Definition – Readily recovering , springy. Resilience is being able to “bounce back”

Assumptions

We make assumptions about people and ideas. We are often hardest on ourselves and those we do not understand.

Actions and Commitment to Progress

A startling new perspective is a “turning point” – a wake up call to do thing differently. Typical turning points – illness, new diagnosis, job insecurity, disasters.

Change is about INTENTION (having a desire to do something) and ATTENTION (keeping focused on what it takes.)

- Break it into small steps
- Visualize what the actions are to complete the change
- Celebrate completion of each step. Big fat checkmark – DONE!

Group Comments:

Inspiration comes from Christian music, connecting with younger children with Spina Bifida.

Accomplishments: College, living to a mature age – “Life itself is an accomplishment>”

What protects you ? “Being able to talk things out”, creative projects- cooking.