

# Healthy Living

## 'Know Thy Self', 'Who Are You?'

Before we can change, alter, or improve our lives to live a healthier lifestyle we must first take a self-inventory, assessment, or self-evaluation of the person who we are right now. If we do not know our starting point then how will we know how far we have come? So, you just heard me give a brief introduction of myself, but that is not 'who I am'. Those were just titles or labels of things that I carry in life, of things that I have achieved, or things that I have accomplished and experienced. But when you sit down and really think about 'who you are' you begin to realize that 'who you are' has to do more with how you view yourself than how others may view you. So this leads us our first inter active assignment. So below I want you to write a self-description of 'who you are'. Make it at least 5 sentences or a paragraph minimum. If you're having a hard time trying to define or describe yourself just write down 10 facts about yourself, such as, 'I am a father', 'I am a son', 'I am a Native American', so on and so forth or you could just fill in the blanks below.

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My name is \_\_\_\_\_. I am \_\_\_ years old. I was born in \_\_\_\_\_. I am member of the \_\_\_\_\_.

I live in \_\_\_\_\_. I went to school at \_\_\_\_\_.

I grew up in \_\_\_\_\_. I have \_\_\_ kids. I have been \_\_\_\_\_. I haven't \_\_\_\_\_.

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Now that we have that done, we are going to go into our next inter active assignment. I want you to partner up with someone, preferably someone you do not know very well. (Faceoff exercise)

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Now we are going to find 2 people you do not know and have them fill in the blanks below:

**Person # 1)** I think this person likes to listen to \_\_\_\_\_ type of music. I think this person likes to watch \_\_\_\_\_ types of movies. I think this person drives a \_\_\_\_\_ (type of vehicle). I think this person \_\_\_\_\_ to exercise. I think this person is from \_\_\_\_\_. I think this person has \_\_\_ kids. I think this person \_\_\_ married.

**Person # 2)** I think this person likes to listen to \_\_\_\_\_ (type of music). I think this person likes to watch \_\_\_\_\_ types of movies. I think this person drives \_\_\_\_\_ (type of vehicle). I think this person \_\_\_\_\_ to exercise. I think this person is from \_\_\_\_\_. I think this person has \_\_\_ kids. I think this person \_\_\_ married.

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Watch 'We Are' video. Open discussion on how video made you feel, what did you think of, & what image stuck with you most?

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Now I would like you to re-write your self-description of 'who you are?'

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