

NOTES on PART II:

Week #3 (Personal Bank Account)

If you prefer, you may pick up packet in foyer of HHS – be sure to sign-pick up log if you choose to pick up! All work needs to be turn in to the Box with SHOWS written on it. Sign out log are located there also. Material is also on my HHS teacher website.

**Introduction of Part II – The Private Victory**

**The Personal Bank Account –starting with the man in the mirror**

**The Personal Bank Account – quiz due Wednesday, April 22, 2020**

**\*\*\*\*\*PERSONAL BANK ACCOUNT NOTES\*\*\*\*\***

**The Personal Bank Account –( how you feel about yourself)**  
**Starting with the man in the mirror**

**Assignment: Due May 10<sup>th</sup>.**

**You** look in the **mirror** every morning for 20 days and say something uplifting to the person you see. Make a list of only the positive things you say to that reflection in the mirror!

Read the following poem by Siedah Garrett and Glen Ballard:

“Man in the Mirror”

**I’m starting with the man in the mirror.**  
I’m asking him to change his ways.  
And no message could have been any clearer.  
If you wanna make the world a better place,  
**Take a look at yourself, and then make a change.**

**IMPORTANT: READ the Following POEM by an Anglican bishop:**

When I was young and free and my imagination had no limits, **I dreamed of changing the world.**  
As I grew older and wiser I realized the world would not change.  
And I decide to shorten my sights somewhat and change only my country. But it too seemed immovable.  
As I entered my twilight years, in one last desperate attempt, **I sought to change only my family,**  
those closest to me, but alas they would have none of it.  
And now here I lie on my death bed and realize (perhaps for the first time) that  
**if only I’d change myself first,** then by example **I may have influenced my family**  
and with their encouragement and support I may have bettered my country,  
and who knows, **I may have changed the world.**

## ***PBA – Personal Bank Account***

### *Symptoms of Low PBA:*

- *You cave in to peer pressure easily.*
- *You wrestle with feelings of worthlessness and inferiority.*
- *You're overly concerned about what others think of you.*
- *You act arrogant to help hide your insecurities.*
- *You self-destruct by getting heavily into drugs, pornography, vandalism, or gangs.*
- *You get jealous easily, especially when someone close to you succeeds.*

### *Symptoms of Healthy PBA:*

- *You stand up for yourself and resist peer pressure.*
- *You're not overly concerned about being popular.*
- *You see life as a generally positive experience.*
- *You are goal driven.*
- *You are happy for the success of others.*

### *PBA Deposits:*

- *Keep promises to yourself.*
- *Do small acts of kindness.*
- *Be gentle with yourself.*
- *Be honest.*
- *Renew yourself.*
- *Magnify Your Talents.*

### *PBA Withdrawals:*

- *Break personal promises*
- *Keep to yourself*
- *Beat yourself up*
- *Lie*
- *Wear yourself out*
- *Bury your talents*
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## ***Inside Out:***

*We crawl before we walk. We learn addition before Algebra. We must fix ourselves before we can fix others. If you want to make a change in your life, the place to begin is with yourself, not your parents, your teachers, or your girlfriend, or boyfriend.*

*All change begins with Y-O-U! Think about it.*

***\*\*\* IT IS INSIDE OUT\*\*\* ( NOT OUTSIDE IN )***

NAME \_\_\_\_\_ Date \_\_\_\_\_ Block 3 Strategies for Success

**QUIZ ON PBA: Personal Bank Account : (Due Wednesday, April 22)**

1. *What does it mean to change from the inside out? (Read Poem above and the paragraph on "Inside Out".)* \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
2. *What would be an example of a deposit into your personal bank account?* \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
3. *Why does focusing outward rather than inward help a person feel more positive?* \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
4. *Who is the man in the mirror that YOU can change? Write his name here!*  
\_\_\_\_\_
5. *What are the 3 Habits that are considered "the Private Victory?"*
  1. \_\_\_\_\_
  2. \_\_\_\_\_
  3. \_\_\_\_\_