

Self-Esteem

Inspirational Quotes

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PURPOSE OF GROUP: to increase self-esteem

MATERIALS NEEDED: print out p. 3-4 of guide; cut out each quote

1. Facilitator can open group with a fun **icebreaker** that will create a good atmosphere for the rest of group.

*Ask a volunteer to go first and start by saying a word- it can be anything they want. For example, they can say the word, "cold"

*The person next to them then repeats that word and adds another word that can be linked to it. For example, they can say, "cold snow"

*The next person then repeats the last word ("snow") and adds another word that can be linked to it. For example, they can say, "snow white"

*You can either continue until everyone has contributed *or* you can turn it into a game (i.e. by eliminating someone if they cannot come up with a second word within 10 seconds!)

2. Introduce today's **self-esteem boosting activity**. This activity will allow the group members to explore their perspective on life, their motivations, the things that inspire them, things that are important to them, etc.

*Take the quotes you cut out from p. 3 & 4 of this guide and give a quote to each group member

*One-by-one, ask each group member to share their quote with group & answer the following questions:

a. How do you interpret the quote?

b. How can you apply it to your life?

*Allow them to interpret the quote however they want to. You can see if other group

members have their own interpretation, too

*When a quote is being discussed, you can also ask the group members if they disagree with it

*Next, ask the group member who read the quote, "If you could give this quote to any group member, who would you give it to & why?"

a. They can hand them the quote to keep- make sure to get this other group member's reaction!

*At the end of the activity, you can ask the group members, "Have these quotes changed your perspective on anything?"

3.

-Facilitator can conclude group by asking the group members if they want to share any other inspirational/positive quotes that they know of.

*You can give them some time to interpret & explore them

-You can encourage the group members to use one of the quotes they heard today as a **mantra** going forward (something they can say to themselves when they are feeling down).

-These quotes can be helpful because they can build one's self-efficacy & drive

-We like to turn to them because we crave motivation & messages that reaffirm our beliefs

“Life has many ways of testing a person’s will, either by having nothing happen at all or by having everything happen all at once.” -Paulo Coelho

“We don’t see things as they are, we see them as we are.” -Anais Nin

“All you can change is yourself, but sometimes that changes everything!” -Gary W Goldstein

“If we’re growing, we’re always going to be out of our comfort zone.” -John C Maxwell

“You don’t drown by falling in the water. You drown by staying there.” -Edwin Louis Cole

“Every saint has a past, and every sinner has a future.” -Oscar Wilde

“You are not a drop in the ocean, you are the entire ocean in a drop.” -Rumi

“Set your life on fire. Seek those who fan your flames.” -Rumi

**“Maybe you are searching among branches for what only appears in the roots.”
-Rumi**

**“To go wrong in one’s own way is better than to go right in someone else’s.”
-Fyodor Dostoyevsky**

"You can have peace. Or you can have freedom. Don't ever count on having both at once." -Robert A. Heinlein

"It is not easy to find happiness in ourselves, and it is not possible to find it elsewhere." –Agnes Repplier

"No one can make you feel inferior without your consent." -Eleanor Roosevelt

**"The road to success and the road to failure are almost exactly the same."
-Colin R. Davis**

"Be miserable. Or motivate yourself. Whatever has to be done, it's always your choice." -Wayne Dyer

"Keep your face to the sunshine and you cannot see a shadow." -Helen Keller

"You can never cross the ocean until you have the courage to lose sight of the shore." -Christopher Columbus

"A man sees in the world what he carries in his heart." -Johann Wolfgang von Goethe