

## Flow Chart:

### The Good, The Bad, & The Ugly Side of Our Weaknesses

Who's prepared to share the feelings they experienced while carrying out this homework assignment, and tell us the names of the magazines and the topics of the articles?

A time for compliments – How to give and receive compliments.

While we're talking about our strengths, we have to discuss the other side too... our weaknesses!

Like / Don't Like Worksheet,  
*Simply Me – Surviving Primary School,*  
*Passions, Strengths, & Self-Esteem,*  
*Writing about Myself, p. 76.*

**Opening Game: I like / don't like it when I'm asked...**

**A question for the class: What does being perfect mean to us?**

**Another question: is it possible to perfect?  
Is perfection a reality?**

**A question for the class: How do we usually relate  
to our weaknesses?**

**How should we actually relate to our weaknesses,  
and why do we have them?**

**The Simply Me Model for handling weaknesses.**

**According to the Simply Me Model, we relate to our weaknesses in four stages:**

Stage 1: Denial

Stage 2: Awareness

Stage 3: Acceptance

Stage 4: Transformation

**There is a close connection between our weaknesses and our strengths and we are who we are because of both of them.**

**Story: A Positive Attitude,**

*Simply Me – Surviving Primary School,  
Passions, Strengths, & Self-Esteem, p. 14.*

**Main Game – Hanging Out Our Dirty Laundry**

**Homework: My Weaknesses Worksheet,**

*Simply Me – Surviving Primary School,  
Passions, Strengths, & Self-Esteem, Writing about Myself, p. 77.*