

Leadership Training - The Self-Esteem of a Knight of Eucharist Team Leader – Attitude Check

THE POINT

God never asked us to make ourselves look good, He asked us to be –real.

THE POINT, UNWRAPPED

The more –real you are, the less you have to think about how good you are.
The stronger you get, the more you become aware of your weaknesses.
The better you look, the less you care about who is looking at you.
The more self-esteem you have, the less self-conscious you'll be.

WHERE IN THE WORD

Luke 9:23-25

"If any man will come after me, let him deny himself, and take up his cross daily, and follow me. For whosoever will save his life shall lose it: but whosoever will lose his life for my sake, the same shall save it. For what is a man advantaged, if he gain the whole world, and lose himself, or be cast away".

Jeremiah 9:23

²³ This is what the LORD says:
"Let not the wise man boast of his wisdom
or the strong man boast of his strength
or the rich man boast of his riches,

²⁴ but let him who boasts boast about this:
that he understands and knows me,
that I am the LORD, who exercises kindness,
justice and righteousness on earth,
for in these I delight,"
declares the LORD.

DISCUSSION

1. What do you think God meant by –For whosoever will save his life shall lose it?
2. Have there been instances when you boasted but were unaware of it (at the time)?
3. What do you think it means to –gain the whole world, and lose [yourself]?

TEAM BUILDING

Attitude Labels

Prepare adhesive labels for each student and write an attribute on each label. The attributes should represent positive and negative attitudes: hot-tempered, rude, poor loser, kind, considerate, confident, open-minded, etc. Try to assign the labels so they do not actually match the students own attributes.

No one is allowed to look at his/her own label. Students must stick the label on their own foreheads.

Then give everyone ~10 minutes to walk around the room as many times as they can. Everyone should treat each person according to his/her label.

Finally, tell students that they can now remove their labels. Then discuss questions such as the following:

1. How did people treat you?
2. Was the label what you guessed, or were you surprised by it?
3. Did the treatment from others make you want to change your behaviour?
4. If your attribute was positive, how did you feel?

Discuss with students how they can be aware of their own attitudes based on how others react to them. Explain to them that often times other people are more aware your own attitude and self-esteem, and your attitudes affect how others treat you, whether they respond to you, or want to work with you.

TEAM STUDY

Complete the Attitude Checklist on the next page. Discuss the results of the checklist with your team.

Were you surprised by any of your own answers?

Were you surprised by the checklist of your teammates?

Which of your attitudes do you need to change in order to be a good leader?

What is your plan for making such a change?

SUMMARY

Our actions and attitudes play a large role in defining who we are and how others react to us. As a leader, we need to continually reflect on our attitudes and determine if they are healthy for us and for those we lead. We need to recognize that leaders need to have high self-esteem and confidence. A low self-esteem often comes from comparing ourselves to others and trying to be better than they are. A poor attitude usually results from trying to appear as something that we

are not. True self-esteem and good attitudes are a result of understanding your abilities and finding a role in the world; by asking -how can we use what God has given us to serve others?||

Attitude Checklist

	No	Sometimes	Yes
General Appearance			
1. I am happy with my looks.	_____	_____	_____
2. I am happy with my physical health.	_____	_____	_____
3. I am happy with my height.	_____	_____	_____
4. I am happy with my weight.	_____	_____	_____
5. I am neat in appearance.	_____	_____	_____
Emotional Characteristics			
1. I -act up when things do not go my way.	_____	_____	_____
2. I easily feel -down.	_____	_____	_____
3. I get sulky or angry when I lose a game.	_____	_____	_____
4. I easily feel sorry for myself.	_____	_____	_____
5. I cry or get angry over small things.	_____	_____	_____
6. I swear at others or call them names.	_____	_____	_____
Manners			
1. I am courteous to others.	_____	_____	_____
2. I am considerate of the feelings of others.	_____	_____	_____
3. I am courteous to members of my family.	_____	_____	_____
4. I listen when others are talking and do not interrupt.	_____	_____	_____
Parental Relationships			
1. I talk with my parents.	_____	_____	_____
2. I listen when my parents talk.	_____	_____	_____
3. My parents listen to my point of view.	_____	_____	_____
General Style of Behavior			
1. I am shy.	_____	_____	_____
2. I have a need to seek attention.	_____	_____	_____
3. I am the -bossy type.	_____	_____	_____
4. I let others push me around.	_____	_____	_____
5. I daydream when I am supposed to be paying attention.	_____	_____	_____
6. I enjoy teasing and upsetting others.	_____	_____	_____
Character Traits			
1. I am reliable and follow up on my promises.	_____	_____	_____
2. I am honest.	_____	_____	_____
3. I respect the opinions and beliefs of others.	_____	_____	_____

4. I respect the property of others.
5. I take the initiative to make new friends.
6. I expect to be treated with respect by others.
7. I take responsibility for my actions.

_____	_____
_____	_____
_____	_____
_____	_____

VIETNAMESE WORDS

A

Attitude – thái độ, điệu bộ

Respect – kính trọng, tôn trọng,

Positive – quả quyết, khẳng định, chắc chắn, tích cực

Emotion – sự cảm động, sự xúc động, sự xúc cảm

Characters – tính nết, tính cách; cá tính, chí khí, nghị

lực **Manner** – dáng, vẻ, bộ dạng, thái độ, cử chỉ

Initiative – bước đầu, sự khởi đầu, sự khởi xướng

Behavior – thái độ, cách cư xử

