

SET THE BAR

Do your level best to achieve what's possible

Materials: Worksheets, setting the bar templates, pencils, crayons (red, green and blue), timer

Directions: Read the worksheet, complete the activity and discuss with the Group.

Perfectionists are people who set unreachable standards and expectations for themselves.

Underachievers are people with low standards who expect little of themselves.

Both of these personality types can be unhealthy.

It's important for you to reach your potential. But it's equally important to set achievable goals and balance your expectations.

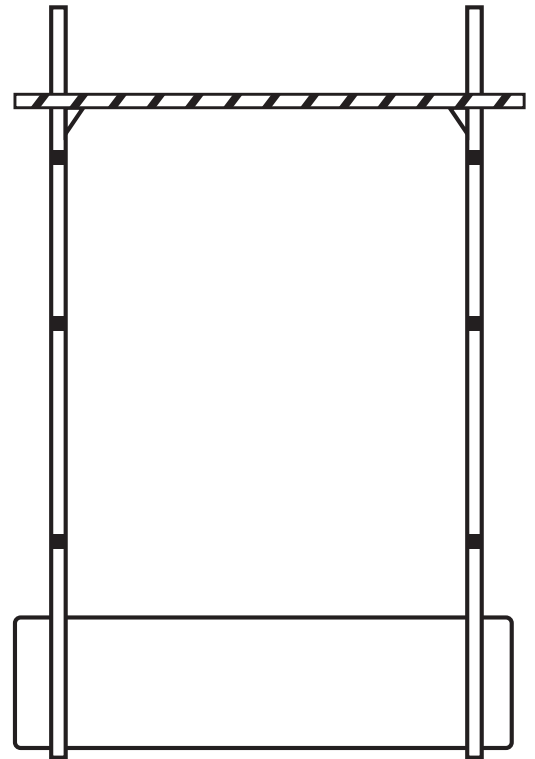
Some people try to be perfect and set the bar too high for themselves. Others set the bar too low and do only enough to get by.

Today, we're going to do an activity that examines these personality types by looking at your self-esteem and expectations. Let's read the instructions and get started.

ACTIVITY INSTRUCTIONS

- 1 Read the trait in each box on the template. Match each trait to the personality type and color the box red, green or blue.
- 2 Answer the questions on the template.
- 3 We'll set the timer for 10 minutes. When the timer sounds, we'll share what we wrote about our self-esteem and expectations.

(Set the timer for 10 minutes.)



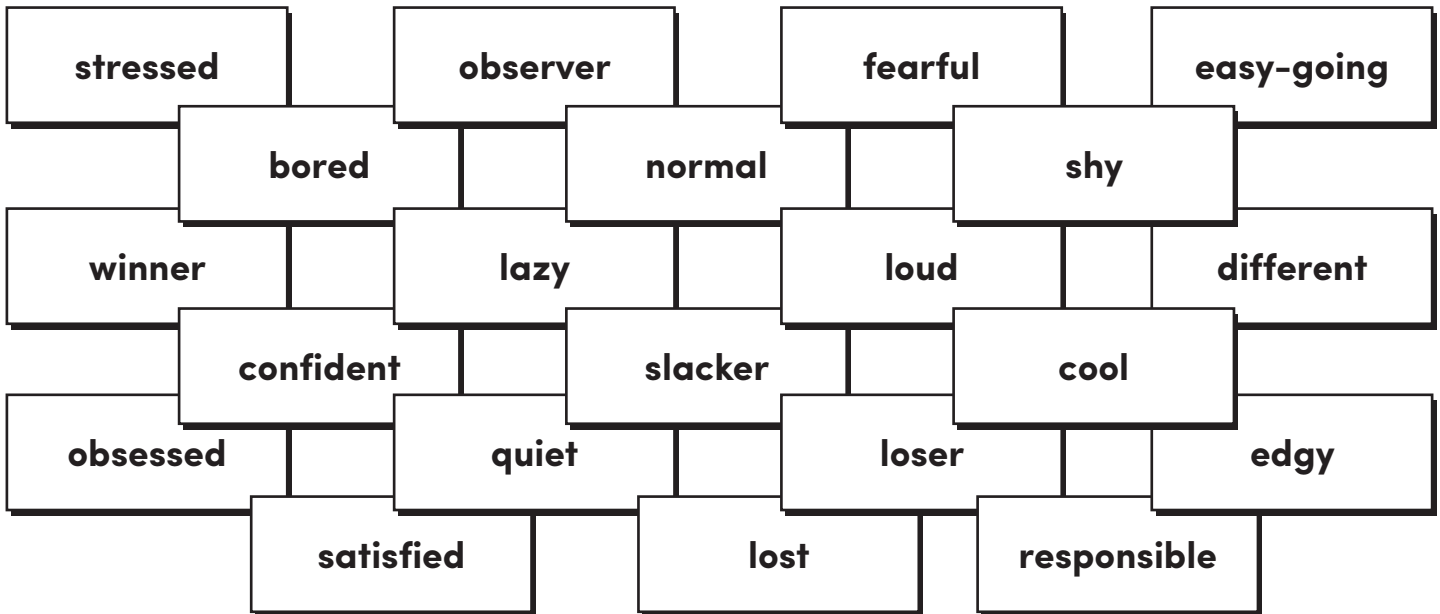
SETTING THE BAR: SELF-ESTEEM AND EXPECTATIONS

Personality types

People who set the bar too high = red

People who set the bar in the middle = green

People who set the bar too low = blue



1. Which traits in the boxes describe you?

2. Which color did you use most often? Does the color describe you?

3. How can you set the bar closer to the middle and have achievable expectations of yourself?
