

RETRACKING



This download is about some ideas about you looking at what you are good at, your self esteem and confidence....you should print it out or save it to disk

1

The first five pages are what you like and dislike, where you are and where you hope to be going over the next few years.

2

The remaining pages are about you setting your own goals, being determined and using willpower to get there..

3

Lots of practice helps, and/or getting a coach or some sort of teacher (could be a friend) may help you learn how to do this.

4

If these sheets don't help, look at some of the others, get yourself some direct help, and definitely talk to someone.

5

That's all!

MY FAVOURITE/ LEAST FAVOURITE THINGS



LOVES



HATES



COLOUR



FOOD

MUSIC

BAND

TV PROG



MAGAZINE

PLACE



PERSON

TEACHER

SPORT



BOOK

COMPUTER GAME

IMPORTANT PEOPLE IN MY LIFE

1. List below all the people who are important to you.
2. Next to their names put L for Like or D for dislike.
3. In the next column indicate by number, from 1 to 7 (1 = most liked, 7 = least liked), how much you like them.
4. If you can, briefly give your reasons.
5. Put an L in the next column if they like you, or D if they don't.
6. In the following column indicate by number (as in 3.) how much you think that they like you.
7. Give your reasons why.



NAME	LIKE/DISLIKE L OR D	HOW MUCH? 1 - 7	WHY?	LIKE/DISLIKE L OR D	HOW MUCH? 1 - 7	WHY?

WHAT AM I?

DRAW A CIRCLE AROUND THE WORDS WHICH DESCRIBE YOU THE MOST



kind boring honest helpful lazy

happy greedy funny nasty angry

interesting reliable dishonest successful

depressed popular impulsive careless

well organised gentle crafty sensible sad

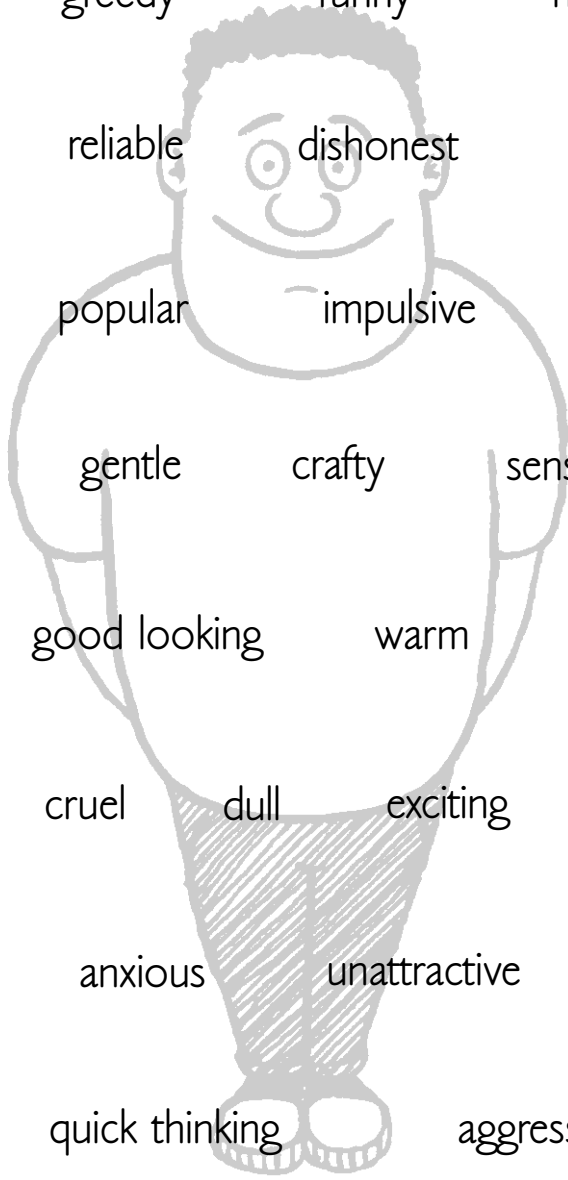
intelligent good looking warm humourous

hard working cruel dull exciting uncooperative

thoughtful anxious unattractive failure

even tempered quick thinking aggressive relaxed

stupid lovable vindictive loyal jealous



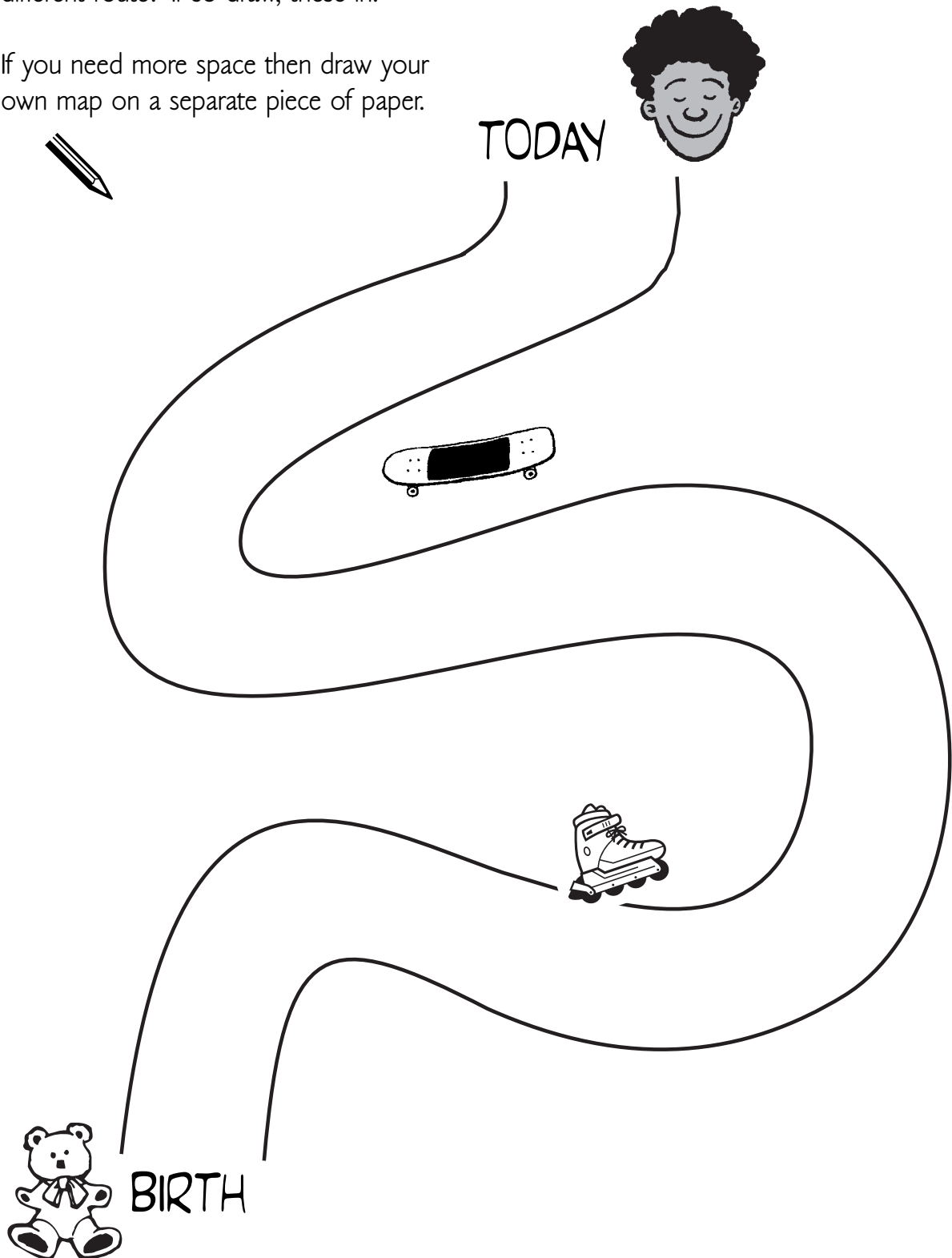
MY JOURNEY SO FAR

Below is a map of the journey that you have been on since your birth until today.

Mark on the road any important events which have stuck on your mind.

Have you ever reached any “cross roads” or “junctions” where you might have chosen a different route? If so draw, these in.

If you need more space then draw your own map on a separate piece of paper.



I AM GOOD AT

CIRCLE THE THINGS THAT YOU ARE GOOD AT.



staying calm

listening to people

asking questions

making others laugh

controlling my temper

saying thanks

talking to new people

saying sorry

helping others

being sympathetic

resisting pressures / saying NO

talking about myself

showing I like people

talking to the opposite sex

giving compliments

sharing / giving

taking turns / being fair

talking to my parents

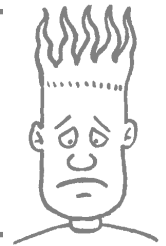
talking to my teachers

CONCERNS ABOUT MYSELF

Having had a chance now to have a look at yourself in the first section of **RETRACKING**, perhaps it's time to have a think about your main anxieties and worries. Look back through some of the early worksheets and try to pick out five main concerns about your life.



1



2



3



4



5



Do you feel that you have the power to effect any of these problem areas?

HOW CONFIDENT AM I?

Give yourself a score of 1-5 for your level of confidence in the following situations.

1= not at all confident

5= extremely confident



- | | | | | | |
|--------------------------------------------------|---|---|---|---|---|
| 1. BEING WATCHED BY LOTS OF PEOPLE | 1 | 2 | 3 | 4 | 5 |
| 2. SMILING AT PEOPLE I DON'T KNOW VERY WELL | 1 | 2 | 3 | 4 | 5 |
| 3. NOT BLUSHING | 1 | 2 | 3 | 4 | 5 |
| 4. SHOWING MY FEELINGS | 1 | 2 | 3 | 4 | 5 |
| 5. UNDERSTANDING WHAT OTHER PEOPLE ARE FEELING | 1 | 2 | 3 | 4 | 5 |
| 6. KEEPING A STRAIGHT FACE | 1 | 2 | 3 | 4 | 5 |
| 7. GOING INTO A ROOM FULL OF PEOPLE | 1 | 2 | 3 | 4 | 5 |
| 8. JOINING A GROUP OF PEOPLE ALREADY TALKING | 1 | 2 | 3 | 4 | 5 |
| 9. WALKING PAST A CROWD LOOKING IN MY DIRECTION | 1 | 2 | 3 | 4 | 5 |
| 10. ASKING SOMEBODY THE WAY | 1 | 2 | 3 | 4 | 5 |
| 11. USING A TELEPHONE | 1 | 2 | 3 | 4 | 5 |
| 12. ASKING FOR HELP | 1 | 2 | 3 | 4 | 5 |
| 13. GIVING SOMEBODY A COMPLIMENT | 1 | 2 | 3 | 4 | 5 |
| 14. RECEIVING A COMPLIMENT | 1 | 2 | 3 | 4 | 5 |
| 15. EXPLAINING MY FEELINGS TO SOMEBODY | 1 | 2 | 3 | 4 | 5 |
| 16. BEING TOLD OFF BY SOMEBODY | 1 | 2 | 3 | 4 | 5 |
| 17. EXPRESSING MY OPINIONS CLEARLY | 1 | 2 | 3 | 4 | 5 |
| 18. ASKING A QUESTION IN A MEETING OR IN CLASS | 1 | 2 | 3 | 4 | 5 |
| 19. ACCEPTING CRITICISM FROM OTHERS | 1 | 2 | 3 | 4 | 5 |
| 20. COMPLAINING ABOUT SOMETHING/ SOMEBODY | 1 | 2 | 3 | 4 | 5 |
| 21. APOLOGISING | 1 | 2 | 3 | 4 | 5 |
| 22. BEING ASKED FOR AN OPINION IN A GROUP/ CLASS | 1 | 2 | 3 | 4 | 5 |
| 23. SAYING 'NO' WHEN ASKED TO DO SOMETHING | | | | | |
| I DON'T AGREE WITH | 1 | 2 | 3 | 4 | 5 |
| 24. BEING INTERVIEWED | 1 | 2 | 3 | 4 | 5 |
| 25. ASKING SOMEBODY FOR A FAVOUR | 1 | 2 | 3 | 4 | 5 |

BACK TO THE FUTURE... WHERE WILL I BE?



Ten years from now where will I be?

What will I be doing?

Who will I be with?

MORE IMPORTANTLY

..... Where would I like to be?

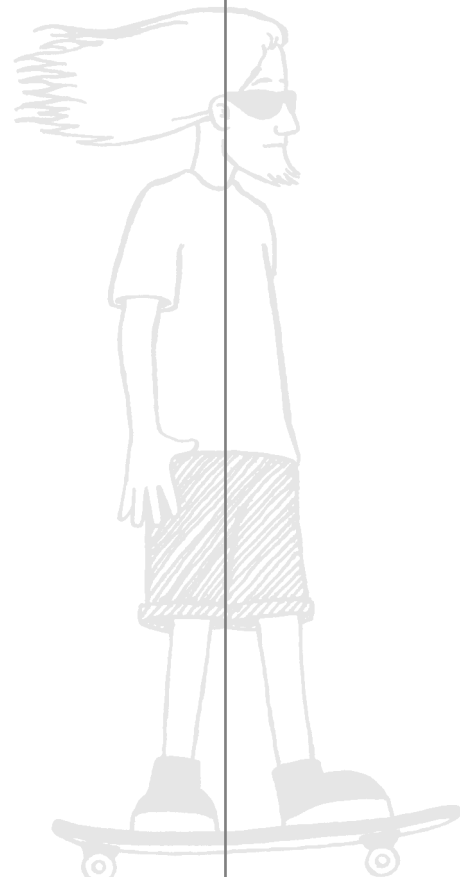
..... What would I like to be doing?

..... Who would I like to be with?

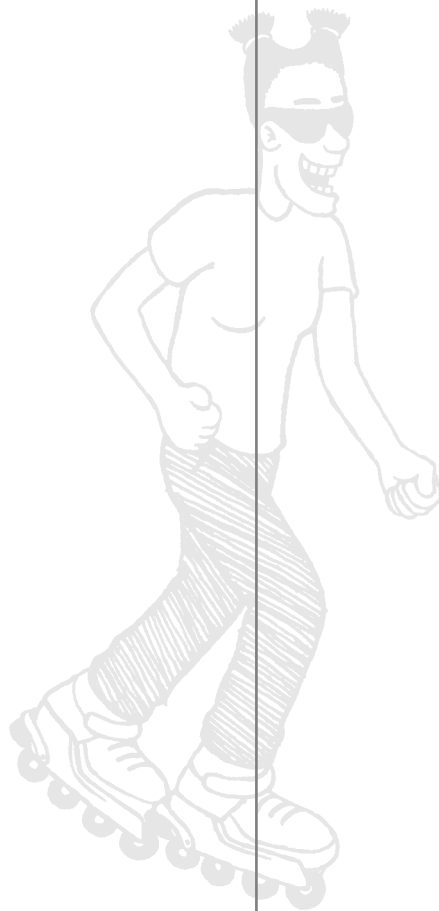
IN TEN YEARS TIME I WILL BEYEARS OLD



AREA	WILL BE	WOULD LIKE TO BE
HEIGHT		
WEIGHT		
HAIR COLOUR		
AMOUNT OF EXERCISE		
SMOKING?		
ALCOHOL?		
EATING?		
COUNTRY / TOWN OF LIVING		
TYPE OF HOME		



AREA	WILL BE	WOULD LIKE TO BE
PERSONALITY		
EDUCATION / QUALIFICATIONS		
COLLEGE / UNIVERSITY		
CAREER / JOB... PLACE / SALARY / PEOPLE PROMOTION ETC		
HUSBAND / WIFE / PARTNER		
CHILDREN		
PETS		
CAR / BIKE / OTHER		
HOBBIES / INTERESTS		
FRIENDSHIPS		
TRAVEL / HOLIDAYS		
OTHER		



I CAN!!

I expect that there have been times in the past when adults around you have said things like:



'WHY ON EARTH DID YOU DO THAT... HAVEN'T YOU GOT ANY WILLPOWER?''

'YOU'RE ALWAYS LETTING YOUR FRIENDS GET YOU INTO TROUBLE... WHY CAN'T YOU KEEP AWAY FROM THEM OR SAY NO!?'''

'WHY ARE YOU SO WEAK?... YOU GIVE UP TOO EASILY... YOU'LL NEVER BE ABLE TO HOLD A JOB DOWN WHEN YOU LEAVE SCHOOL''

Do you think that there's anything in what they say?

Do you sometimes find it difficult to stick with things, to resist the pressures of other people or of other things?

Do you often find it difficult to concentrate?

We all have our personal weaknesses... those soft spots where our willpower seems to totally disappear.

FOOD? DRINK? SWEETS? CIGARETTES? FUN?
COMPUTER GAMES? SLOT MACHINES? TV? DRUGS?
FAST CARS?

Make a list of your weaknesses:



EXERCISING YOUR WILLPOWER



Is your willpower soft and flabby?
Could it do with some exercise to shape it up?
Do you want to get it back under your control?
Which of your weaknesses do you want to convert into a strength?

Have a go at the following exercises to prove to yourself that you do have willpower.

1. **I WILL...** COUNT BACKWARDS FROM 100 EVERY MORNING BEFORE I EAT MY BREAKFAST
2. **I WILL...** SMILE AT EVERYBODY I MEET TODAY
3. **I WILL...** STAND ON ONE LEG FOR 2 MINUTES BEFORE I TURN THE TV ON TODAY
4. **I WILL...** ONLY DRINK WATER THIS MORNING
5. **I WILL...** TOUCH MY TOES TWENTY TIMES BEFORE I GO TO BED
6. **I WILL...**
7. **I WILL...**
8. **I WILL...**

(USE YOUR OWN IDEAS FOR THE FINAL THREE)



MY WILLPOWER CONTRACT

Complete the following contract with yourself, stating clearly which willpower exercise you are going to follow for this week. Keep a record of your success.

THIS WEEK I WILL... _____

TIME _____ PLACE _____

signed.....
witness.....

MON	TUES	WEDS	THURS	FRI	SAT	SUN
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(TICK EACH BOX WHEN COMPLETE)

I WILL REWARD MYSELF AT THE END OF THE WEEK WITH:

