

Self-Discovery: Me, Myself & I

Coached and Lead by Krystal Queen

An initiative to help ground and build a foundation for young ladies to learn about themselves through self-discovery. All the themes will help them reflect, learn and explore who they are, what is important to them and think critically about their decisions and actions and how they affect their future.

Week	Theme	Activity/Description
1	My Identity	Who am I? How do I perceive myself? Learn, explore and understand our strengths and abilities.
2	My Family	Who is in my family? How do I see them? Build your house - Activity.
3	My Values & Beliefs	Learn, examine and explore what my values and beliefs are. Stories that build my values and beliefs.
4	I am a Young Lady	The definition of what a young lady means. The ins and outs of being a female. Learn strong intrapersonal skills. Learn and establish many ways for self-care.
5	Body Image	Learn about societal views, being aware of how others perceive us and your own personal beliefs on body images. Understand the many different messages involved in body images.
6	Friendship	Understand relationship of being included, being left out, exclusion, intolerance, differences, feuds, followers. Explain what a leader is, does and acts. Learn strong interpersonal skills.
7	Relationships	Being aware of your emotions, how to voice your feelings and being aware of your relationships. The battle with girlfriends, the changes with romance and being able to accept changes in relationships with others and myself.
8	My Choices	Use various stories and circumstances to learn about healthy decision-making, talk about drugs, sex, peer pressure, dating violence, trust and more. Build a strong sense of self on how to feel confident in doing the right thing for yourself and others.
9	Social Media	Explore the challenges of social media, bullying, cyberbullying, sexting and more. Walk through the effects of them mental, physical, emotional along with criminal consequences.
10	My Reflection: My Mirror	Review, explore and understanding everything we have currently discussed and worked on. What sticks out? What have you learned? Listen to a poem and reflect and journal.
11	My Future Map	Make a map that involves all of what we have worked on: thoughts, beliefs, values, actions with dreams and goals to help develop a future map.
12	Being Different	Recognize and understand that everyone of us is different by identity, cultural and racial differences with exploring the importance of aligning with others of all diversities. Discuss major stereotypes and biases in our society.

Leadership Development initiative to help the future mindset, personal and professional development for the next generation.

