I AM WORTHY

INTRO WEEK

I AM WORTHY.

What are some common lies the "mean voice" tries to tell people our age that cause some to doubt their worth?

Do you tend to think of yourself as equally worthy as others, more worthy, or less worthy? Why do you think that is?

Are you aware of some values you have—certain expectations you set for your attitude and actions because you believe it's right and true? If so, what are they?

Do you think about what you're thinking about? Why is it important to reject certain thoughts?

Which most often tends to be your motivation—fear or your values? Why do you think that is?

I AM WORTHY

WEEK ONE

I Am Meant To Be, and My Life Matters.

What would you tell a friend who says, "I'm not meant to be—my life doesn't matter"?

What are some practical ways people my age can be a "light" to those around them?

Why is it a mistake to believe our life only matters if we are really well known or do something really big?

How does comparison negatively affect people our age?

Can you see yourself being friendly to people you normally ignore? Why or why not?

I AM WORTHY

WEEK TWO

I Am Worthy of Love.

Can you give an example of someone who loved well? Maybe it's someone you know, or a character in a movie, or a person from history.

What do you think causes a person to feel worthy of love versus unworthy?

One way I can choose to love better at home and with my friends is . . .

If I, and the people at my school, choose to always be kind, even if someone happens to be unkind to us, how will the social environment improve at school?

What are some practical ways we can choose to love ourselves in our thoughts and actions?

I AM WORTHY

WEEL THREE

I Deserve to Feel Safe at All Times.

How can we know the difference between warning fear and intimidation fear?

Why is it important to identify some trusted adults you could call if you ever found yourself in an unsafe environment? Who would you call?

What are some characteristics of safe people?

What should you do if an adversary ever makes you feel unsafe? What could happen if you were to do nothing?

Are you a person who feels comfortable asking for help and support when you need it? Why or why not?

I AM WORTHY

WEEK FOUR

I Am Worthy of Others' Time and Attention.

Is it easy or difficult for you to believe you are worthy of others' time and attention? Why do you think that is?

How can we rely less on social media and screens and more on in-person, relational interactions with people?

How have you seen people attempt to get attention in ineffective ways?

Who can I reach out to if I recognize I'm feeling lonely? Who and what should I refuse to turn to, no matter how lonely I may get?

What does it look like to invest time and attention into others? Why is it so needed and important?

I AM WORTHY

WEEK FIVE

I Am Worthy to Speak and Be Heard.

Do you feel worthy of others listening to what you have to say? Why or why not?

Which are you going to allow to speak through you: the mean voice or the encouraging voice of truth? Why does it matter?

Are there any talking tips you need to start applying? Any more you can think of?

How could the decision to be an honest person make life better for us? How could it make life harder at times?

If you could speak to an audience about any topic, what would it be and why?

I AM WORTHY

WEEK SIX

I Am a Caring, Attentive Listener.

Do you tend to care about what others are feeling and going through? Why do you think that is?

How does giving people our undivided attention help show them we're listening and we care?

Is gossip a temptation for you? How does gossip injure people and relationships?

Do you know what discussion-based groups are available at your school and/or in your community? What do you think could be some benefits of participating in one?

What could be some benefits of listening to people's stories who have different life experiences from us?

I AM WORTHY

WEEK SEVEN

I Am Capable of Self-Control

Do you tend to be reactive—doing whatever you feel like—or proactive—pausing and thinking before you act? Why do you think that is?

When we're angry, why is it important to take deep breaths, calm down, and think?

If we have addictions, why is it important to admit it to ourselves and to trusted adults who can help us?

How does it help our own peace of mind when we respect others' decisions versus trying to control them?

What one or two things do you want to use self-control to start doing and why?

I AM WORTHY

WEEK EIGHT

I Am Capable of Making Wise Choices.

Do you want to gain wisdom and make wise choices? Why or why not?

Why is it a mistake to assume all famous and successful people are wise?

What are some foolish versus wise attitudes we can have toward school and schoolwork?

Did you hear any wise tips just now you'd like to start applying? How can you overcome potential obstacles?

How does it help us to use wisdom when choosing our friends?

I AM WORTHY

WEEK NINE

I Am Worthy of Healthy Affection.

Do you think it's important to give and receive healthy affection? Why or why not?

Why is it unwise to look to a girlfriend or boyfriend to satisfy our need for healthy affection—to be loved, held, and deeply cared for?

Does giving and receiving friendly hugs feel normal to you or out of your comfort zone? Why do you think that is?

Would you like to start showing more affection to your family members? If so, how will you go about it? (If that's not possible in your current situation, how do you envision expressing affection with your future family?)

Do you feel worthy of being loved and receiving healthy affection, or is the mean, lying voice trying to tell you something different? How can we combat untrue thoughts and feelings about our worth?

I AM WORTHY

WEEK TEN

I Am Meant to Feel and Express Emotion.

Do you believe you could benefit from learning more about what you're feeling and how to manage your emotions? Why or why not?

In your own words, how can it harm us to develop a habit of suppressing our emotions?

Name or describe the emotion you're feeling right now, even if it's more than one.

Do you tend to let upsetting emotions define reality for you, or are you able to separate lies from truth and stand on the truth?

How is it helpful to others when we empathize with how they feel? Why is it important to release their emotional burdens instead of carrying them around with us?

I AM WORTHY

WEEK ELEVEN

I Am Intelligent and Capable of Learning.

If you, or someone else, struggles to make good grades, does it mean you, or they, are not intelligent? Why or why not?

How does the belief that we're intelligent and capable of learning impact our decisions and desire to do well in school, and later, in a career?

If you, or anyone else, has ever called you stupid or said you weren't smart, how can you come out of agreement with that lie and replace it with truth?

Am I willing to do what it takes to learn and do well in school? If not, why?

Did any of the affirmations we just stated feel untrue for you? If so, which one(s), and why might that be?

I AM WORTHY

WEEK TWELVE

I Am a Capable, Determined Problem Solver.

Do you see yourself as a problem dodger or a problem solver? Why?

What are some potential benefits of being a problem solver versus consequences of being a problem dodger?

When facing a problem, which do you tend to focus on most: your unpleasant emotions or problem-solving? How is that working for you?

While it can be tempting to continually let others solve our problems for us, why is it important to solve our own problems when we're capable?

What's a problem around you that grabs your interest? Are there some creative ways you could potentially provide solutions?

I AM WORTHY

WEEK THIRTEEN

I Am Worthy of Genuine Friendships and Community.

Do you tend to have a closed off attitude toward people you don't know, or do you have a friendly, kind attitude? Why do you think that is?

What kind of attitudes and actions on our part can help make a friendship or community healthy?

Have there been any cruel remarks spoken to you that you need to dismiss as untrue of your worth? Do you need to apologize for saying something cruel to someone else?

Are you willing to approach someone and introduce yourself? Why or why not?

Is there some quality or accomplishment that causes you to view others as more or less valuable than you? What might be the lie or lies fueling that distorted view of your own worth and the worth of others?

I AM WORTHY

WEEK FOURTEEN

I Am Worth Being Cared for In Practical Ways.

Do you see yourself as worthy of being cared for in practical ways? Why or why not?

What's wrong with making fun of people because they appear to have unmet practical needs?

Are you committed to graduating from high school? Why or why not?

Why is it vitally important that we care about ourselves and take good care of our hygiene?

Are you a generous person? Would you like to be? Why or why not?

I AM WORTHY

WEEK FIFTEEN

I Am Worthy of Verbal Affirmation.

Do you believe the words we choose to speak to one another are powerful? Why or why not?

How do you think people see you? As someone who might say or do hurtful things to them, or someone who'll be kind and safe?

How do you think it affects people to receive neither verbal praise nor verbal abuse, just silence regarding their value and worth?

Do you tend to affirm or criticize yourself in your own mind? Why do you think that is?

How do you take constructive criticism when it comes your way?

I AM WORTHY

WEEK SIXTEEN

I Am Uniquely Gifted.

Whether our gifts draw our classmates' attention or not, they are still important and awesome. Can you think of some interests, talents, or abilities you have that aren't necessarily celebrated at school?

Has discouragement ever tempted you to stop using or growing in your talents or gifts? How can we overcome the mean voice of discouragement?

Are you aware of any heart gifts you have? How can your gifts and talents be used to help and inspire people?

Why is it important to recognize other people's talents and heart gifts and verbally acknowledge and celebrate them?

What's an occupation or two that really interests you? What gifts, talents, and skills do you think it takes to do well at that?

I AM WORTHY

WEEK SEVENTEEN

I Am Meant to Work Hard and Achieve.

Have you ever worked really hard at something? What did the sense of accomplishment feel like?

Do you know someone who's a hard worker? What is it about that person that makes you think that?

How can performance orientation and striving for perfection make life stressful and difficult?

Do you get enough sleep? What helps you to get a good night's sleep?

Is screen time negatively affecting your ability to work hard and achieve or get good sleep? If so, what can you do to change that?

I AM WORTHY

WEEK EIGHTEEN

I Take Responsibility For My Actions and Learn From My Mistakes.

Why does maturity require that we take responsibility for our actions—our thoughts, attitudes, words, and decisions?

How does admitting our mistakes and taking responsibility for our actions help relieve us of guilt and shame? (Remember, we never deserve verbal or physical abuse for any reason, including for admitting our mistakes.)

Do you tend to blame your actions on others or take responsibility? Is blaming others keeping you stuck in some area of life?

Have you ever made a mistake that caused you to learn something important? What was it?

Do you tend to shame yourself when you make a mistake or say kind things to yourself? Why does it matter?

I AM WORTHY

WEEK NINETEEN

I Am Worth More Than My Appearance or Accomplishments.

Is it easy or challenging for you to believe you've always been worthy beyond measure, apart from your appearance or accomplishments? Why do you think that is?

Why is it a lie to believe that beauty or handsomeness can prevent us from experiencing rejection?

What are some potential pitfalls of looking to social media and an online following to feel good about ourselves?

Why is it mentally and emotionally exhausting to compare and compete with others to prove our worth?

Does the music and media you listen to and watch overemphasize outer appearances and/or insult people? Do you see a need to make different media choices?

I AM WORTHY

WEEK TWENTY

I Am Destined to Make a Positive Difference In the World.

What kind of ripple effect do you most often set into motion—positive or negative? How do you feel about that?

How has someone's seemingly small gesture of loving kindness made a positive difference in your life?

Are there any lies about yourself or your future you need to come out of agreement with and replace with truth? If so, what are they?

Has negativity damaged your school spirit? What about patriotism—could you stand to be more grateful for your nation?

Do you consider yourself a positive person? How can you start your day with positivity?

I AM WORTHY

WEEK TWENTY-ONE

I Am Compassionate and Considerate of Others' Worth.

What can happen to a society that believes certain people have value while others have less or none?

In your opinion, what's wrong with the philosophy that people are only valuable if they are physically and mentally strong enough to contribute to society?

Do you desire to be a compassionate, considerate person? If so, starting today, what are some practical ways you can show compassion and consideration to others?

How do you think people who know you would describe your compassion and consideration for others?

Knowing you are worthy of all these affirmations and more, and you're capable of so much, what are some life goals you seek to achieve?

I AM WORTHY

I am meant to be, and my life matters.

I am worthy of love.

I deserve to feel safe at all times.

I am worthy of others' time and attention.

I am worthy to speak and be heard.

I am a caring, attentive listener.

I am capable of self-control.

I am capable of making wise choices.

I am worthy of healthy affection.

I am meant to feel and express emotion.

I am intelligent and capable of learning.

I am a capable, determined problem solver.

I am worthy of genuine friendships and community.

I am worth being cared for in practical ways.

I am worthy of verbal affirmation.

I am uniquely gifted.

I am meant to work hard and achieve.

I take responsibility for my actions and learn from my mistakes.

I am worth far more than my appearance or accomplishments.

I am destined to make a positive difference in the world.

I am compassionate and considerate of others' worth.