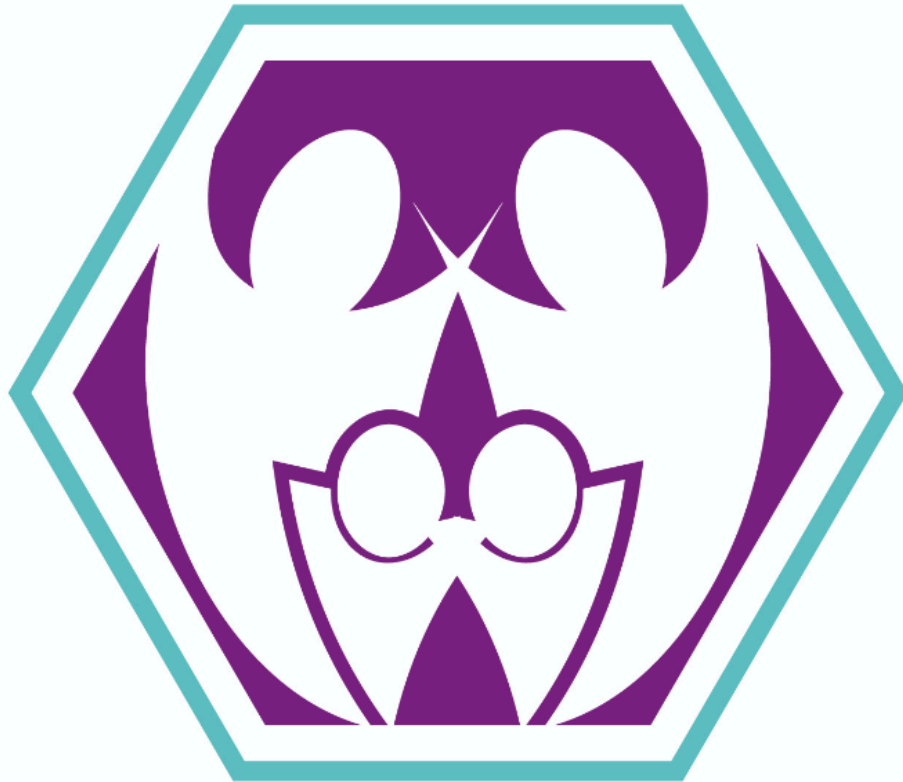


Liz Imperio
Presents



Raising Successful Children Reference Guide & Workbook

WEEK 8 – Self-Worth



Reference Guide

Every week you'll find a detailed outline of each week's topic.



Homework

These simple tasks will further your education. Extra advice for a real world application of the material will be at the end of each outline.



Expert's Corner

Beginning in week 2, for those who are interested in pursuing dance professionally, pay special attention to this segment. These sections will outline the ways you can take the information in that particular week and apply it to your career.



Life Lessons

For those who may not want to pursue dance professionally, or are simply on the fence with their future, check out this section. This will help point you in the right direction of how to use the information you learned that week and apply it to your everyday life.



Notes

A space for your notes has been provided throughout the workbook. This is for you to jot down your notes, thoughts and "aha" moments. Writing your thoughts down is still proven to be the most effective method of learning and retention.



Critical Inner Voice

Childhood

- Environment
- Experience
- Parental approval



Adolescence

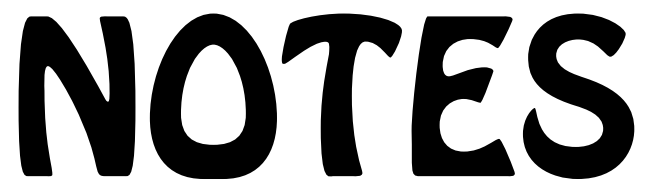
- Hormonal changes
- Personal perspective
- Self-image
- Peer acceptance



Adulthood

- Engrained programs
- Repetitive outcomes



[illegible]



Self Awareness

Consciousness

- Character
- Feelings
- Motives
- Desires



Discovery

- External feedback
- Triggers
- Coping mechanisms



Evolution

- Self reflection
- Habits
- Building skills





NOTES

[illegible]



Dangers of External Self-worth

External perspectives

- Peers
- Society
- Media
- Family



Self judgement

- Distorted perceptive
- Lack of self-compassion
- Narrow mindedness



Extreme behavior

- Eating disorders
- Withdrawal
- Substance abuse



“If you find yourself constantly trying to prove your worth to someone, you have already forgotten your value.”



NOTES

[illegible]



Benefits of Internal Self-worth

Wholeness

- Accept yourself
- Love yourself
- Trust yourself



Accomplishments

- Education
- Training
- Abilities
- Life skills



Self-confidence

- Independent thought
- Purposeful
- Know your strengths



“When you know your worth. No one can make you feel worthless.”



NOTES

[illegible]



Expert's Corner

The greater self-awareness a dancer has, the more successful they will be in the industry. Not only will self-awareness create fulfillment in your dancer's life, but it will provide them with the opportunity to stand out to choreographer's and casting directors.

When your dancer leads with confidence and truly knows who they are, it can be seen in their dancing, conversation, and the way they hold themselves. People want to hire dancers like that!



Life Lessons

Needless to say, self-awareness and self-confidence open doors. Help your child start developing these traits early, and lead them to recognize success by their own efforts so they build confidence in themselves. There's nothing like working hard for something you want and seeing it come to fruition.



Week 8 – Homework

Your homework is to simply watch this video with your child, and then have a conversation with them about the topic. By watching this video with your child, you are helping them take an important step towards defining what it means to have self-worth.

Step 1: Watch the Video with your dancer

Step 2: Have a conversation with your child about this important topic.