

# Lesson 1 - Exercise Support and Tips

## Exercise 1 'Areas of Life Pie Chart'.

Full instructions are given on the exercise worksheets, if you require further support, you can email [enquiries@thesej.co.uk](mailto:enquiries@thesej.co.uk) or contact your SEJ Representative.

1. This exercise will give students the awareness of areas of their life where they are seeking to reach their full potential and become Self Empowered.
2. Doing this exercise can help students to see areas that require their attention that they may not consciously be aware of. Becoming self-aware is the first step in becoming Self Empowered.
3. Students will need to refer to this exercise when completing exercise 2.

## Exercise 2 'Areas of Life Thoughts'

1. It is essential to help the students make the link between the non-shaded areas of their pie chart and thoughts which are positive and limitless. As well as the shaded areas corresponding to thoughts which are limited and negative.
2. This exercise will be referenced in Lesson 2. Exercise 1 and therefore students must keep their exercise sheets.

## Exercise 3 'What limits us?'

- a) Hold a class or small group discussion on what student's believe limits them, is it life events, people, people's actions, other?
- b) To support you may wish to ask for a show of hands for life events, people, people's actions, and list any other ideas.
- c) You can use a white board to write down students' ideas.
- d) Below are some suggestions to help with student interaction:
  - i. My parent's expectations limit me
  - ii. I have too much to do
  - iii. I don't have the time
  - iv. People limit me
  - vi. My health limits me

## Students' Exercises for Different Abilities

### Exercise 1 'Areas of Life Pie Chart'

1. Advancing: Students can look at all areas of their life.
2. Developing: Students can focus just on one or two areas of life.

Here are some examples in each area of life if anyone needs more support.

Finances: Money worries, paying rent/books/hobbies, paying loans/mortgage  
Dreams/Purpose: Dreams/ambitions/career change/looking for purpose in life.  
Education/studies: Transition to HEI/degree progression/exam passing/desire to leave.

Health, wellbeing, mental & physical health: stress/anxiety/overthinking/depression  
Jobs/ Career: Part time jobs/balancing job and University life/applying for promotion.  
Relationships/Friendships: difficulty making friends/family pressures/partners.

### **Exercise 2 'Areas of Life Thoughts'**

1. Advancing: They can repeat this exercise for 3 or more areas of their life.
2. Developing: They can complete for 1 area of their life or more if able.

### **Exercise 3 'What limits us?'**

All students can participate to the best of their ability, supported by the group/class.