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20/20 Inner Vision, Inc

## I Like Myself Because

“I Like Myself Because” is an interactive video lesson. It is designed for students in class to participate in the same manner as the students in the video. In fact, its greatest impact is achieved when the observing class completes the exercises at the same time as the students on screen (stopping the video as necessary to provide sufficient time).

The impact of each exercise becomes even greater when the results of the exercise are reviewed by the teacher in the classroom before resuming the video. This has a tremendous reinforcement effect as the results of the class in the video will nearly mirror the results of the observing class. Once the observing class understands that they are not unique and that the message of the video does relate to them personally, the interest and response will almost always become more acute.

The video itself provides prompts as to when it should be stopped for the observing class to actually complete the onscreen exercise. Reviewing the results prior to restarting the video is totally at the teacher’s discretion but we do believe that having students complete exercises along with the students on screen will dramatically enhance the message of this program.

We sincerely hope you enjoy this video lesson. Even more so, we hope you have fun in the process, as the success of this lesson should be measured in smiles and laughter with the occasional shot between the eyes.

Best Regards,

Craig MacFarlane and the staff of 20/20 Inner Vision, Inc.



# I Like Myself Because...

(Student Handout)

Presented by:



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# Your Best Teacher

We've all had one. A teacher, a mentor, a counselor who seemed natural, who enjoyed their work, who connected with the students, who made a difference, had an impact.

Think for a moment about your academic career and remember your best teacher. What made that person the best? What were the traits and characteristics that made this person memorable for you?

List those traits and characteristics below:

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# Best Teacher

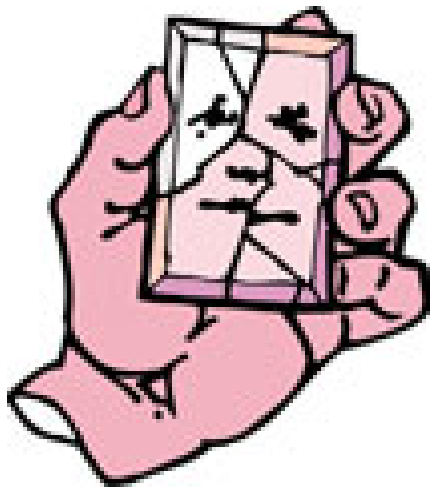
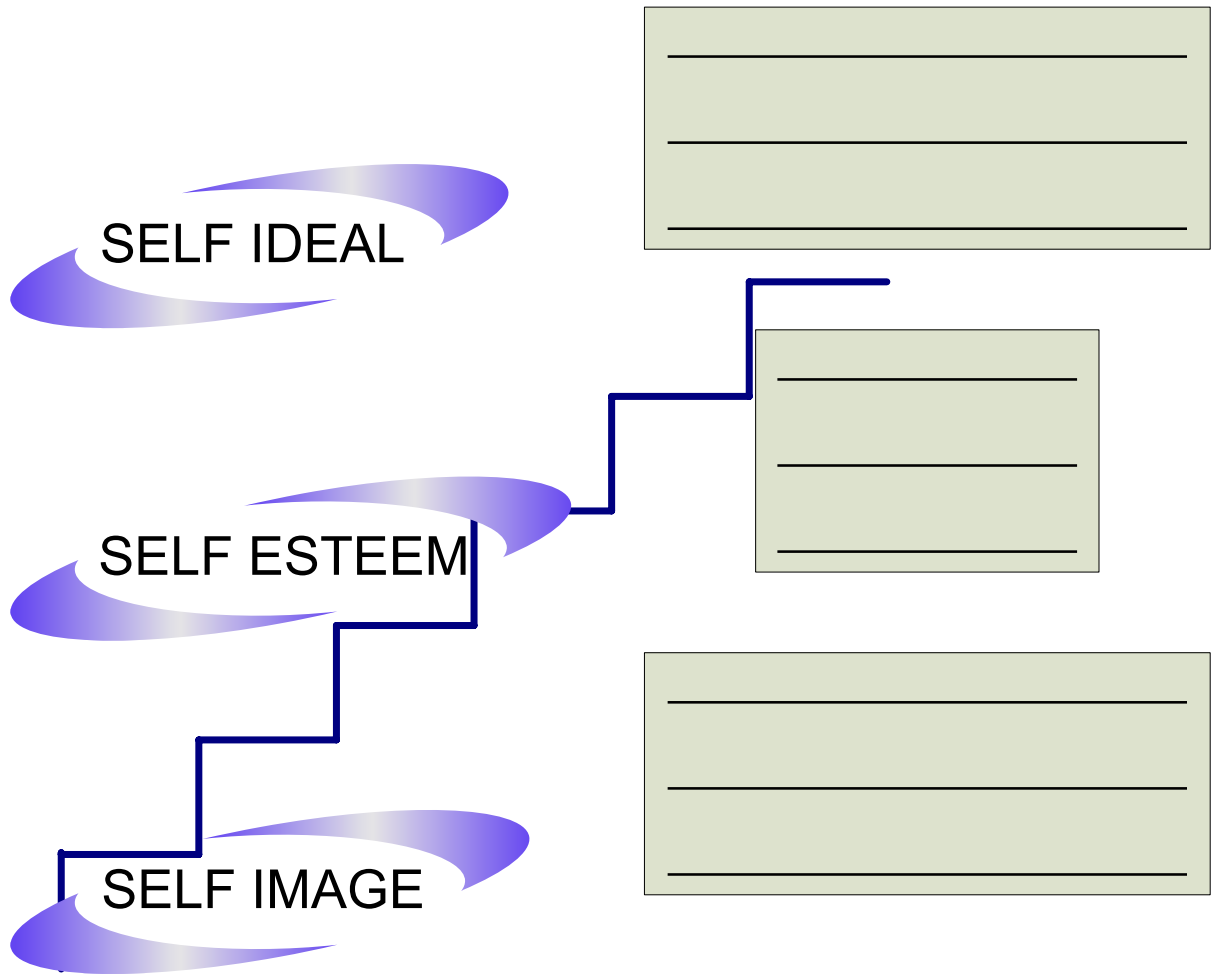
Traits & Characteristics

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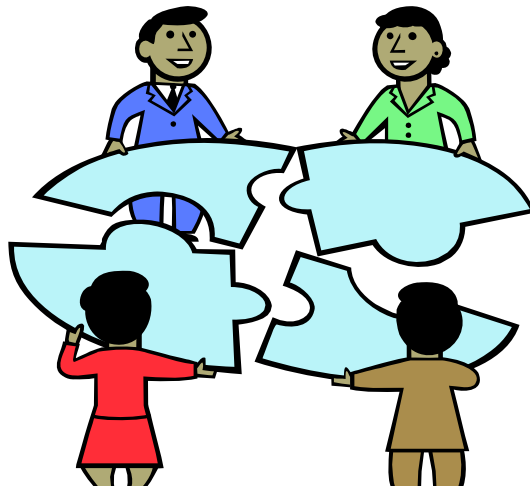
# SELF CONCEPT



# Vibrant Corporate Culture

In a Vibrant Corporate Culture Environment, People are:

- ⇒ Enthusiastic
- ⇒ Energetic
- ⇒ Focused
- ⇒ Pro-Active (take initiative)
- ⇒ Working Hard
- ⇒ Working Smart
- ⇒ Receptive
- ⇒ Supportive
- ⇒ Cooperative
- ⇒ Communicating
- ⇒ Making Better Decisions
- ⇒ Solving Problems Faster
- ⇒ Working as a Team
- ⇒ Taking Personal Responsibility
- ⇒ Being Accountable
- ⇒ Being Positive
- ⇒ Over-achieving Goals and Objectives
- ⇒ Focused on Results and Performance
- ⇒ Learning and Growing
- ⇒ Enjoying Being There









# I Like Myself Because...

(Teacher Version)

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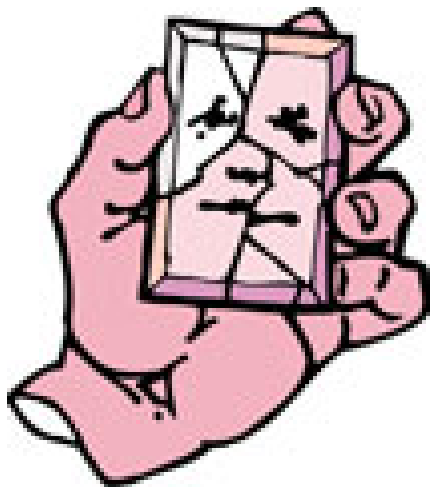
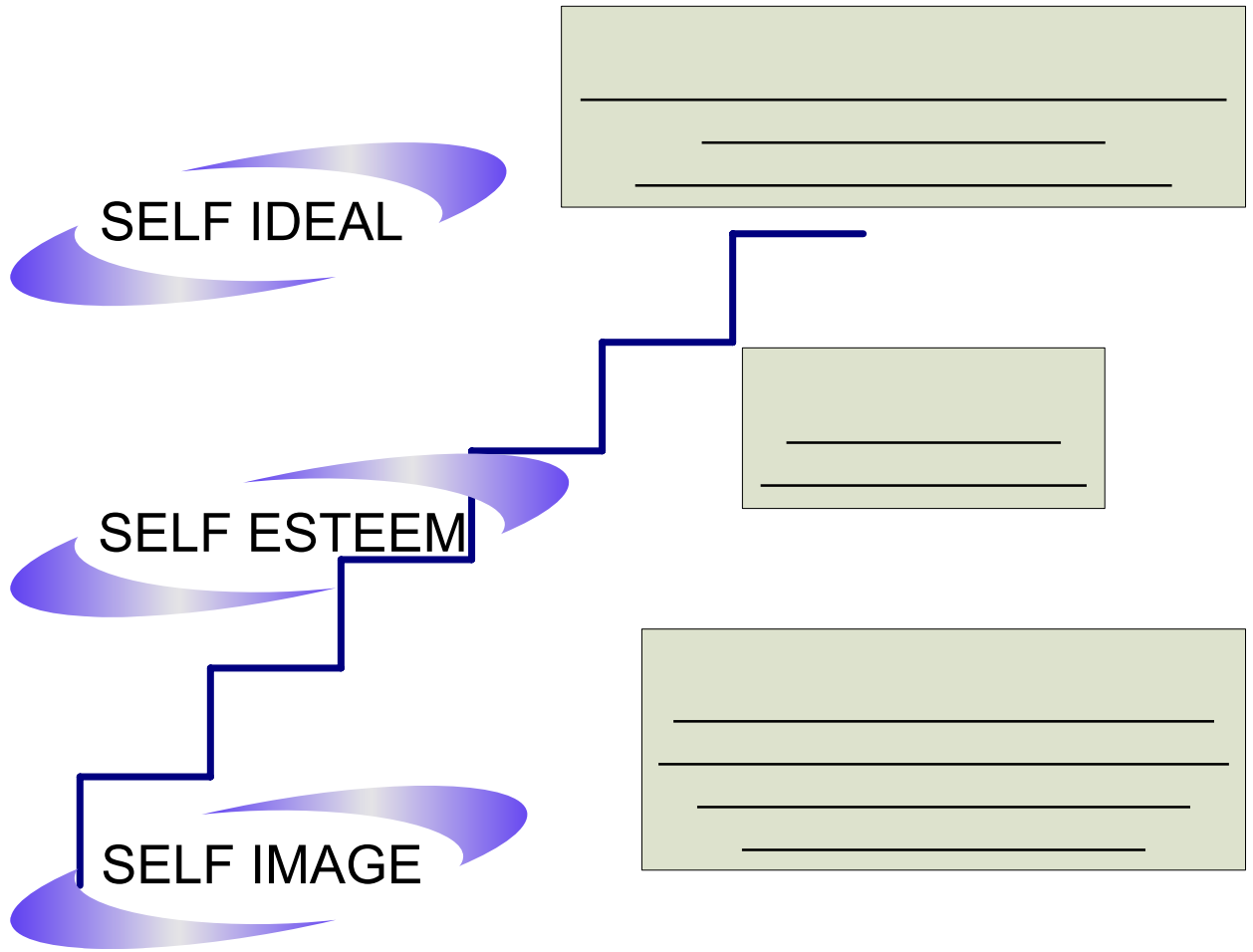


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