# Acknowledging achievements and successes

Acknowledging our achievements and successes increases our positive emotions. Cultivating these emotions on a regular basis increases our resilience. Creating memories around our important achievements allows us to have something to remember in times of self doubt. During these times we can use these achievements to give ourselves reinforcement of what we can actually achieve.

Duration: 60 minutes

## Focus of the learning

* Assess personal strengths and skills to achieve positive outcomes in a range of challenging and changing situations.
* Build positive thinking, self-belief and a sense of empowerment to take action to promote meaningful futures for self and others.
* Recognise the characteristics of resilience and reflect on these characteristics in relation to their own resilience.

## What you need

* online access to the [resilience self-test](https://www.verywellmind.com/quiz-how-resilient-are-you-4008851) and the YouTube clip [the science of character](https://www.youtube.com/watch?v=U3nT2KDAGOc)

## Activity

Resilience is your ability to face particular difficulties (like abusive situations, living in poor conditions and having a non-supportive family) and not develop problem or risk behaviours. It describes your capacity to respond in a positive way to the risks, stresses and adversities of life ([www.health.gov.au](http://www.health.gov.au)).

### How resilient are you?

* Read the definition of resilience.
* Use a timer set to 1 minute. In 1 minute, record as many words or examples you can think of associated with resilience.
* Complete the [resilience self-test](http://stress.about.com/library/resilience/bl_resilience_quiz.htm).
  + Were your results what you expected?
  + What resilience skills are you good at?
  + What resilience skills do you need to work on?
  + What are some ways to improve these resilience skills?

Acknowledging achievements

* Record a range of ways achievements are celebrated:
  + at school
  + at home
  + in the community (sport/clubs)
  + with our friends
  + by ourselves.

**Personal record of achievements**

Keeping a notebook of all your achievements, big and small, helps to increase daily motivation, improve future planning and build resilience.

Set aside 5 minutes every week to record the achievements you have made. You may like to think about achievements relating to:

* personal goals (short and long term)
* school work
* friendships
* family relationships.

Focus on aspects of your life that are important to you, not what you think others think are important.

Focus on progress towards your goals, not the end result you are aiming for. Small steps!

Reflect at the end of the month: what could you do more of? what could you improve on?

Successes — what strengths help us in being successful?

The following activities build on previous learning and understanding of personal strengths.

If you need to learn more about character strengths, then access the [VIA institute on character](https://www.viacharacter.org/character-strengths).

Watch the YouTube clip [The Science of character](https://www.youtube.com/watch?v=U3nT2KDAGOc) and answer the following questions.

* List two famous people from history who have also identified character strengths as important components of a meaningful life.
* How can you shape other peoples’ character strengths?
* Which part of the brain controls our thoughts and actions?
  + Executive system
  + Pre-frontal cortex
  + Self-regulation
  + Focus centre
  + Grey matter

Positive psychologists have discovered that 7 of the 24 character strengths are linked with academic success and life satisfaction. These character strengths are listed below:

grit

social intelligence

optimism

gratitude

zest

self-control

curiosity

Complete the table below by recording the following for each character strength:

* a definition
* how to develop each strength
* an additional way to develop this strength.

|  |  |  |  |
| --- | --- | --- | --- |
| Character strength | Definition | Example of how to develop strength | What else could you do to develop this strength? |
| Grit |  | Read an inspiring quote or poem each week to boost your persistence. |  |
| Social intelligence |  | Watch your favourite TV show with the sound muted and write down your feelings as you watch it. |  |
| Optimism |  | List all the bad things that have happened to you and for each list two positives. |  |
| Gratitude |  | Notice how many times you say ‘thanks’ and consider how much you mean it. |  |
| Zest |  | Improve your wellbeing by getting to bed early to have at least 8 hours sleep. |  |
| Self-control |  | Monitor and eliminate distractions when you are completing your homework (e.g. phone, tablet, computer). |  |
| Curiosity |  | Expand your knowledge in an area of interest through reading books, magazines, journals TV, radio or online for 30mins three times per week. |  |