

Summer 2025, Week 5 – Ages 14+

## • Embracing identify and demonstrating an understanding of self

- As you embark upon your high school years, you'll find that this time in your life is often an opportunity for fun and friends. These years also include many transitions, and adjusting to all of the changes that take place can be difficult. At this age, you will face some major tasks: learning more about who you are, deciding what you want to do upon graduation, and identifying which type of education and training you'd like to pursue, as well as choosing a career path. To make the best decisions, you need to have good information, and the most important information that you can have is knowledge about yourself
  - When you look in the mirror, who do you see? What are the unique qualities, those that are outward and inward-facing, that help make you "you"? What do you value? What motivates and inspires you? What are your most important needs? What kinds of activities do you find the most interesting? What are your skills?
  - You decide who you are and how you want to define yourself to the world. The more you know about yourself and the more you can identify your place in the world around you, the more capable you will be in defining who you are. You learn this by trying out different activities, playing different roles, and meeting different people. You learn about yourself by trying out new experiences.
  - Finding out who you are is a process that will continue throughout your life. As you discover what you are capable of, as your self-confidence grows, and as you feel safe to be yourself, you'll find that whoever you are is exactly who you are meant to be. You have what it takes, as well as resources and individuals around you who will support you as you learn and grow, and determine what impact you want to make on the world around you.

### GOLF SKILL QUESTIONS

#### • What are the three golf skills you focused on today?

- Putting, Chipping, Pitching, Full Swing

#### • What area did you focus on with the three golf skills?

- Ball Flight

#### • What is one skill you learned that you did not know before? How does this skill help your golf game?

#### • Follow Up Questions:

- How can understanding your self help develop your understanding of you?
- What are ways you can help to discover more about yourself?
- What are some unique qualities of yourself you are proud of?
- What are some unique qualities in others that you admire?
- In what ways might you change and grow throughout your life?

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