Tzu chi English Educational
The Art of Being Yourself

By - Caroline McHugh

Level 6 of 6
Questions
- Judge
- Select
- Choose
- Justify
- Debate
- Recommend
- Access
- Prioritise
- Determine
- Decide
- Who are you

Create a word bank for discussion

The visible you is what others think of you (13.12)
Wish image - what you would like everybody else to think of you

Ego – what you think of you

The unchanging you (23.00)

You have to develop an inner state of mind that is as impervious to all the good things and bad things that happen to you (19.46)

Humility is not thinking less of yourself, humility is thinking about yourself less (20.29)

Have spectacular disregard for where your abilities end and have spectacular disregard for being the centre of attention

Skills Fostered in this Class
- Being able to express your opinion
- Active Listening with understanding
- Adding new thoughts to the discussion
- Asking poignant questions
- Team Building

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1. Successful people. What they have in common, is that they have nothing in common. (3.30)

2. Figure out the unique gift that the universe gave them when they incarnated and then put that at the service of their goals. (4.00)

3. We all come complete. We come with one true note that we were destined to sing. (4.11)

4. Your job is to be unlike others as you can possibly be (5.21)

5. With every passing year, your responsibility is to be better and better at being who you are (15.31)

6. Know why you are here! (25.03)

7. Tap into that inner voice! (25.25)

8. The speed of your life will be quicker, the substance of your life will get richer, and you will never feel superfluous again (25.50)

• What do you expect from life? What does life expect from you? (7.35)
• You are spiritual being who happens to be in a physical body (23.23)

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