

Name_____ Date_____ Per_____

How To Build A Bank Account

In groups, discuss the 6 main areas of the Personal Bank Account (PBA) deposits. Use this sheet in your groups to help you share some of your experiences and paradigms.

Each person must fill out their own sheet!

Keep Promises to Yourself-List promises that people in your group make for themselves that help them feel good about themselves. After they are listed, put them in order from *small deposits* to *large deposits* by numbering them from 1 to 5.

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Do Small Acts of Kindness- Brainstorm a list of 5 Random Acts of Kindness you may give others.

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Be Gentle With Yourself –Think of a time you did something really embarrassing or something disappointing to yourself or others. How did you feel then? Have you learned to forgive yourself or even laugh at yourself over it? Relate one such instance with people in your group. It could have happened when you were little or this morning.

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Be Honest – Use the synonyms found in the book on page 38. Think of a person you know that illustrates some of these terms in their life. If you can't think of anyone you know personally, use a character from a book or movie. Explain to the group what this person did that makes you feel they fit these terms. Below, list the person's name and the words you think they illustrate.

Person _____

Words they Illustrate _____

Renew Yourself – What do you do to decompress? Let's face it, at times things get really hectic and we seem to need to do more and more in less and less time. What do you do to deal with the everyday stress that builds up? Brainstorm at least 5 renewals with your group and then see **which one is your favorite way to renew and circle it.**

1. _____

2. _____

3. _____

4. _____

5. _____

Tap Into Your Talents-Share with the group one talent that you have that others may not know about. What is it you are good at? What can you do that others may not be able to do? Name that talent and write it in below.
