

Personal Bank Account

Definition (please write it in your glossary)

- PBA = Personal Bank Account
- This is the way you feel about yourself, your self-esteem
- Just like any account, doing positive things (deposits) increases the balance
- Doing negative things will decrease the balance and therefore, the way you feel about yourself will be lower

Possible Symptoms of a Low PBA

- You cave into peer pressure.
- You struggle with feelings of worthlessness or inferiority.
- You're overly concerned with what others think of you.
- You may act arrogant to hide your insecurities.
- You may self-destruct by getting involved with dangerous things like drugs, crime or gangs.
- You get jealous easily, especially when someone you know succeeds.

Possible Symptoms of a Healthy PBA

- You stand up for yourself and resist peer pressure.
- You're not overly concerned with being popular.
- You see life as a generally positive experience.
- You trust yourself.
- You are driven to reach your goals.
- You are happy for the success of others.

*Think about the glasses you drew yesterday in your journal. Think about whether you have a healthy PBA or one that might be holding you back from success.

6 Actions that Add to our PBA

- Keep promises to yourself
- Do small acts of kindness
- Be gentle with yourself
- Be honest
- Renew yourself
- Tap into your talents

Complete the handout to understand How to Build a Bank Account

"CARRY OUT *a random act of* KINDNESS,
with NO EXPECTATION *of* REWARD,
SAFE *in the* KNOWLEDGE *that* ONE DAY
SOMEONE *might do the same* FOR YOU"

— DIANA, PRINCESS *of* WALES

Be Honest

- Synonyms:
 - Upstanding
 - Incorruptible
 - Moral
 - Principled
 - Truth-loving
 - Steadfast
 - True
 - Real
 - Right
 - Good
 - Genuine