



Enjoying the World Around You

The way you feel about yourself affects how you see the world. When you are feeling positive and happy, the world looks like a bright place to live in—full of opportunities. When you are feeling down, it can look scary, hopeless and overwhelming. To an extent, you can control the way you see the world and what it has to offer because you are in control of the way you feel about yourself.

1. How do you view your world? Complete the questionnaire.

(a) Is it safe where you live? _____	
(b) What is the natural environment like where you live?	(c) Is the community where you live changing? How?
<div style="border: 1px solid black; height: 40px;"></div>	<div style="border: 1px solid black; height: 40px;"></div>
(d) What kinds of things are you encouraged to do?	(e) What kinds of things are not encouraged in your neighborhood?
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2. Mark on the rating continuum how you would describe your view of the world you live in.

Negative

Positive

3. Focus on the positives.

Write five great ways you could enjoy your world.

4. Taking opportunities.

- (a) Write about an opportunity you have taken to enjoy the world you live in.

- (b) Share your experience with a classmate.