

# Knowing yourself

## SELF ACTUALISATION



Whatever happens to the beast,  
also happens to the man.  
All things are connected.

~Chief Seattle,  
Suwamish Tribe

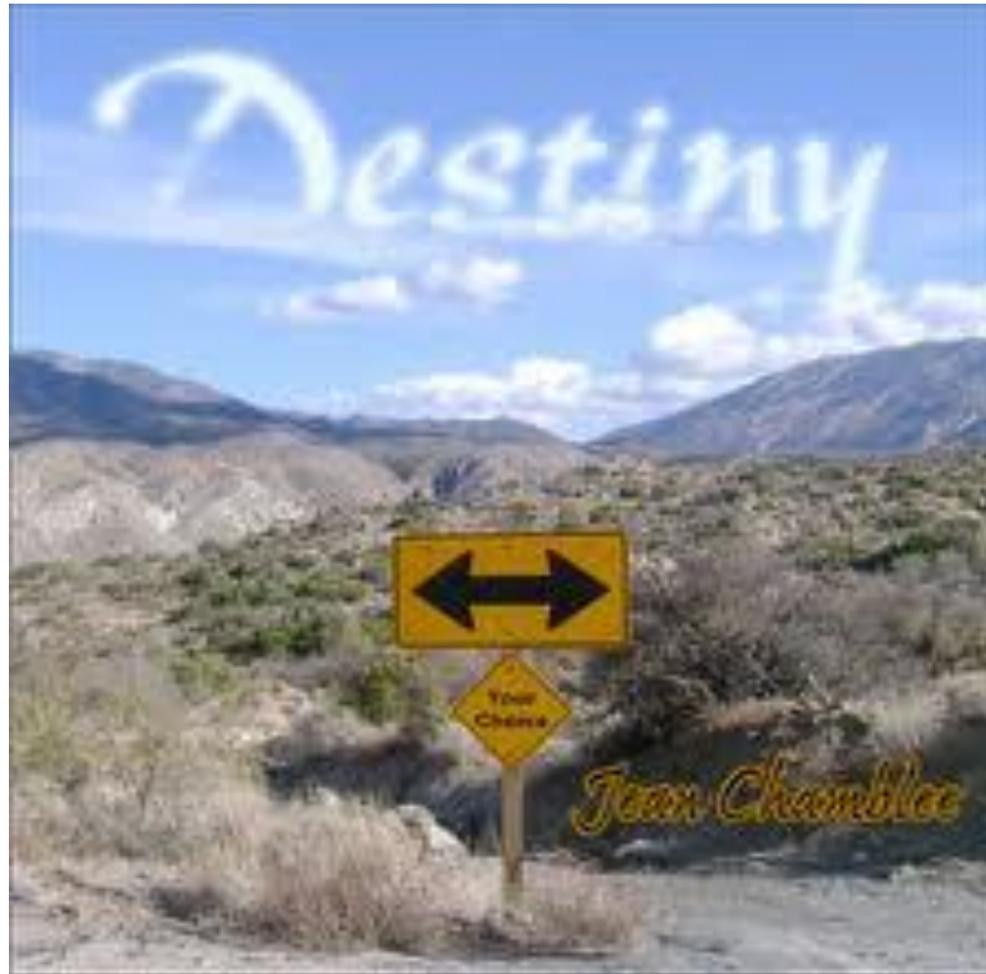
# STRENGTHS:

“You must find them, grow them  
and use them  
**or lose them!”**”

- As young people, you want to achieve and do well in life
- To do this you must find your **strengths AND** your **weaknesses.**



# Strengths lead you to your destiny: The path best for **YOU**



**“Do What you love and you  
will love what you do”**

If you do something **you love** and are  
**really good** at, it is easier to apply  
yourself creatively and fully.

You will more likely succeed and push  
through problems, or find a way  
around them.

**You will achieve happiness in being.**



**Hang on and succeed**

# Pushing through difficulties



bob marley -

**Every man gotta right  
to decide his own**

**DESTINY**

# Animal metaphors



One way of becoming aware of your talents and passions is to find an animal that you can relate to. **One that embodies your characteristics and strengths.** An animal that serves as a **distinctive, emblem or symbol.**

Animals are our  
brethren.  
~Gandhi



# Animal inner(metaphors)

An animal metaphor, allegory or trope, is a way to describe and form a real (concrete) picture of things that we can't see.

Character traits, talents and passions can't be seen directly.

By identifying with a special animal, it helps us to form a **very real, personal identity for ourselves.**

This strengthens our **self understanding and awareness.** Animal metaphors (animal Inner) are one of the powerful tools in our

**“youth empowerment toolbox”**

# Being everything you can be

Animals not only help us to grasp **WHO** we are, but also give **us visions of HOW we could be, or would like to be.**

Incorporating the positive and beautiful traits of our chosen animal metaphor encourages us **to be all that we can be and more!**



# In other words

Some character traits can be consciously acquired.

For example, the character traits that you may consciously choose to learn or adopt.

Thus By focusing on the attributes of **our metaphorical animal**, we begin to absorb these traits(**internalise**) and than start to display them(**externalize**).

# Character Traits

- Character traits are all the aspects of a person's behaviour and attitude that make up that person's **personality. Everyone has character traits, both good and bad.**
- Even characters in books or on TV have character traits.
- Character traits are often shown with descriptive adjectives, like Patient, Unfaithful, or Jealous.

# Examples of character traits

Religious

Honest

Loyal

Devoted

Loving

Kind

Sincere

Devoted

Ambitious

Satisfied

Happy

Faithful

Patient

Determined

Persistent

Adventurous

Homebody

Considerate

Cooperative



satisfied

Happy

Faithful

Patient

Determined

Persistent

Adventurous

Homebody

Considerate

Cooperative

Cheerful

Optimistic

Pessimistic

sense of humour

Cheerful

Optimistic

Pessimistic

Funny

Suspicious

Uncommitted

Insensitive

Rowdy

Disrespectful

Impatient

Greedy

Angry

Pessimistic

Unaware

Hard

Unforgiving

Nervous

Grumpy

Quarrelsome

Sarcastic

Selfish

Unforgiving

# More Character traits

Tough	Charming	Intense	Active
Brave	Loving	Informed	Submissive
Wild	Love-struck	Playful	Stubborn
Affectionate	Charismatic	Zany	Dauntless
Funny	Manipulative	Fearless	Strong
Talkative	Cunning	Daring	Courageous
Rowdy	Deceptive	Murderous	Reliable
Smart		Psychotic	Fidgety
Questioning			Shy
			Lively

# Examples of Animals

## Earth Animals

Badger, Bear, Buffalo  
Bull, Cow, Deer, Tiger  
Dog, Elephant,  
Hedgehog, Wolf



## Water Animals

Dolphin, Fish, Seahorse,  
Shark, Turtle, Whale



# Examples of Animals

## Air Animal

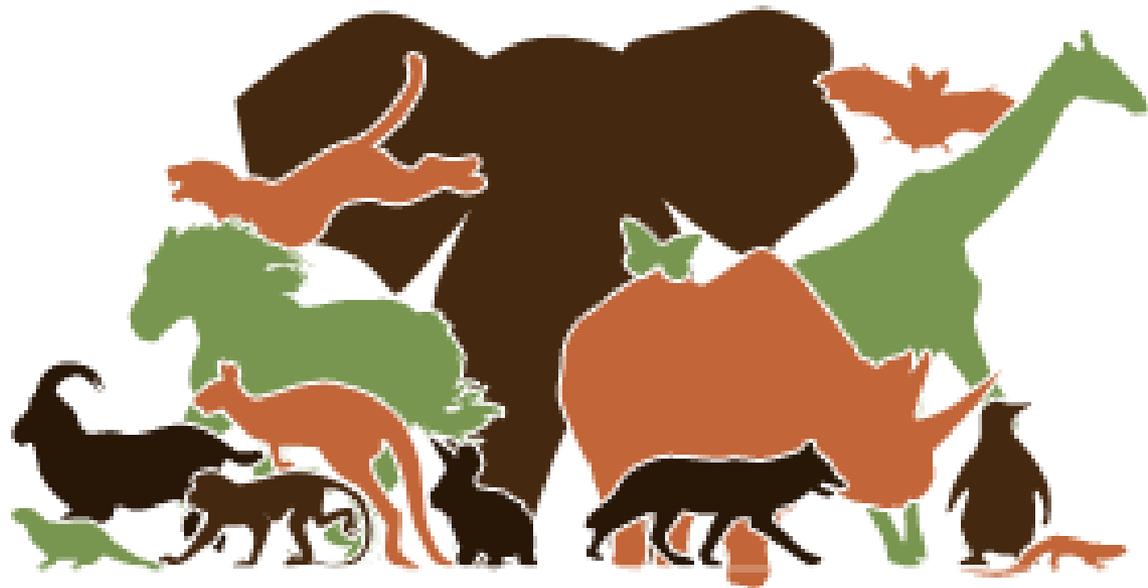
*Bat, Blue Jay, Dove, Eagle, Hummingbird, Owl, Peacock, Wren, Woodpecker*



# Examples of Insects

*Bees, Butterfly Cicada, Praying Mantis, Scorpion*





Find Your **Inner**  
**Animal**

# Finding your animal metaphor

**Take Time for Silence:**

*Settle into a **still moment of awareness**,  
**be present to** the potential  
that is in the animal kingdom.*



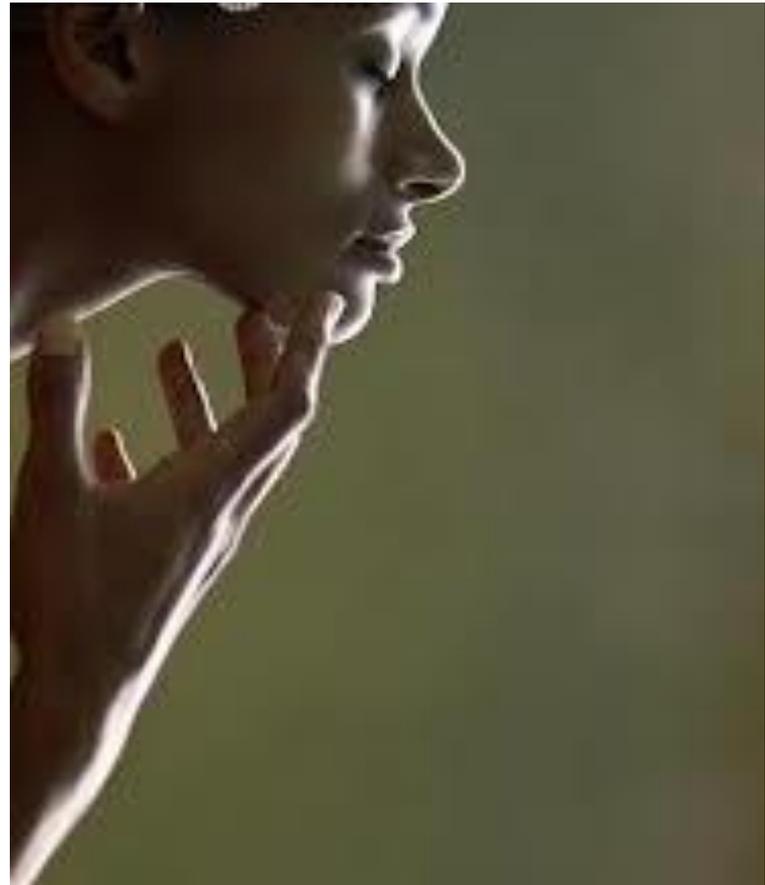
# Finding your animal metaphor

## Empty Out:

You can't fill something that's full already. Vessels need to be emptied out before they can be filled.

Empty out **judgments of yourself and others,**

Empty out **Stereotypes, preconceived notions, limitations, and self doubts.**



# Finding Your Animal metaphor

## Envision

Which animal is your favorite animal?

Which animals, birds or insects intrigue or fascinates you the most?

What animal do you most want to see when you go into the forest, to a park or to the zoo.

Is there an animal that you feel a strong interest in learning about.



# Finding Your Animal metaphor

Do you have recurring dreams about a particular animal.

**Allow a picture of an animal to surface.**

**Think about the physical and behavioural attributes of an animal that best describes how you think about yourself or would like to be.**

Think about the following statements and if they describe you. **Think about an animal that shares these characteristics.**



# Character statements

1. You are very graceful and agile.
2. You are very loyal and devoted.
3. You are very defensive of those you love, and will protect them if needed.
4. You tend to hang out with the same crowd of close buddies.
5. You like to be the leader of the group, and you're not afraid to let others know it.
6. All you have to do is give them the pitiful look, and they fall all over you.
7. People love it when you give them attention.
8. You are very sociable with people who are a lot like you.
9. You like to be free to roam around and do your own thing, but you don't mind if your friends join in.
10. People trust you, and see you as very reliable.
11. You have eyes that look to mountains and valleys for the majesty of your spirit.

# Character Statements

- 12. You are extremely outgoing.**
- 13. You would risk a lot to save a friend.**
- 14. You love to feel free and independent.**
- 15. People are often awed or inspired by you, or at least you hope they are.**
- 16. You can manipulate those who have something you want.**
- 17. People sometimes say you are aggressive.**
- 18. You can be unpredictable.**
- 19. People see you as friendly and approachable.**

# **Now you must Research the animal that has come into your awareness**

You can also do this by reading about them.

Using internet.

Learn how they live their lives. Where do they live? How do they eat? How do they behave?

**THE MORE YOU LEARN ABOUT YOUR ANIMAL THE MORE POSITIVE AND DESIRABLE TRAITS YOU WILL BEGIN TO EXTERNALISE**

# The Animal Composite

## zebra



This power animal thus helps us to both maintain our individuality in group settings and helps us to be supportive members of our



Blending into a crowd without losing your individuality is the power of Zebra.

This ability protects it from danger, along with its agility and speed. Aids its

**Agility, Individuality uniqueness, grace and survival. These characterise**

### Stripes

The most striking feature of the zebra is her stripes. They serve as a protective camouflage against predators, and teach that you can protect yourself from your enemies by being non confrontive, For the herd members, the stripe patterns, unique to each zebra, have the effect

of helping to identify individual zebras. Another spiritual meaning for

the stripes has to do with the integration of opposites, **enabling us to see a deeper truth.**





**YOU MAY NOW CHOOSE AN ANIMAL COLLAGE FROM THE SAMPLES. IF YOUR ANIMAL DOES NOT APPEAR WE CAN RESEARCH IT FOR YOU**

