

Tzu chi English Educational
The Art of Being Yourself

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Sources - <http://www.bonvistastyle.com/the-importance-of-being-yourself-to-embrace-life/>

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)*

**Ego – what you
think of you**

*Wish image- what you
would like everybody else
to think of you*

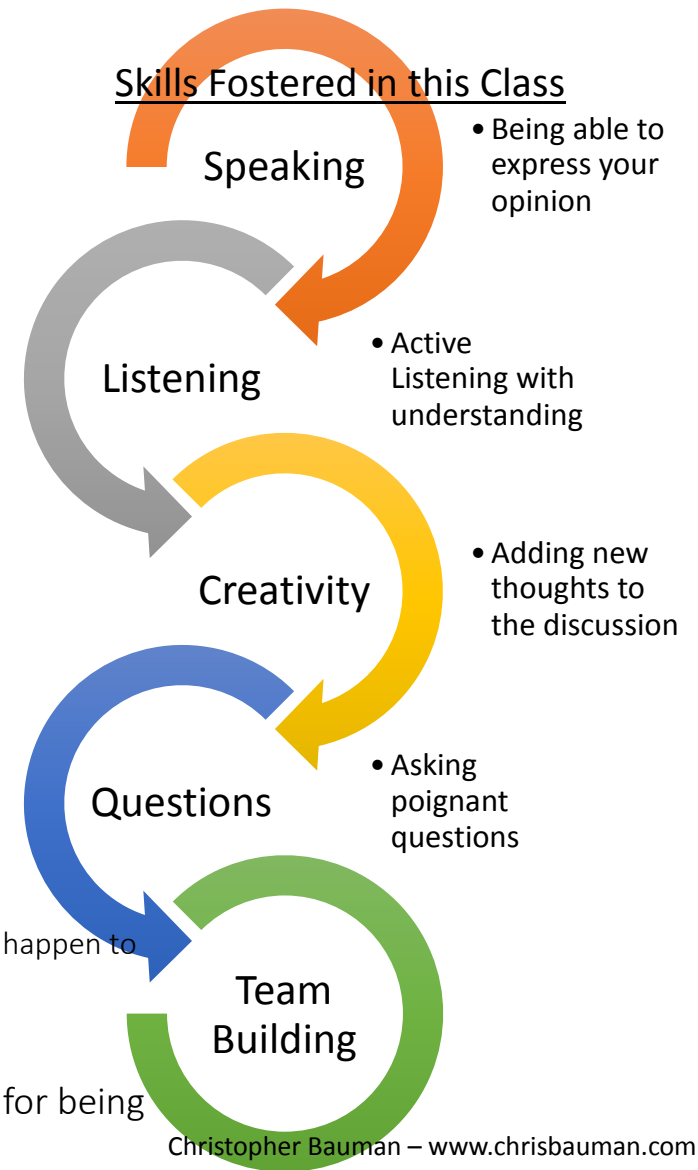
The unchanging you (23.00)

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



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 they 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 in to 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 superfluour again (25.50)_____?

Advanced Question Words

Your job
is to
make
other
people
happy

Just be yourself
Movement,
possibility,
potential

24.13

My life is my message

If you make that change,
the speed of your life will
change

Ask these
questions when
you are strong

**As a child you
don't know how
to hide your
difference**

Experiences
/ influences

We all have our own thing, that is the magic

Approval
addiction –
the need to
be liked

- 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)