Invest in You - Personality Games and Visions

Elective 1

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| **AUTHOR(S):** | Tomer Moked |
| **SUMMARY:** | Based on research and studies of positive psychology, this session will give you a glance at and reminder of your strengths, passions, and vision in life. Happiness guaranteed! - *Submitted by* *Tomer Moked* |
| **TOPIC(S):** | Self-Care, Judaism, Psychology |
| **LEARNING OBJECTIVE:** | 1. Happiness is a *mitzvah* in Torah - we will learn why. 2. Work with your strengths to achieve better results 3. Self-care tools to staff in a camp’s environment |
| **AUDIENCE:** | Ages 14 and up |
| **TIMING:** | 90 minutes |
| **APPENDICES:** | Handout 1 - Take a flight  Handout 2 - Kokology  Handout 3 - My best self  Handout 4 - VIA Survey  Handout 5 - 24 strengths  Handout 6- Rabbi Nachman |
| **MATERIALS NEEDED:** | 30 pens  30 blank papers  Large “Post-it” board  Projector + speakers |
| **SET-UP DETAILS:** | Large room  A chair for each participant can be set around tables. |

**Session Timeline & Outline:**

**Trigger (5 minutes):**

Facilitator will hand out Handout 1 to each participant and will ask the group:

* Why do you think the instructions are that way?
* How can we reflect that on ourselves at camp?

**Jewish Connection (10 minutes):**

* Rabbi Nachman – Treasure under the Bridge: Handout 6
* Facilitator will hand out the story and ask the group to discuss the questions in hevruta.

**Opening activity: The Cube (15 min)**

* Facilitator will give Handout 2 to each participant and will ask them to watch the video and fill out section 1.
* Facilitator will play the video.
  + Kokology - The cube test - <https://www.youtube.com/watch?v=5FIPIuw5KXY>
  + Read more: <https://www.bustle.com/articles/164043-what-is-the-cube-personality-test-this-mental-kokology-quiz-is-scarily-accurate>

After watching, the video participants will be asked to write some notes on Handout 2 to remember the results.

**Main Activity – My Strengths (20 minutes):**

The Facilitator will give Handout 3 to each participant and will guide the participants through it to discover the similarities and what they can do to excel at their work.

* Working with Strengths: Short VIA personality test.
  + Facilitator will hand out the VIA short survey - Handout 4.
  + Participants will be asked to rank themselves according to the survey by answering the questions.
  + Facilitator will ask participants to focus and think deeply about their answers, and to circle the number according to the way they see themselves.
  + As soon as all participants are done (around 10 minutes), the facilitator will ask the participants to add every 2 questions together. For example: question 1 - Very Much like me = 5, question 2 - Very Much Unlike Me =5. Participant will write to the side 10.
* Facilitator will reveal the list of 24 strengths and will ask the participants to list their top 5 according to the 5 top scores (Handout 5).

**Discussion (10 minutes):**

* Facilitator will read the following quote:

*“Strengths are not activities you're good at, they're activities that strengthen you. A strength is an activity that before you're doing it you look forward to doing it; while you're doing it, time goes by quickly and you can concentrate; after you've done it, it seems to fulfill a need of yours.”* - Marcus Buckingham (British author, motivational speaker and business consultant)

* Ask the group:
  + Do you feel the survey shows an accurate result?
  + How can you use your strengths at camp?
  + How can you use your strengths as a Cornerstone Fellow?

**Last Treat - Setting up Goals - Summer Vision (20 minutes):**

* The facilitator will ask each participant to write a letter to their best friend, as if it is after the summer of 2017, and they had a fabulous time. The letter should start with the words: “Hello, \_\_\_\_\_\_. Summer is now over and you have no idea how successful it has been…”
* Then participants will write the letter describing their best, happiest, successful summer, elaborating the reasons in the following aspects:
* Personal growth
* Professional growth
* Friendships
* Fun experiences
* The facilitator will play music in the background and participants will write their letters. Facilitator will explain that this letter tells the goals they have for the summer. As much as they can accomplish of this letter this summer will make them the happiest, most successful version of themselves.

**Final Discussion: (10 minutes):**

* What do you take from this activities?
* How can you relate it to camp?
* Share one of your goals to the group.

**Additional Notes for Bringing it Back to Camp:**

You can do all of it or parts of it with your staff and CITs.