

Full Name:

# Kindness and Respect **Week 8**



## LET YOUR OWN LIGHT SHINE

*“There is nothing enlightened about shrinking so that others won’t feel insecure around you. As we let our own light shine, we unconsciously give other people permission to do the same.” Marianne Williamson*

When we let our own light shine, we can light others’ candles so we ALL shine brighter.

Do you energize and inspire others? Do people like being around you because you are “celebrating” instead of “complaining.” Are you fun to be with? Do you encourage everyone to do their best and feel better about themselves?

**Do this quick quiz!**

	Low	Average	Getting there!	Super!
<b>I say “hi” to people first</b>	Rarely	Sometimes	Most of the Time	Always
<b>I like to talk to people</b>	Rarely	Sometimes	Most of the Time	Always
<b>I always have a positive outlook</b>	Rarely	Sometimes	Most of the Time	Always
<b>I like helping people</b>	Rarely	Sometimes	Most of the Time	Always
<b>I’m fun to be around</b>	Rarely	Sometimes	Most of the Time	Always

### “LET YOUR OWN LIGHT SHINE” CHALLENGE

What are some things that could stop you from letting your own light shine? Examples: worried about what other people think, not wanting to stand out, self-doubt, other people criticizing you, fear, tall poppy syndrome.

And what could you do about that?

Obstacles to letting you own light shine (You can use obstacles from the above list or your own)	SOLUTIONS

