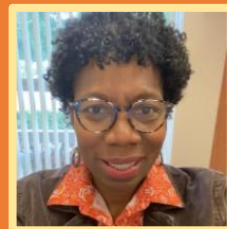


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An Enhanced You

A Resolution Worth Working Towards



Beverly Weathington, LMSW
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So Many Resolutions are Based on Changing the Perceived Negative

- I do this too much ...
- I don't do enough ...
- I need to be more like ...





Self Examination: Do You Really Want the Change? Or Is It One That...

- You think that you really **SHOULD** be making
- **OTHERS** think that you should make
- Is media influenced

Consider Change that Builds on The Wonderful Things About You

- I'm really good at ... and would like to spend more time doing it.
- My talent is ... and I would like to make efforts to further develop it.
- I get so much enjoyment out of... and would like to share that joy with others.





Self Enhancement: How Motivated are You?

Working on Yourself Takes:

Time

Commitment

A Plan

Supporters



Avoid Being Too General

Exactly what are you working towards?

- Be as specific as possible
- What will it look like
- How would you describe it

What Is Your Self Enhancement Plan?

Have you put into place

- Specific goal(s)
- Measurable steps towards achieving goal(s)
- Positive, encouraging, supportive team
- Backup plans
- Room for adjustment and compromise



Are You Being Realistic?



- Is it achievable in timeframe
- Does it build upon skills/talents that you already have
- What is really needed to work towards enhancement

How Motivated Are You?

Are you feeling that:

- This is going to be challenging, but I'm worth it
- The time is right for me to do this
- I'm doing this for myself
- There may be setbacks, but I'm committed

— How Will My Self Enhancement Affect My Family

Investing In Yourself Shows Your Family That

- You are important
- You have unique skills and abilities
- Everyone has dreams and goals
- You value their support
- Following through is important
- Your happiness positively impacts the family

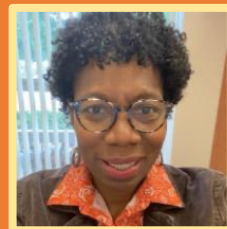


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