

1  
**HAPPY  
BEING ME**



Erik Lincoln  
& Irfan Amalee



## INTRODUCTION

### In a Nutshell

Every person is a unique creation and is very valuable.

**However,**  
each one of us has strengths and weaknesses.

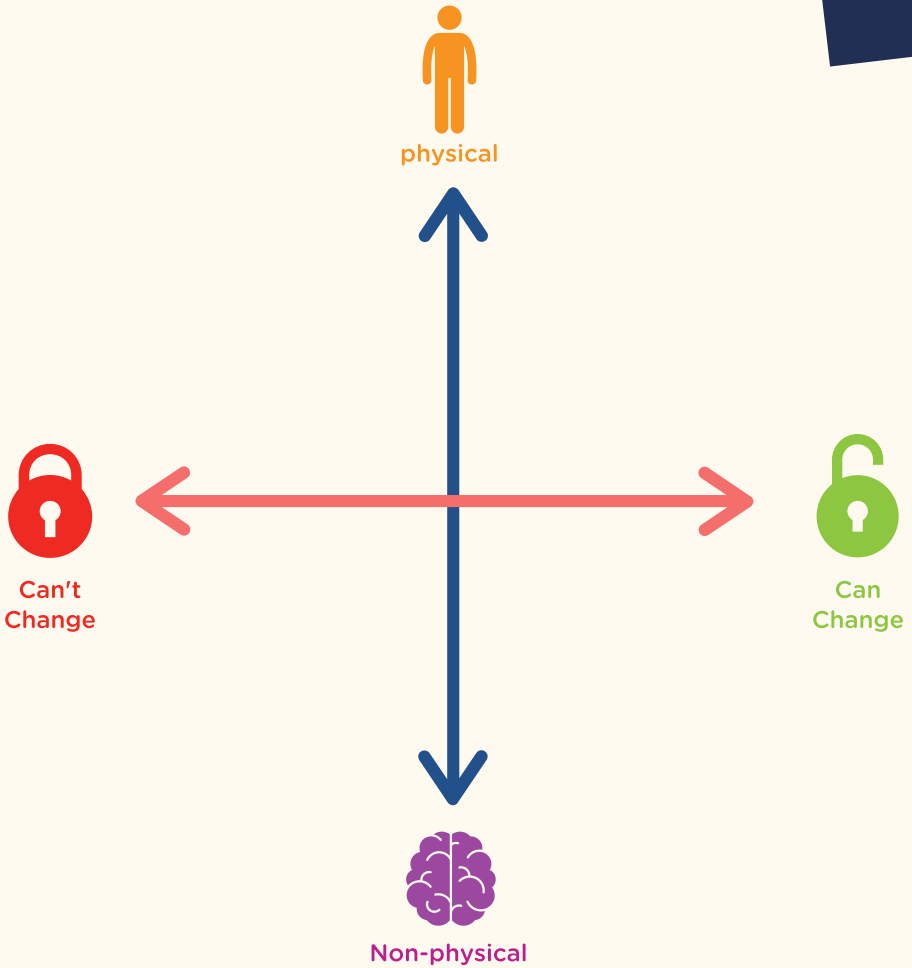


Universal Declaration of  
Human Rights  
Article 6:

**Everyone has the  
right to  
recognition  
everywhere as a  
person before  
the law.**



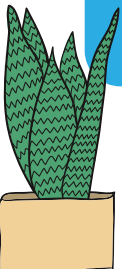
Write down 6 characteristics in the paper squares below.  
3 physical and 3 non-physical, think carefully can they be changed or not?





## REFLECT

1. Which area (from 4 areas) do you pay attention to most?
2. Which area is most important for your life?
3. Which characteristics make you happy?
4. Which characteristics make you sad or discouraged?





## CONCEPTUALIZE

1

We need to really understand that none of us is a mistake! We have been created for different tasks. So, we should be thankful.



2

In fact, each of us has been created with different characteristics. Some of these characteristics are physical and others are non-physical. These characteristics are the basis of our strengths and weaknesses.

We have been given an opportunity to use our strengths to bless other people and also to be blessed by others in areas where we are weaker.



# 3

Every one of us must learn to change the things that should be changed and accept the things that we can't do anything about.

I think I need surgery

I think I need surgery too, but on my self confidence



# 4

**We need to look at ourselves fairly.**

We shouldn't think of ourselves too highly thinking that we are better than others. That can make us proud and cause us to look down on others.

Who wants a friend who thinks he or she is better than everyone else?



# 5

But, we also shouldn't think of ourselves too lowly!

Being insecure isn't balanced either.

When we think like this, it can make it difficult to have good friendships.

Opik, every person has strengths and weaknesses.

Yeah, but it seems that I have a lot more weaknesses, Eric. Everyone teases me. It's embarrassing!



## APPLY



They all come from different places, but like us, they have their own strengths and weaknesses. You must hear someone's thoughts before you know them. Read what each person thinks about themselves and give them some advice.





Dear Peace Gen,  
I'm Opik. I like having lots of friends,  
but I often feel insecure because  
I think I'm fat. Can you help me?  
Thank you for your input.  
- Opik

**Suggestion:**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Hi..

I've been branded "the Math Teacher's  
Pet"! I don't know if my classmates  
want to be my friend just because they  
want to copy my homework!

- Linda

**Suggestion:**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



Hi PeaceGen

I am Eric and I am  
an American.

I like to create lots of stuff,  
but sometimes I get  
frustrated and impatient. My  
friends often just want to do  
things for me.

I might be in a wheelchair,  
but I'm not useless! They just  
don't understand me.

It's tough, hey?

**Suggestion:**



Hello, I'm Mara.

Often people mistake where I come from. They think my accent sounds weird or say that my family lives in the jungle. They always laugh at me and tease me when I say something. Please help me.

- Mara



**Suggestion:**

Hand-drawn lined paper with a yellow sticky tab on the left side, intended for writing a suggestion.

Hi Peace Gen!

I'm Trey. My friends say that I get angry too quickly, but really, I don't. I just want to defend my buddies when they get teased by others. Someone has to protect them, right? If I ignore what's happening, they just keep on getting teased. Actually, I have beaten up a few guys, heh, heh. Peace, friends.



**Suggestion:**

Hand-drawn lined paper with a yellow sticky tab on the left side, intended for writing a suggestion.

Choose 3 family members and write down a strength for each one



## Declaration

We understand that everyone has value!

We recognize we all have some characteristics that cannot change and others that can change.

We will let others help us in our weaknesses. We choose to use our strengths to help others.



## Friendship Tips #1

If you want your friendships to be amazing, don't ask what your friends can do for you, but **what you can do for them.**



# Notes

