



## Learner Workbook

Life Orientation: Grade 8

Development of Self in Society

Name:

Grade:

Teacher:

*This workbook will be needed for the next few lessons, it must be brought to class each lesson so that you can work in it.*

Look out for these icons to help you:



Listen and pay attention



Think about it



Write your answers down



Homework



My teacher is: \_\_\_\_\_



WRITE YOUR CLASSROOM RULES BELOW:

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What does this mean for you?

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# Self-Concept and Self-Motivation

**Self-Concept** and **Self-Motivation** are two very important concepts. The two are very much linked to one another along with our self-esteem and how relate to the world around us.



PowerPoint 2: Self-Concept and Self-Motivation



Explain what SELF CONCEPT means:

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Explain what SELF MOTIVATION means:

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Why are these concepts so important for you as an individual?

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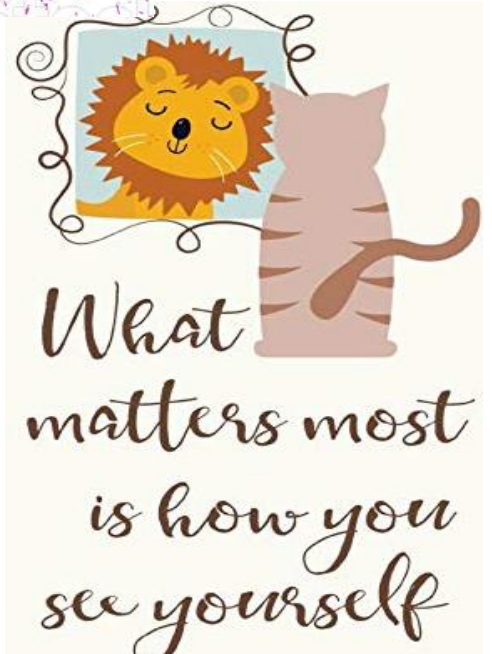
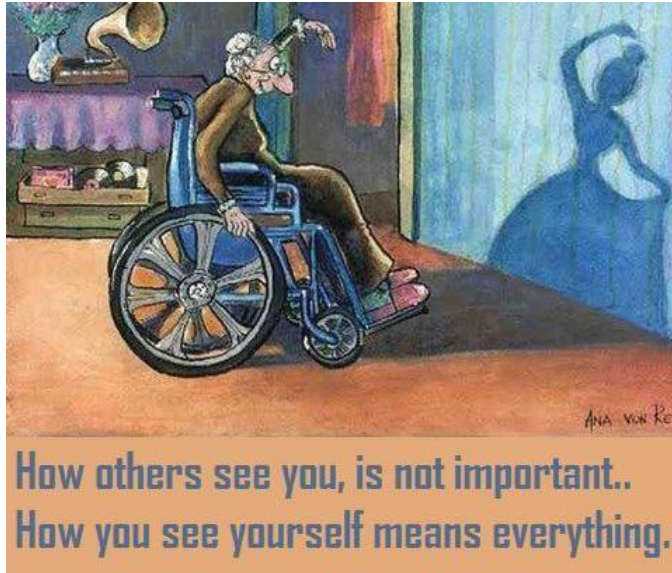
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# SELF CONCEPT: influencing factors

Looking at these two images, what do you see? What do they mean?



Write your answer below:

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What impacts your own self-concept and how you see yourself?

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**MEDIA**

**ENVIRONMENT**



**FAMILY & CULTURE**

**FRIENDS & PEERS**

**RELIGION & COMMUNITY**

The quote that you've been asked to think about – write your answer here:

## HOMEWORK:



How do these factors affect you? What has the biggest impact on you?

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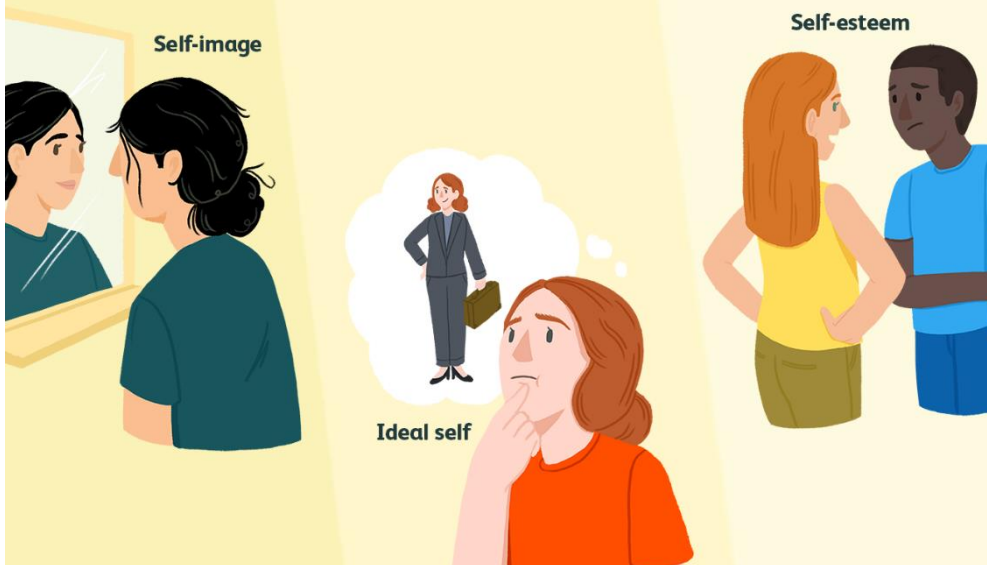
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### The Three Components of “Self-Concept”

Embodies the answer to the question “Who am I?”



Examine the diagram alongside. There are **THREE** components of self-concept:

- ★  
Self-Image
- ★  
Self Esteem
- ★  
Ideal Self
- ★

What do those three terms mean?



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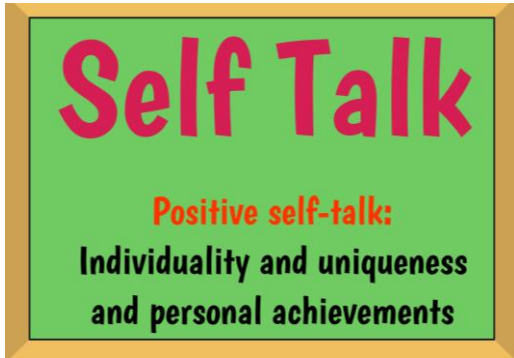
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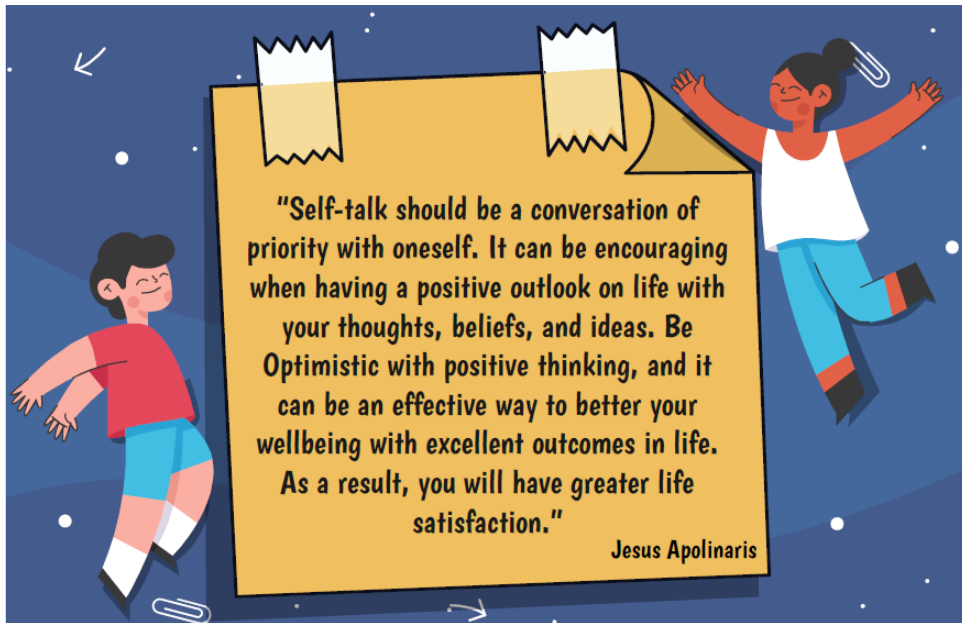
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|  Define SELF TALK |
|----------------------------------------------------------------------------------------------------|
|                                                                                                    |

| Give the opposite of POSITIVE Self Talk | What could be like Self Talk? | Create a short scenario using Self Talk. |
|-----------------------------------------|-------------------------------|------------------------------------------|
|                                         |                               |                                          |

| Why is POSITIVE Self Talk Important and how can it help you with goal setting? |
|--------------------------------------------------------------------------------|
|                                                                                |



"Self-talk should be a conversation of priority with oneself. It can be encouraging when having a positive outlook on life with your thoughts, beliefs, and ideas. Be Optimistic with positive thinking, and it can be an effective way to better your wellbeing with excellent outcomes in life. As a result, you will have greater life satisfaction."

Jesus Apolinaris

What does the quote above mean?

 Notes:

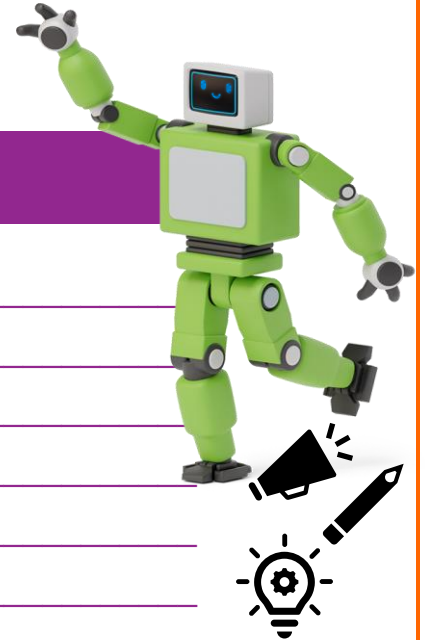




## PowerPoint 4: Personal Potential

Date: \_\_\_\_\_

What does Personal Potential mean?

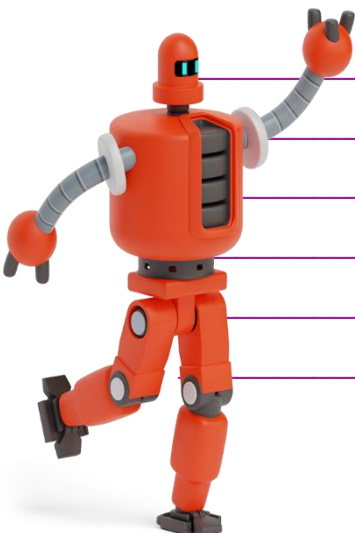


**“We’ll never know our full potential unless we push ourselves to find it.”**

—Travis Rice

How can you reach your personal potential?

What strategies can you put in place to help reach your potential?



# REFLECTION

Date: \_\_\_\_\_

Use this page to make a mind map of what you have learnt and what you will take away from these lessons:

