



“KEY CORE BELIEFS” ADDITIONAL ACTIVITIES CHAPTER 2: Exploring HEART

ACTIVITY 1: Enlisting the support of others to promote your growth

The following project is designed to help you develop a picture of your HEART by learning about yourself through the eyes of the others in your life. (Make it smaller or larger as you see fit.)

HEART Collage

Ask at least six close friends and/or relatives to assist you in making a collage. Tell them you have been assigned to make a collage about yourself. All collages must be 2 x 3 feet. The collage must be completed within two weeks of the time you ask your friends and/or relatives to help you. Ask them to send you magazine pictures, sayings, articles, photos, prizes, trinkets, cards, drawings, objects, ribbons, etc., indicative of the various strengths, attributes, talents, skills, knowledge, virtues, competencies, or abilities you possess. Ask them to send a short explanation with each item they send you. Ask each person to send at least ten items.

Once you gather the items, paste them on poster board in collage fashion. On the back of the collage paste the explanations for the items.

Feel free to share your collage with your friends, family, and helpers. Explain each item on the collage, and explain that they have helped you see an overall picture of yourself by giving accurate and honest feedback on reasons why you should feel secure and good about yourself.