



Who Do You THINK You Are?

Lesson Content

LEARNING OBJECTIVE:

Student will understand various options for defining one's self in our culture and the consequences of each.

INSTRUCTIONS:

Discuss the questions on page two of the handout following the video. Invite students to share their answer for questions 1 only. Answers to question 2 are for personal reflection.

“Who do you think you are” just might be one of the most important questions you ever answer. I’m not talking about the sarcastic version - “WHO do you think you are? - but the more honest version like who do you THINK you are? When you think about yourself as a student, an athlete, a musician, or even as a friend, I’m asking you to think about how you define yourself. There are several options you know.

For instance, are you what you have: the clothes you wear, the toys you own, the house you live in, or the friends you have? Is that what makes you who you are? Or, are you what you do and how well you do it? Do you define yourself by the sport you play, the instrument you practice, or the hobby you’re in? Is that who you are?

Or, are you what others say you are? Do you depend on the opinion of others to determine who you think you are and how much you’re worth? The world is full of people who can’t quite figure out who they are or what they’re worth.

If you really believe that you are what you have, then who are you after you lose what you have? Did you know that approximately 70% of lottery winners go broke within a few years? If that was your story, are you suddenly worthless when you’re broke?

If you are what you do, who are you once you stop doing it or who are you on the days you don’t do it well? Bjorn Borg, the famous tennis player from Sweden, couldn’t figure out who he was once he retired from tennis because he had only thought of himself as Bjorn Borg “the tennis player.”

It might be tempting to think that who you are is best explained by what others say about you. Many people work hard at pleasing others and behaving in a way that earns the compliments of their friends. But just think of the emotional roller coaster you’re riding from one day to the next as the opinion of others dictates your worth.

So here’s the question again: How do you define yourself? Who do you think you are? Where does your value come from? Is it a good idea to define yourself by what you have, or what you do, or the opinion of others? And if not, how would YOU prefer to answer this important question? “I am valuable because...”

1

What is the most important new insight or conclusion you got from today's video and discussion?

Shared answer

2

If you don't define yourself by what you have, or by what you do, or by the opinions of others, you could say "I am valuable because . . ."

Private answer