

## MODULE 7 SEARCH MY SOUL: INTERNAL RESOLUTION

### OVERVIEW

This is a "soul searching" session.

- Participants will discuss the significance of having a faith-based or spiritual value system.
- Participants will explore the power of thought and the influence the mind has on daily life.

### LEARNING OUTCOME

### MATERIALS/RESOURCES

Journals/Composition Notebooks, Pens/Pencils, The Hour Glass

**ACTIVITY 1**      **Search My Soul**      **Time**      **: 30-40 minutes**

**Discussion & Written Responses**

### The 7 Characteristics of Internal Resolution

Spend time sharing in a group setting the value of each statement as it pertained to a father, and community role model.

### Search my Soul

1. A belief in the power of faith and spiritual guidance.
2. Being empowered by a positive sense of racial self-identity and self-acceptance.
3. The ability to overcome the influence of negative thinking by maintaining an optimistic view of life.
4. A focused vision for the future and a clear purpose for the present.
5. The feeling of self-worth and competence to make a way through one's ability and action.
6. The ability to create and implement alternative actions when confused with uncertainty and ambiguity.
7. The ability to maintain the balance between the needs of self and the needs of others

**\*Facilitator Monitor the group discussion, encouraging full participation.**



## ACTIVITY 2

### Closing Reflections: The Hour Glass

