

## **Who am I? Embracing identity & Demonstrating an Understanding of Self**

- **Key Commitments**
  - **Building Positive Self-Identity**
- **Key Terms**
  - **Wrong spot**
  - **Embedded ball**
  - **Pitch mark**
  - **General area**
- **Game Changing Behaviors**
  - **Identify qualities, characteristics, attributes, and skills about themselves that make them unique**
  - **Developing a greater understanding of self as they explore their identity and the impact they want to have on the world.**
  - **Express positive self-identity**
- **Guiding Questions**
  - **How can understanding more about yourself help you have a positive self-identity**
  - **How do uneven lies affect your shot trajectory or curvature?**
  - **How do you take relief from an embedded ball?**
- **Building Positive Self Identity:**
  - **One positive word I use to describe myself is \_\_\_\_\_.**
  - **I am really good at \_\_\_\_\_.**
  - **Something that motivates or inspires me is \_\_\_\_\_.**
  - **Something I'm really proud of is \_\_\_\_\_.**

