

## MAN IN THE MIRROR

1) In the spaces below, list at least five characteristics that you have that you wish to improve. Then on the opposite side of the page, list five characteristics that you do not have, that you wish you did.

How I am now:

How I want to be:

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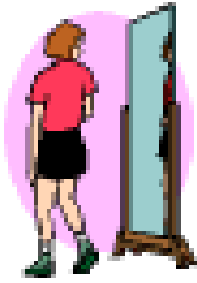
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2) List at least five things you can do to “change your ways” so that you lessen the behaviors that you dislike and develop those characteristics you wish to possess.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

Name a time that you let a situation control you. What could you have done to reverse the situation so that you were in control? (Use the back of this paper if necessary.)

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# Man in the Mirror

By  
Michael Jackson

I'm gonna make a change, for once in my life  
It's gonna feel real good, gonna make a difference, gonna make it right...

As I turn up the collar on my favorite winter coat  
This wind is blowin' my mind  
I see kids on the street with not enough to eat.  
Who am I, to be blind, pretending not to see their needs?  
A summer's disregard, a broken bottle top, and a one man's soul  
They follow each other on the wind, ya know?  
'Cause they got nowhere to go  
That's why I want you to know

I'm starting with the man in the mirror, I'm asking him to change his ways.  
And no message could have been any clearer.  
If you wanna make the world a better place, take a look at yourself, and then  
make a change.

I've been a victim of a selfish kind of love, it's time that I realize.  
That there are some with no home, not a nickel to loan.  
Could it be really me, pretending that they're not alone?

A willow deeply scarred, somebody's broken heart, and a washed-out dream.  
They follow the pattern of the wind you see, cause they got no place to be.  
That's why I'm starting with me.

I'm starting with the man in the mirror, I'm asking him to change his ways.  
And no message could have been any clearer.  
If you wanna make the world a better place, take a look at yourself, and then  
make a change.

I'm starting with the man in the mirror, I'm asking him to change his ways.  
No message could have been any clearer.  
If you wanna make the world a better place, take a look at yourself and make  
that change.  
You gotta get it right, while you got the time, cause when you close your heart,  
you cant' close your...your mind.

# JOURNAL ENTRY



When people don't take responsibility for their lives, what can be the consequences for themselves? For others? When people don't take responsibility for their community, what can be the consequences for themselves? For others

# How You Choose to Respond

**It is up to you to choose how you will react to certain situations. The messages that you give yourself when faced with difficult situations make the difference between success or failure.**

## **NEGATIVE MESSAGES:**

I'll probably fail anyway.

This subject is too hard!

I won't make the team. I'm not good at sports.

I'm just one person. I can't make a Difference.

## **RESULTING ACTION:**

You don't study, so you don't pass the test.

You don't ask questions or pay attention.

You don't try out, so you're not on the team.

You do nothing to help your community. Problems get worse. Your children are forced to deal with the issues that you ignored.

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## **POSITIVE MESSAGES:**

I can do this if I try hard enough.

I know I'm not athletic, but if I practice, at least I have a chance.

I know that I'm only one person, but I can still help out.

## **RESULTING ACTION:**

You study more, learn more and make better grades.

You practice hard, try out, and make the team.

You start a community project. Others become Interested and join you. You make an impact on your community.