

The Personal Bank Account

7 Habits

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What is a PBA?

Your personal bank account is how you feel about yourself. Think of it like a normal bank account that you shape through deposits and withdrawals! Instead of actual money, deposits and withdrawals are actions and behaviors.





Deposits v. Withdrawals



Deposits

Deposits are actions that build trust and confidence in yourself.



Withdrawals

Withdrawals are actions that lead to insecurity, jealousy, and arrogance.





Examples of Each



Deposit

Think positively about yourself.



Deposit

Keep promises



Deposit

Resisting peer pressure



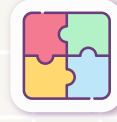
Withdrawal

Think negatively about yourself.



Withdrawal

Break promises



Withdrawal

Caving into peer pressure





Examples of Each



Withdrawal

Cheating on an important test because you're stressed about it



Deposit

Going to bed when you said you would because you have a presentation the next day



Deposit

Hanging out with friends when you said you would



Withdrawal

Work so hard that you barely sleep



Deposit

Buy a meal for a homeless person



Withdrawal

Buying an expensive purse you can't really afford because your friend has one



Keep Promises to Yourself


In the same way that you'll stop trusting others after they break promises to you, promises to yourself will lose value over time if you don't commit to them.

For example, if you say you're going to wake up early tomorrow, take that commitment seriously! If you press snooze, you're making a withdrawal.





Do Small Acts of Kindness





Helping others can help you to feel better about yourself. It helps you to shift your focus outward, so you can alleviate inward critique. Watching someone enjoy something you gave them can give you more joy than if you kept it for yourself.



Be Gentle with Yourself

Learning to laugh at your mistakes impacts your overall positivity. By laughing at your mistakes, you'll learn from them instead of beating yourself up.



"One of the keys to happiness is a bad memory."

-Rita Mae Brown



Magnifying Your talents

What does this mean: A talent can be a hobby or something you are passionate about! Finding your talent will help build your self-confidence, and ultimately make a large deposit into your PBA!

Ex:

- Running
- Artistic interest





Renewing Yourself



Make sure to take the time to relax every now and then. Renewing yourself will fill you with more life, making you feel better too. Just by finding something you enjoy or visiting a place you love will help bring your spirits up, leading to another deposit into your PBA.



★ How can deposits benefit you and the community?

Through...

Being gentle to yourself

Being honest

Renewing yourself

Magnifying your talents

Doing random acts of service

People will notice your kindness and confidence! Your community will be better with you in it!



Thank You!

