



Arquidiócesis
de Tlalnepantla
Tierra de en medio

Fichero Compendio **Autoconocimiento**

Ficha 9 **Un día especial**



Objetivo

Que el joven recuerde, sienta, experimente, acepte y comparta la experiencia de la niñez, específicamente la de su cumpleaños y pueda recordar su historia de vida para recordar nuevamente su identidad.

Me preparo

Todos tenemos varios días especiales durante nuestra vida, uno de los más importantes es el día de nuestro cumpleaños. Es un día super especial para nosotros y para las personas que nos aprecian, simplemente porque celebramos la vida, el día que llegamos al mundo.

Logros a desbloquear

- Comunicación y expresión
- Autoestima (sentir que somos muy importantes)
- Tomar conciencia de que somos muy apreciados por muchas personas
- Seguridad personal
- Desarrollar la imaginación

Necesito herramientas

- Papel
- Lápiz
- Colores.

Manos a la obra

De forma individual reflexiona por un momento y trata de

imaginar qué pasó la última vez que celebraste el día de tu cumpleaños, imagina a tus padres, hermanos, amigos, a todos los que estaban ahí contigo; piensa cómo fue ese día para ellos y para ti. Después que lo imaginaste, escribe una historia que inicie con las siguientes palabras: “El día en que yo nací...”, puedes hacer un dibujo si lo crees necesario.

Después comparte en grupos pequeños la historia que has escrito. Recuerda siempre sentirte con libertad y confianza al compartir tu historia, pues es única y original. Cuando todos hayan terminado de compartir, comenten cómo se han sentido al imaginar todo esto y ve si alguno ha escrito algo que se parece a lo que tú escribiste.

Profundicemos

Puede hacerse lo mismo en cualquier día especial para ti, como la navidad, algún aniversario, la fecha de tu bautismo, primera comunión o confirmación. Recuerda que debes evaluar cómo te sentiste al hacer la actividad, el trabajo que tienes que realizar y no olvides compartir la experiencia.

the 1990s, the number of people who are employed in the service sector has increased in all countries. The increase is most pronounced in the United States, where the service sector has become the dominant sector of the economy.

The increase in the service sector has led to a change in the way that people work. In the service sector, people are often working in teams and are often working in a more flexible way. This has led to a change in the way that people are organized in organizations. In the past, organizations were often organized in a hierarchical way, with a clear chain of command. In the service sector, organizations are often organized in a more flat way, with a focus on collaboration and communication.

The change in the way that people work has led to a change in the way that people are motivated. In the past, people were often motivated by a sense of duty and a desire to please. In the service sector, people are often motivated by a sense of purpose and a desire to make a difference. This has led to a change in the way that people are managed. In the past, managers were often focused on controlling and directing their employees. In the service sector, managers are often focused on supporting and empowering their employees.

The change in the way that people work and the way that people are motivated has led to a change in the way that people are organized in organizations. In the past, organizations were often organized in a hierarchical way, with a clear chain of command. In the service sector, organizations are often organized in a more flat way, with a focus on collaboration and communication. This has led to a change in the way that people are managed. In the past, managers were often focused on controlling and directing their employees. In the service sector, managers are often focused on supporting and empowering their employees.

The change in the way that people work and the way that people are motivated has led to a change in the way that people are organized in organizations. In the past, organizations were often organized in a hierarchical way, with a clear chain of command. In the service sector, organizations are often organized in a more flat way, with a focus on collaboration and communication. This has led to a change in the way that people are managed. In the past, managers were often focused on controlling and directing their employees. In the service sector, managers are often focused on supporting and empowering their employees.

The change in the way that people work and the way that people are motivated has led to a change in the way that people are organized in organizations. In the past, organizations were often organized in a hierarchical way, with a clear chain of command. In the service sector, organizations are often organized in a more flat way, with a focus on collaboration and communication. This has led to a change in the way that people are managed. In the past, managers were often focused on controlling and directing their employees. In the service sector, managers are often focused on supporting and empowering their employees.

The change in the way that people work and the way that people are motivated has led to a change in the way that people are organized in organizations. In the past, organizations were often organized in a hierarchical way, with a clear chain of command. In the service sector, organizations are often organized in a more flat way, with a focus on collaboration and communication. This has led to a change in the way that people are managed. In the past, managers were often focused on controlling and directing their employees. In the service sector, managers are often focused on supporting and empowering their employees.

The change in the way that people work and the way that people are motivated has led to a change in the way that people are organized in organizations. In the past, organizations were often organized in a hierarchical way, with a clear chain of command. In the service sector, organizations are often organized in a more flat way, with a focus on collaboration and communication. This has led to a change in the way that people are managed. In the past, managers were often focused on controlling and directing their employees. In the service sector, managers are often focused on supporting and empowering their employees.