



Arquidiócesis
de Tlalnepantla
Tierra de en medio

Fichero Compendio **Autoconocimiento**

Ficha 21
Los campeones



Objetivo

Que el joven aprenda la importancia de seguir reglas, fortalecer el ejercicio de la disciplina y el trabajo en equipo.

Me preparo

Hay distintos campeonatos o concursos en los que la gente participa, de natación, de fútbol, de gimnasia olímpica, de ajedrez, de pintura, de carreras de autos, motos o bicicletas, etc.

Logros a desbloquear

- Clarificar valores
- Autoconocimiento
- Valorar la disciplina
- Expresión y comunicación

Necesito herramientas

- Papel
- Lápiz
- Pluma

Manos a la obra

Responder las siguientes preguntas:

1. ¿Qué campeonato de todos los que tú conoces te gustaría ganar?
2. ¿Qué necesitarías para ganar el campeonato que elegiste?, ¿Serías capaz de hacer ese esfuerzo?
3. ¿Estarías dispuesto a hacerlo para ser campeón?
4. ¿Por qué sería para ti importante ser campeón?

5. ¿Qué piensas de las personas que hacen trampa para ganar?

Al terminar tu trabajo individual, en grupos pequeños compartan sus respuestas, dando oportunidad a todos para que compartan también las suyas.

Profundicemos

Comenta cómo fue tu experiencia, si les costó trabajo hacerlo, si fue difícil responder las preguntas y los compromisos que surgieron en ti.

the 1990s, the number of people with diabetes has increased in all industrialized countries. In the Netherlands, the prevalence of diabetes is 6.5% (1.5% of the population aged 15 years and over) (1). The prevalence of diabetes is expected to increase to 10% by the year 2010 (2).

Diabetes is a chronic disease with a high prevalence and a high mortality. The mortality of diabetes is due to complications of diabetes, such as cardiovascular disease, nephropathy, retinopathy, and neuropathy. The prevalence of diabetes is increasing in all industrialized countries, and the mortality of diabetes is also increasing. The mortality of diabetes is due to complications of diabetes, such as cardiovascular disease, nephropathy, retinopathy, and neuropathy.

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