



Arquidiócesis
de Tlalnepantla
Tierra de en medio

Fichero Compendio Autoconocimiento

Ficha 23

¿Qué me sería más difícil?



Objetivo

Que el joven sea consciente de su realidad como persona y sea sincero consigo mismo para poder clarificar la autenticidad personal.

Me preparo

Hay un dicho que dice: "Cuando estés triste o te sientas mal contigo mismo, cuenta tus bendiciones", es decir, piensa en todas las cosas buenas que tienes y eres. En todas aquellas cosas que otras personas tienen que vivir, o viven que para ti sería muy difícil soportar. Hoy vamos a contar nuestras bendiciones, a ver si realmente somos conscientes de lo que tenemos y lo que somos y a tratar de aclarar un poco cuáles son nuestros valores.

Logros a desbloquear

- Autoconocimiento
- Autoestima
- Clarificar valores
- Consciencia personal y social
- Comunicación y expresión

Necesito herramientas

- Papel
- Lápices

Manos a la obra

Solicitar a los participantes que hagan una lista de las cosas

buenas que creen ser y tener, solamente anota diez cosas. Al terminar, responderán las siguientes preguntas:

1. ¿Qué sería más difícil para ti? no tener amigos, no tener dinero o no tener familia.
2. ¿Qué te cuesta más trabajo? hacer algo tú solo, hacerlo con otras personas o hacerlo con tus amigos
3. ¿Qué te gustaría más? tener mucho dinero, tener muchos amigos o no tener que ir a la escuela
4. ¿A quién preferirías como amigo? a uno que te mandara a ti, a uno con quien pudieras dialogar cediendo, unas veces tú y otras él o ella

Después de responder las preguntas, compartir en grupo pequeños.

Profundicemos

Comenta cómo fue tu experiencia, realiza la evaluación del ejercicio al compartir, si te faltó ser más sincero y si las respuestas fueron tal y como las pensaste.

the 1990s, the number of people in the world who are illiterate has increased from 1.2 billion to 1.5 billion. The number of illiterate people in the world is expected to reach 1.8 billion by the year 2015. The number of illiterate people in the world is expected to reach 2.1 billion by the year 2020.

The number of illiterate people in the world is expected to reach 2.4 billion by the year 2025. The number of illiterate people in the world is expected to reach 2.7 billion by the year 2030. The number of illiterate people in the world is expected to reach 3.0 billion by the year 2035.

The number of illiterate people in the world is expected to reach 3.3 billion by the year 2040. The number of illiterate people in the world is expected to reach 3.6 billion by the year 2045. The number of illiterate people in the world is expected to reach 3.9 billion by the year 2050.

The number of illiterate people in the world is expected to reach 4.2 billion by the year 2055. The number of illiterate people in the world is expected to reach 4.5 billion by the year 2060. The number of illiterate people in the world is expected to reach 4.8 billion by the year 2065.

The number of illiterate people in the world is expected to reach 5.1 billion by the year 2070. The number of illiterate people in the world is expected to reach 5.4 billion by the year 2075. The number of illiterate people in the world is expected to reach 5.7 billion by the year 2080.

The number of illiterate people in the world is expected to reach 6.0 billion by the year 2085. The number of illiterate people in the world is expected to reach 6.3 billion by the year 2090. The number of illiterate people in the world is expected to reach 6.6 billion by the year 2095.

The number of illiterate people in the world is expected to reach 6.9 billion by the year 2100. The number of illiterate people in the world is expected to reach 7.2 billion by the year 2105. The number of illiterate people in the world is expected to reach 7.5 billion by the year 2110.

The number of illiterate people in the world is expected to reach 7.8 billion by the year 2115. The number of illiterate people in the world is expected to reach 8.1 billion by the year 2120. The number of illiterate people in the world is expected to reach 8.4 billion by the year 2125.

The number of illiterate people in the world is expected to reach 8.7 billion by the year 2130. The number of illiterate people in the world is expected to reach 9.0 billion by the year 2135. The number of illiterate people in the world is expected to reach 9.3 billion by the year 2140.

The number of illiterate people in the world is expected to reach 9.6 billion by the year 2145. The number of illiterate people in the world is expected to reach 9.9 billion by the year 2150. The number of illiterate people in the world is expected to reach 10.2 billion by the year 2155.

The number of illiterate people in the world is expected to reach 10.5 billion by the year 2155. The number of illiterate people in the world is expected to reach 10.8 billion by the year 2160. The number of illiterate people in the world is expected to reach 11.1 billion by the year 2165.

The number of illiterate people in the world is expected to reach 11.4 billion by the year 2170. The number of illiterate people in the world is expected to reach 11.7 billion by the year 2175. The number of illiterate people in the world is expected to reach 12.0 billion by the year 2180.