

Decide



Unique Me

A Self-help Tool



Introduction

We often say that each person is unique. But what does that look like? This activity is about creating a graphic that expresses your individual uniqueness.

This tool is designed to...

- Help you identify the different things that make you unique.
- Help you see the different sides to yourself.
- Help you value the unique combination of characteristics that you have.

Consider using this tool if you...

- Need to boost your sense of self-worth; or feel bad about yourself.
- Feel that others undervalue you.
- Want to identify the things that form your 'inner compass' – the values and drivers that can guide your choice of future career path.

How to use this tool

First, prepare by placing yourself in a positive mood.

Before starting this activity, take a few minutes to put yourself in a positive mood. This is important because you are able to access your intuition better when you are in a good mood, and more likely to see things in an optimistic and positive light. There are many ways in which you could put yourself in a good mood. You might play uplifting music that you like, look at a photo of someone that you care about, or recall a happy memory.



Second, identify the things that make up you.

Then, read through the list of qualities, characteristics and assets (things you possess) in the table we have linked to below, and mark any that you identify with (Sokol & Fox, p.46). Do this quickly and do not overthink it. You should choose things that express your best, authentic self.

If there are important things about yourself that you cannot see listed in the table, simply add them in the space left free for this.

Download the full table of qualities and characteristics: hud.ac/ros

See another example here on an article from Indeed: hud.ac/roo



The items which you have picked are the important things that make you you.

You should honour all of these things, because they all have value and form a part of you. This should include things which you may sometimes have mixed feelings about. Even these things will be valuable and helpful in certain situations.

Third, create your own 'Unique Me' graphic.

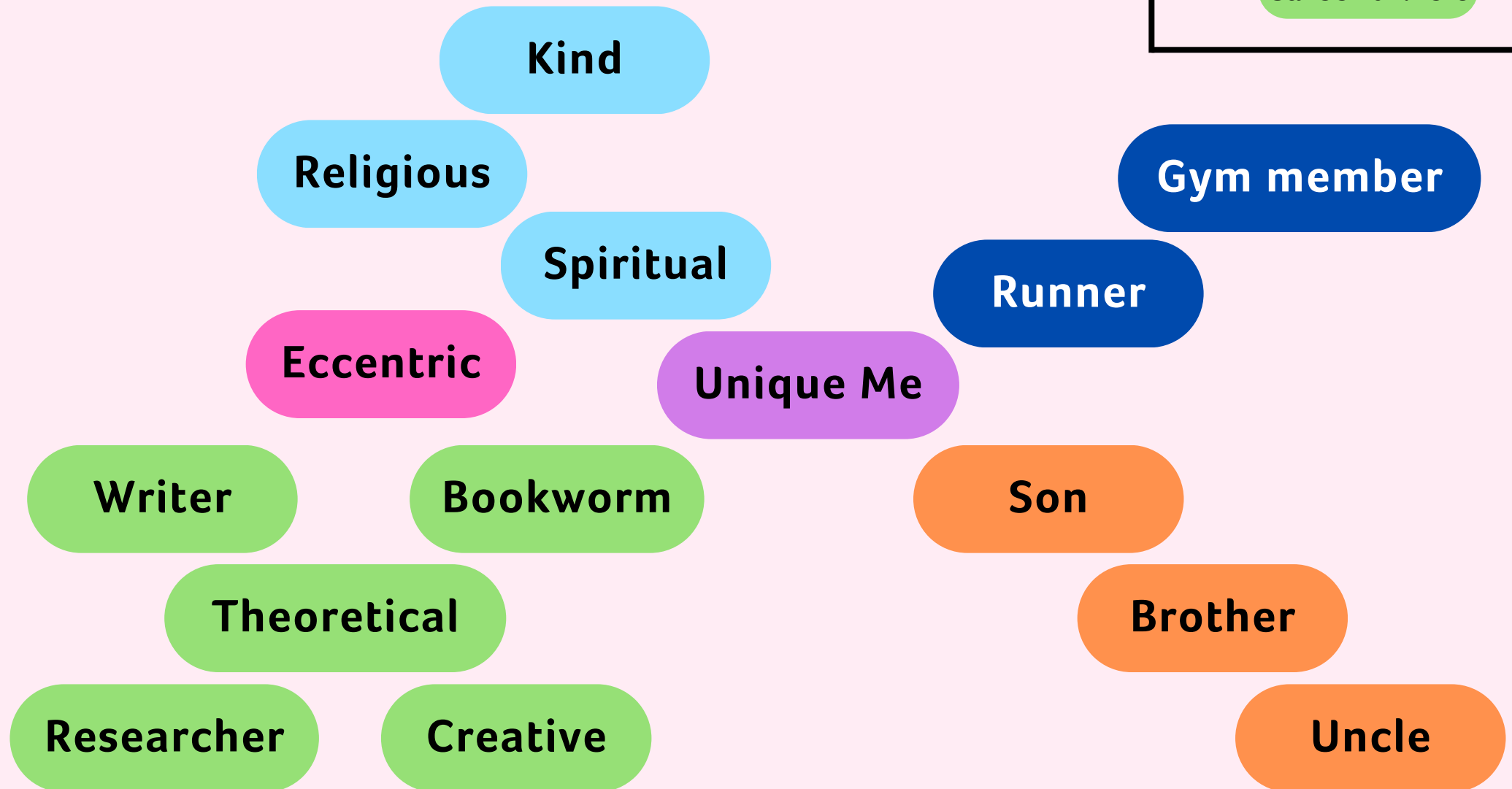
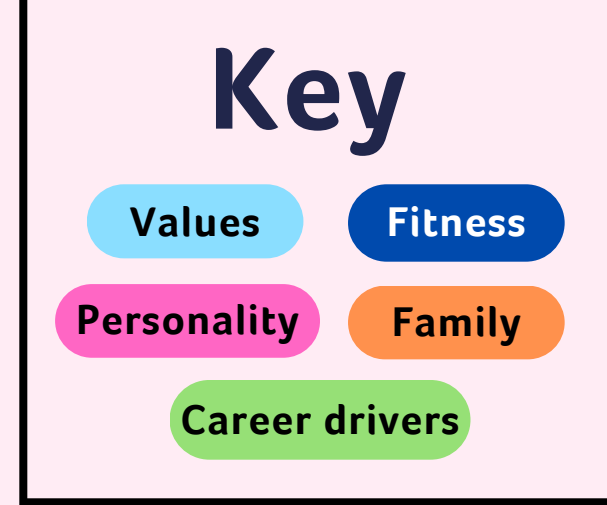
Your uniqueness consists of the combination of elements and the way that you put them together. Look at your selection.

- What themes emerge?
- What strengths do they highlight?
- What surprises you?
- What kind words would a good friend who cares for you say about the graphic you have created?

Once you have made your choices, if you would like to you can arrange them into themes to show how they form a special pattern that is 'Unique Me'. An example has been created on the next page. In this example, some of the things that are important to the author have been arranged into a mind-map. You are invited to create your own, using the items you have picked. You can arrange this however you want (using any software tools you like) to express and celebrate your uniqueness.



'Unique Me' example mind-map



Pause, Reflect, Act.

- How do you feel looking at the items you have chosen?
- What are the key insights you have taken from this Self-help Tool?
- What actions do you need to take now to build on this exercise?
- Who could help you with this?
- Are there other related Self-help Tools you would like to use as well?

NB: Because everyone is different, this tool may not work for you, so please look at our other Self-help Tools as well.

Other relevant tools include:

- Values Based Self Affirmations – a simple writing exercise to get in touch with the things you do that you feel good about.
- Best Possible Future Selves – an imaginative writing exercise where you think about what you would like your life to be like in the future.
- Wanted – A Job for Me! – a creative way of crowd sourcing career ideas by sharing key information about yourself with friends / family.

References and Resources

- Nollan, J. (2022). 10 Things That Make a Person Unique. Accessed 08/12/2022.
- <https://www.aconsciousrethink.com/10341/10-things-that-make-a-person-unique/>
- Sokol, L., & Fox, M, G. (2016). The Think Confident, Be Confident Workbook For Teens. New Harbinger Books

Dave Stanbury, March 2023.



If you are a member of staff from another educational organisation and want to use a limited number of our Self-help Tools with your students, we would love to hear from you and share good practice. We would ask that you retain references to University of Huddersfield as a matter of courtesy and acknowledge the other sources we have used. Thank you.