

## unspoken language

### What message am I sending?

Without saying a word, we are sending silent messages to the people around us every day. Our face, posture, and every mannerism communicates volumes of what type of person we are. Being aware of what you do is a key to changing the way that others perceive you.

### Your face

Everyone has facial expressions that represent our current condition. These expressions usually happen automatically. We do not consciously say to our brain or our face to show that we are surprised. We as human beings just naturally show these responses. Many think that we have a face that no one can read our thoughts or feelings. Often times that is not the case. Whether we have a raised eyebrow, a wink, a nod, or a quick frown it is likely we have facial expressions that speak to others. You need to ask yourself if your facial expressions are saying good, positive things about you. Are they showing the messages that you intend to show? The best thing you can do is to smile. A genuine smile. Nothing brightens a dull mood then a hearty, healthy smile.

### Our posture and walking

Having your shoulders slouch and head down are visual cues that you have a lack of confidence. If you stand with your head up and back straight shows that you have confidence and energy about you. It shows that you are a more approachable person as well 😊

### Mannerisms and gestures

You may know that folded arms send a closed message while arms at our side send an open message to others. Twisting hair, frequent facial touches, wringing hands, or scratching of the head may reflect angst. Many people speak with their hands and body. It adds expressive quality to their words. When you say the word, “no” while strongly pointing your finger makes the sentence more powerful. When you shrug your shoulders, it shows a lack of knowledge or interest in things.

Your clothing, hair, and personal care can send messages to people as well. If your clothing is wrinkled and unclean, it will send a negative message to others. If you have an odor about you, people will be quick to judge. If you are in a situation which you value, consider your appearance.

### First impressions

Even if we think people shouldn't judge a situation, most people judge a first impression about you. I know myself numerous times have met someone and had a judgment about them, that later I have changed. I was wrong to think that way, but it was how those people presented themselves is how I

was turned off. Consider everything about what type of message you are conveying to others if you want to make it positive.

If you honestly want to know how others perceive you, ask a close friend or family member. Ask them if you are offensive or if there is anything about what you do that turns them off. Look in the mirror and see what others see about you. Take note of how you respond when faced with negative information. In times of stress, how are you looking? You have to be aware that others are watching you all the time. Especially if you have made the decision to follow Christ. They want to see what it is about this Jesus person that makes you so adamant about following Him. Make your life reflect how Jesus would respond in all situations. People are watching. Your siblings are watching, younger boys are watching you, and you are an example to those around you, even if you don't want to be.

## **Opportunities to serve**

### **At church**

Among your church groups, you may feel too old to be part of the youth group anymore but still not quite old enough to be part of the men's group in your church. I would encourage you to attend these men's meetings and gain insight and knowledge from them. They were all once young like yourself and you could gain much wisdom. It may seem weird at first, but give it a try. You can also see if you can help out in a younger program at your church. If you enjoy working with children, try the children's church part of your church. I am sure they would love an "energetic" young person to come help with the children. . Everyone loves a cheerful, willing helper. Make yourself available, volunteer for things needed in the church. Ask your pastor to see which types of things you can get involved in helping doing. It might be as simple as doing yard work at the church once per week. There is always something to do and probably not enough people to help do it. If your church is small and your parent's approve, search out larger churches in your area with young adult groups.

### **In the community:**

There may be plenty of things to volunteer doing in your own community. If you enjoy working with the elderly, contact a local nursing home and see what types of opportunities you can have to volunteer. Your local library probably would enjoy some extra hands, plus you can gain some extra skills. If you enjoy serving others, look at your local hospital for volunteer service opportunities. Local animal shelters would probably have many needs for helping. Soup kitchens and food banks would offer positions to come help each week as well.

### **In the home:**

I know what a blessing it can be to have an extra hand to help me out during the day. Be a willing helper to your mom each day. Set aside extra time to help school younger ones, give your mom a break, or help make a meal. Yes, this is true for young men as well as young women. If it is not something you are great at, then take on the role that your father would do. Make sure that you do all of the yard work, keep the porches clean, the vehicles clean, take the trash out, and take care of the animals. Don't expect your mother to do it, you take the initiative and do the work as your father would do.

If you do not have many opportunities in the home, look for another family whom you can bless. Offer to help a single or elderly woman with some jobs that typical males do in the home. Do not expect money, actually deny it. Take the skills that you gain from doing it and use them for the future.

### **Personal safety tips**

As you get out more in the world be careful of what you encounter. Being at home most of the time is a safe zone. Being out in the world with ungodly people, gives you an opportunity to reach out to others and be a light. It can also be a trap for a young person, being out in the world for the first time. Guard yourself, take what your parents have taught you and follow it. You don't need to be fearful of things, but be aware. Women are generally the target but young male adults are as well for random acts of violence because they generally have:

1. **Lack of awareness**—you need to know where you are and what is going on around you.
2. **Body language**—keep your head up, stand straight up.
3. **Wrong place, wrong time**—don't walk alone in an alley or drive in a bad neighborhood at night.

### **Here is a list of basic tips to remember:**

- Never be alone with another woman, no matter what the age—in work situations, in vehicles, etc. It is just not a proper situation to put yourself or the woman into. This would be a wise choice to remain pure.
- Unfortunately our world is full of immodesty. You see it while walking at the mall, when walking down the road, and sometimes even in churches. Train your eyes to always look down when passing by suspecting targets. You want to guard your eyes from that sort of lust. It is just temptation and should be avoided.
- Treat all women or girls with respect. Be chivalrous in your actions to them. Hold a high standard towards them
- Don't make your life dependent upon a woman. Some guys will require mom to do all the work, then they leave home and are bachelors and are slobs. Set a standard for yourself and learn to be self sufficient. You don't get married to have your wife pick up after you. You get married to share a life with someone.
- Have control over your emotions. Learn to control your anger and jealousy if any. A man who has no control over these emotions, will not show himself worthy to someone. If you can learn to control your anger, it shows a lot about your character and what type of man you are.

Take this week and make a list of goals for yourself in life. This gives you something to look forward to and to work towards. If you don't know where you are going, how are you going to get there? Or even know when you get there?

**My educational goals include:**

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
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3. \_\_\_\_\_  
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4. \_\_\_\_\_  
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5. \_\_\_\_\_  
\_\_\_\_\_

**My social goals include:**

1. \_\_\_\_\_  
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2. \_\_\_\_\_  
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3. \_\_\_\_\_  
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4. \_\_\_\_\_  
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5. \_\_\_\_\_  
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**My financial goals:**

1. \_\_\_\_\_  
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2. \_\_\_\_\_  
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3. \_\_\_\_\_  
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4. \_\_\_\_\_  
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5. \_\_\_\_\_  
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**My family goals include:**

1. \_\_\_\_\_  
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2. \_\_\_\_\_  
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3. \_\_\_\_\_  
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4. \_\_\_\_\_  
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5. \_\_\_\_\_  
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**My health/physical goals include:**

1. \_\_\_\_\_  
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2. \_\_\_\_\_  
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3. \_\_\_\_\_  
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4. \_\_\_\_\_  
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5. \_\_\_\_\_  
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**My recreational goals include:**

1. \_\_\_\_\_  
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2. \_\_\_\_\_  
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3. \_\_\_\_\_  
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4. \_\_\_\_\_  
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5. \_\_\_\_\_  
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## What goals are the most important to you?

Choose two goals from each category that are the most important to you. Identify each goal as **short term** (1-4 weeks), **medium term**(2-12months), or **long term** (1 year or longer.)

1. \_\_\_\_\_  
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2. \_\_\_\_\_  
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3. \_\_\_\_\_  
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4. \_\_\_\_\_  
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6. \_\_\_\_\_  
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7. \_\_\_\_\_  
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8. \_\_\_\_\_  
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9. \_\_\_\_\_  
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10. \_\_\_\_\_  
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11. \_\_\_\_\_  
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12. \_\_\_\_\_  
\_\_\_\_\_

## Prioritize your goals

List and prioritize six of your most important goals. After each goal, identify what you could be doing now to work towards that goal and what resources you need to achieve each goal.

Goal #1 \_\_\_\_\_

What I can be doing now to work toward that goal:

\_\_\_\_\_  
\_\_\_\_\_

The resources I need to achieve this goal are:

\_\_\_\_\_  
\_\_\_\_\_

Goal #2 \_\_\_\_\_

What I can be doing now to work toward that goal:

\_\_\_\_\_  
\_\_\_\_\_

The resources I need to achieve this goal are:

\_\_\_\_\_  
\_\_\_\_\_

Goal #3 \_\_\_\_\_

What I can be doing now to work toward that goal:

\_\_\_\_\_  
\_\_\_\_\_

The resources I need to achieve this goal are:

\_\_\_\_\_  
\_\_\_\_\_

Goal #4 \_\_\_\_\_

What I can be doing now to work toward that goal:

\_\_\_\_\_  
\_\_\_\_\_

The resources I need to achieve this goal are:

\_\_\_\_\_  
\_\_\_\_\_

Goal #5 \_\_\_\_\_

What I can be doing now to work toward that goal:

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The resources I need to achieve this goal are:

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Goal #6 \_\_\_\_\_

What I can be doing now to work toward that goal:

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The resources I need to achieve this goal are:

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Now that you have them broken down, begin working on these goals. If you take a few steps each day, it is better than not doing it at all. Maybe you wanted to finish that writing project. Work for ½ hour every day instead of watching a show. You might want to work on your relationship with your Dad, resolve to spend an hour each weekend working with him. Whatever the goal ----work towards it!

This week we are working on goal setting. It is about making a goal and reaching it. Don't become a teenager that has no aspirations to do things. If your goal is not to attend college, which is perfectly fine, just use your skills and start gaining new ones to add to your ability. It starts now while you are young. Look to improve things around you, that is good motivation.