

Learn From Tony Armstrong: Be Yourself, Be Authentic

THE HOWIE
GAMES

EM

Watch the video but when the video is paused, reflect on the questions below. The aim is to share these at the end of the video.

Pause 1 Reflection

Listening to Tony, what skills or attributes do you admire about him and his story?

What does Tony mean when he says his strength is his difference?

What are some awesome things about you that are different to others that can be your strengths?

Circle 3 of the below values that you think are key to what you value most. When you live through your top values that means you're living or acting authentically, being yourself. It is when we aren't true or we turn our back on these values that we can become unauthentic or seem 'fake' compared to our true self:

Achievement	Faith	Joy	Responsibility
Caring	Family	Justice	Risk Taking
Community	Forgiveness	Kindness	Safety
Compassion	Friendship	Leadership	Sportsmanship
Confidence	Fun	Learning	Stewardship
Courage	Gratitude	Love	Teamwork
Creativity	Giving Back	Loyalty	Trust
Curiosity	Helping Others	Nature	Travelling
Environment	Honesty	Patience	Understanding
Efficiency	Humour	Peace	Wellbeing
Equality	Inclusion	Perseverance	Write Your Own:
Fairness	Independence	Respect	