**Resilient You Project: Video Transcripts**

**Module 2: Skills and Strengths: Casey**

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Why is it important to know what you're good at? I think it's important to know what you're good at so that you can actually use the things you're good at to do all the things that you're not so good at. And also to have a healthy self esteem. List some of your skills and strengths. I'm good at drawing and painting.

I'm creative, very persuasive, organised, enthusiastic and I've got a pretty good sense of humor. How did you figure out what you were good at? I think during school there was a huge emphaisis placed on academics. And I started to realize how, you know, that wasn't my strong suit. And actually there were other skills that are admirable.

Like, communication skills and critical thinking. And I started to place an emphasis on those skills and starting to see that that's what I could bring to the table. Rate yourself on the following: Physical strength, I'm going to give myself two stars, not very, uh, not very strong. Mental determination, much better, very stubborn.

I'm going to give myself four stars, and endurance. Maybe since it's a combination of the two, three stars. What does mental determination mean to you? I think mental determination is telling yourself that you can, or you must do something and not listening to how you actually feel. So more listening to the mind, than listening to the body.

And I think I'm extremely stubborn, which is why I'm actually pretty determined and actually good at this. When have you shown this strength? In one of the Survivor challenges, I had to lie down in a body of water and people were coming and pouring heaps of water in over my head to the point of where it sort of seemed like I was going to suffocate.

So what I had to do is lie there and be really calm and think that I was going to be okay. And, you know, I was able to withstand this feeling of feeling sort of trapped and actually won the challenge for my team, which was a great moment.

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