

Personal Values

What is a value?

Personal Values

What is a value?

What is a personal value?

Lesson 2-Personal Values

Personal values are things that are important to us. They are characteristics and behaviors that motivate us and guide our decisions.

For example, I value honesty. So I believe in being honest whenever possible, however when I don't speak my mind, I feel disappointed in myself.

I also value generosity. So if I had an opportunity to be generous and I wasn't, I feel disappointed in myself.

Lesson 2-Personal Values

Do you think living by our personal values is easy to do or difficult?

Have you ever been in any of these situations?

-Someone said or did something that you strongly disagreed with, but you didn't speak up about it and felt ashamed afterwards.

-You set goals for yourself and failed to meet them.

-What you want often clashes with what you must do or what is "practical"

-You're so busy pleasing other people that you're not even sure what your own true values are.

Lesson 2-Personal Values

Values matter because you're likely to feel better if you're living according to them. We often feel worse if we don't.

For example, if you value adventure, you might not feel good in an office job or staying home all the time. You might prefer a job traveling, or starting your own business because that involves risk.

However, if you value safety and security, a job travelling around the world might not make you feel good.

Lesson 2-Personal Values

So how do we know what our values are?

So how do we know what our values are?

Thinking about what makes you feel good is a good place to start. This can include characteristics or ways of behaving in the world.

Would You Rather...

When I say the two choices, you have to think about your values and what you value more, and choose that statement. If you pick the first one I say, stand by the door. If you pick the second one I say, stand by the coloring wall and window.

Lesson 2-Personal Values

Some examples of values:

achievement

adventure

courage

friendship

health

creativity

honesty

kindness

learning

love

sincerity

success

wealth

understanding

Can you think of any others?

16 Values Activity

The activity left you with 3 values, the three personal values most important to you (out of the 16 you chose.)

Arrange your three values in order, with most important on the top, and least important on the bottom.

Based on those three values, let's see how well we know each other.

On a sticky note, neatly write those top 3 values (in that order) and your name. Miss Padayachee will be reading them out and the rest of the class will guess who they belong to.

If you are uncomfortable sharing any of your top 3 values, replace them with values you have that you are comfortable sharing.

Lesson 2-Personal Values

Add your top three values (and more if you like!) to your identity chart.

Lesson 2-Personal Values

How do your values affect your decision making?

How do your values affect your decision making?

Your values affected your decisions in the "Would You Rather?" game, whether you knew it or not.

To think about, NOT answer aloud:

Possessions you value:

If your house was on fire and you could grab three things what would you grab?

People you value:

If you were in an accident and could only call three people, who would you call?

If you had a family supper scheduled but your friend needed your help, what would you choose?

Lesson 2-Personal Values

Now that you know these top 3 personal values, you can use them to make decisions. For example, if one of your values was learning, you might want to further your education after grade 12. This may require getting good grades, so you can start working toward that goal now.

There may also be some barriers to your goals. For example, money could be a barrier to furthering your education after grade 12.

Assignment:

| Goals: → Value: ↓ | This Year | 1-5 Years | 5+ Years | Barrier: |
|-------------------------|-----------|-----------|----------|----------|
| 1. | | | | |
| 2. | | | | |
| 3. | | | | |