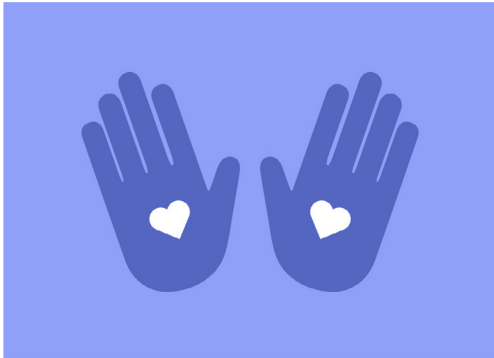


# My Values

Character LAB



**PAGE 1:** Overview

**PAGE 2:** Activity

**PAGE 3:** Example

## How long does it take?

15 minutes

## How do I do it?

First, identify 2-3 values, then write about why they are important to you.

## How does it work?

By reflecting on your values in writing, you can affirm your identity and self-worth, creating a virtuous cycle of confidence, effort, and achievement.

**Inspired by:** Cohen, G. L., & Sherman, D. K. (2014).

The psychology of change: self-affirmation and social psychological intervention. *Annual Review of Psychology*, 65, 333-371.

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*“If only I can be myself, I’ll be satisfied.”*

-Anne Frank

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# My Values



Read this list of values and think about each one. Circle 2 to 3 that are most important to you.

- Athletic ability
- Living in the moment
- Nature and the environment
- Art and literature
- Membership in a social group (such as your community, racial group, or school club)
- Relationships with friends and family
- Creativity, discovering, or inventing things to make a difference in the world
- Music
- Sense of humor
- Independence
- My community
- Success in my career
- Kindness and generosity
- My moral principles
- Other: \_\_\_\_\_

In a few sentences, describe why the selected values are important to you. Focus on your thoughts and feelings, and don't worry about spelling, grammar, or how well-written it is.

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# My Values

**Character LAB**

## EXAMPLE

Read this list of values and think about each one. Circle 2 to 3 that are most important to you.

- Athletic ability
- Art and literature
- Creativity, discovering, or inventing things to make a difference in the world
- Independence
- Kindness and generosity
- Living in the moment
- Membership in a social group (such as your community, racial group, or school club)
- Music
- My community
- My moral principles
- Nature and the environment
- Relationships with friends and family
- Sense of humor
- Success in my career
- Other: \_\_\_\_\_

*Clear first value*

In a few sentences, describe why the selected values are important to you. Focus on your thoughts and feelings, and don't worry about spelling, grammar, or how well-written it is.

*My relationships with my friends and family are important to me because they make me who I am. My mom taught me so many important things about how to be kind and how to make my favorite foods and how to be brave. My sister and I fight sometimes but she always has my back and makes sure I laugh when I am in a mood.*

*Clear second value*

*stories of personal significance*

*Music is also important to me. When I listen to music, I can be somewhere totally different. My favorite songs make me feel better even when I'm totally messed up. Listening to music with my friends is my favorite thing to do.*

*gives multiple details about value*