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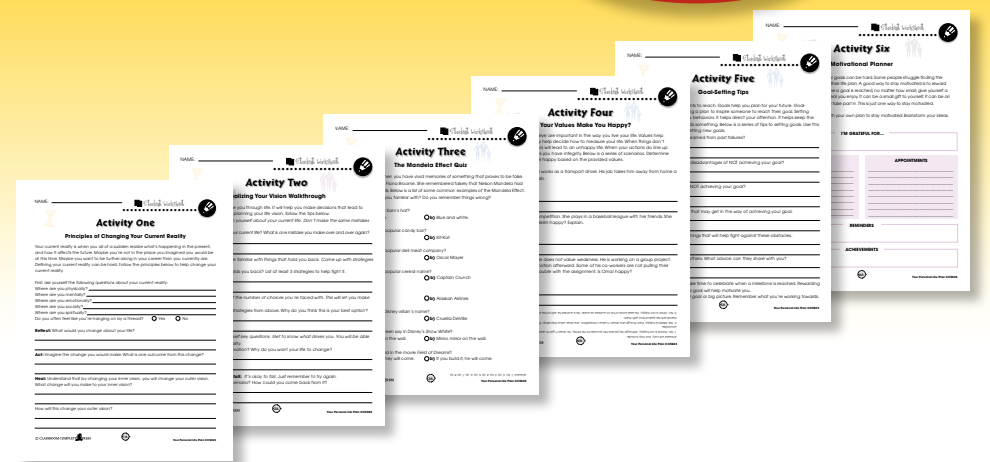
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Your Personal Values

1. Riku has been working as a server at a restaurant for a year. He offers to help train the new server that started a week ago. This new server has been struggling. Riku spends his spare time hiking and trying new healthy recipes. He always holds the door open for people and pays for the coffee order of the person behind him. Identify examples of personal, character and work values that Riku shows.



2. Fatima goes to the farmer's market every week. She values fresh produce and supporting local farmers. One day, a big box store opens up near her home. Fatima starts doing all her shopping there. She likes the convenience. Does Fatima show integrity? Explain.

3. Use the words in the box to answer each question. You may use a dictionary to help you.

values priorities commitment integrity reliability efficiency

- a) What does it mean when someone promises something?
- b) What are the most important things?
- c) What does it mean when someone can count on something?
- d) What does it mean to be fast and good at something?
- e) What are the standards that someone follows in their life?
- f) What does it mean to be honest and truthful?



Your Personal Values



The next step in creating a life plan is identifying your personal values. **Values** are things you believe are important in the way you live your life. Values help decide your **priorities**. They help decide how to measure your life. There are 3 types of values: character, work and personal. **Personal values** help decide what you want out of life. They help you feel happy and fulfilled. Some examples of personal values include family and health.

Character values decide how to be a good human being.
Work values help figure out what you want out of a job.

There are 9 Core Values:

- **Commitment**
- **Honesty**
- **Reliability**
- **Passion**
- **Loyalty**
- **Optimism**
- **Dependability**
- **Efficiency**
- **Positivity**

Nicole just started a new job a month ago. She just finished her training and is now working with customers. She is very helpful and suggests her company's products over others they carry. She finishes her tasks ahead of schedule often. She is given new responsibilities every day. After just a few months, Nicole is promoted to supervisor.

Which of the 9 core values does Nicole show? Explain your choices.

Commitment **Honesty** **Reliability**
Passion **Loyalty** **Optimism**
Dependability **Efficiency** **Positivity**



Your Personal Values



1. Put a checkmark (✓) next to the answer that is most correct.
- a) Which is NOT one of the 9 core values mentioned in the reading passage?
- A Morality
 B Passion
 C Honesty
 D Optimism
- b) Which type of values decide how to be a good human being?
- A Personal
 B Character
 C Work
 D Social
- c) What is NOT an example of a personal value?
- A Family
 B Health
 C Personal Growth
 D Detail-oriented
2. Kwame loves nature. He jumped at the chance of owning a small farm. He worked very hard to grow a garden. After a few years, he was successful. His garden produced lots of fresh produce. He was able to make a deal with local restaurants. These restaurants promote the fact that they use fresh local produce.

With a straight line, match the things that make Kwame happy, proud and fulfilled.

- | | | |
|-------------|---|---|
| 1 Happy | Growing a successful garden. | A |
| 2 Proud | Providing fresh produce to local restaurants. | B |
| 3 Fulfilled | Being out in nature. | C |

Your Personal Values



3. Self-reflection. Are you a role model? You may be a role model if your actions line up with your values. Determine if you are a role model. List some of your values below. Then, give an example of an action you've taken that lines up with this value. If you don't think you're a role model, then make a plan to change that. What action could you take to help your community? Make sure it lines up with your values.



Graphic Organizer

4. Use the graphic organizer on page 12 to identify your core values.

There are 9 core values: Commitment, Passion, Dependability, Honesty, Loyalty, Efficiency, Reliability, Optimism, and Positivity. Under each of these core values are other related values. On the Personal Values Chart, list some of the values you have under each category. For example, seriousness and sincerity would fall under Commitment. Then, explain why this is one of your values.



Goal-Setting Activities

Goals are things a person wants to reach. Goals help you plan for your future. Goal-setting is the process of making a plan to inspire someone to reach their goal. The following activities will help you set and achieve goals.

1. Make Your Own Bucket List

A bucket list is a list of things you want to do. Brainstorm some things you've always wanted to do. They can be accomplishments, experiences, or achievements. Every day, go through your list. See if there are any you can do during the week. At the end of the week, see how many you did.

2. Wheel of Fortune

Re-draw the wheel on the right. Important life categories are written in each segment. Feel free to use your own categories. For each category, write out goals that you would like to reach. Set a deadline for each goal.



3. Three Stars and a Wish

Think of all the things you are good at. Write down 3 things. Now, think of what you need to work on. This is your wish, or goal. Write them down below.

Star 1:
Star 2:
Star 3:

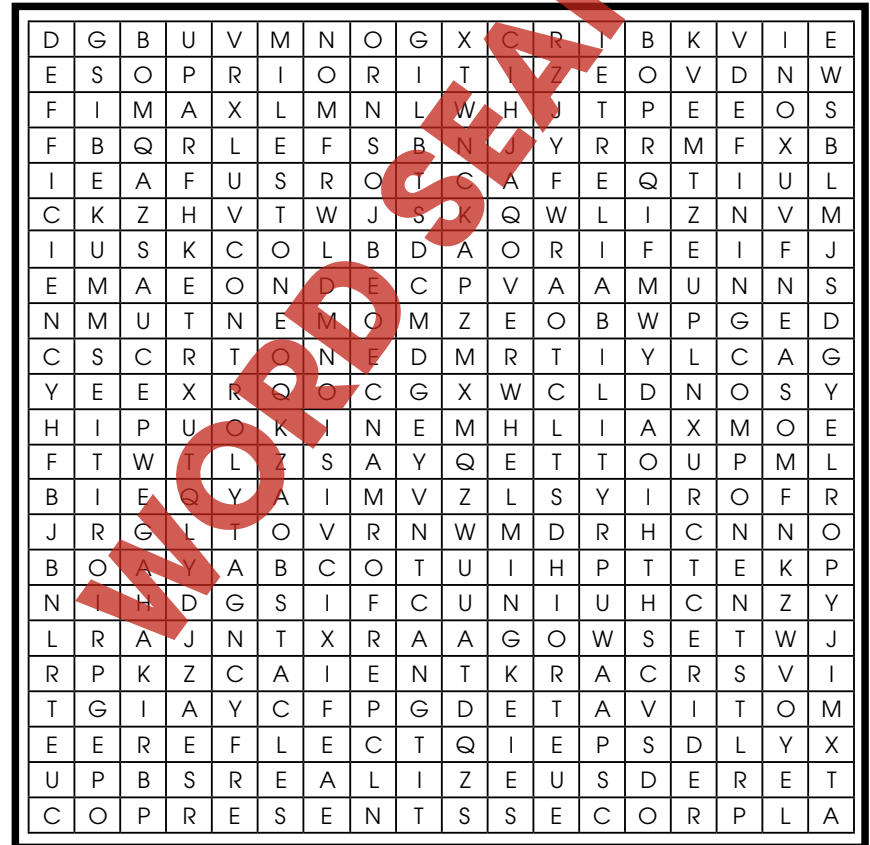
Wish:



Word Search

Find all of the words in the Word Search. Words are written horizontally, vertically, diagonally, and some are even written backwards.

- action
- adapt
- circumstances
- components
- control
- defining
- efficiency
- empowered
- factors
- goals
- milestone
- momentum
- motivated
- obstacles
- outcome
- overwhelming
- performance
- present
- priorities
- prioritize
- process
- realize
- redirect
- reflect
- reliability
- roadblocks
- values
- vision



Comprehension Quiz

Part C

Answer each question in full sentences.

- Describe the 3 principles of changing your current reality. 3
- Explain the difference between your vision and your goals. 2
- What are the 2 main theories of persistent identity? Describe them. 4
- What are the 3 types of goals? Explain and give an example of each. 6

SMART Goals

S Specific
Clear statement of your goal

M Measurable
Use smaller goals to follow progress.

A Attainable
Reasonable goals that can be achieved.

R Realistic
Goals that are relevant and relate to your life.

T Time bound
Set deadlines for all goals.



Your Personal Values



1. Put a checkmark (✓) next to the answer that is most correct.

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2. Kwame loves nature. He jumped at the chance of owning a small farm. He worked very hard to grow a garden. After a few years, he was successful. His garden produced lots of fresh produce. He was able to make a deal with local restaurants. These restaurants promote the fact that they use fresh local produce.

With a straight line, match the things that make Kwame happy, proud and fulfilled.

- 1
- 2
- 3

- A
- B
- C



1.

a) A

b) B

c) D

2.

1 C

2 A

3 B



EASY MARKING ANSWER KEY





Your Personal Values



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 - **Efficiency**
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Reliability

Optimism

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Goal-Setting Activities

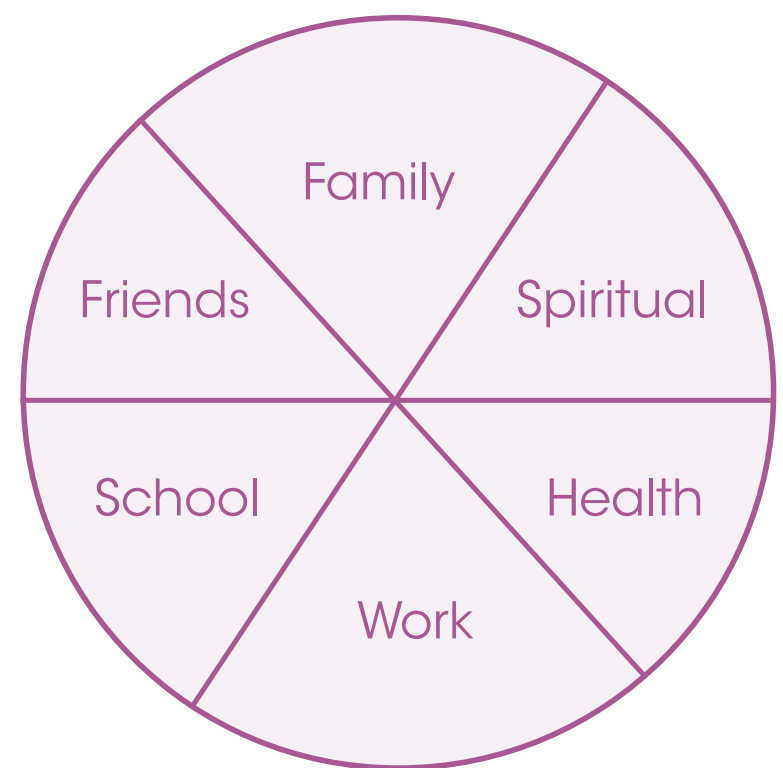
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Star 3:

Star 2:

Wish:

SMART Goals

S

Specific

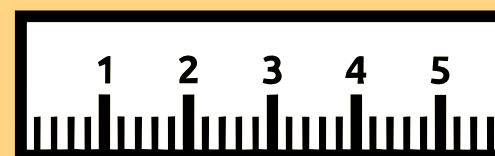
Clear statement of your goal.



M

Measureable

Use smaller goals to follow progress.



A

Attainable

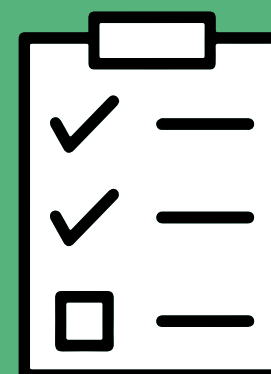


Reasonable goals that can be achieved.

R

Realistic

Goals that are relevant and relate to your life.



T

Time bound

Set deadlines for all goals.

