



# HOME PERSONAL CARE AWARD



## PROJECT: MY VALUES

### GOALS

- A. IDENTIFY VALUES:** Identify 4 characteristics of **values** and 4 examples of **values**.
- B. ASSESS MY VALUES:** Complete the Values Activity Sheet and evaluate your findings.
- C. VALUES CHALLENGE:** Complete one “Heroic Example” challenge.

### A. IDENTIFY VALUES

#### What Are Values? (Identify four)

- Values are actions or character traits you think are the most important in life.
- What you value drives how you spend your time, the friends you make, and your choices.
- Values are shaped by your beliefs about God, as well as family, friends, culture, and personality.
- Finding out what you think is *most* important helps you get to know yourself!
- Values can be good or bad depending on what is shaping our values.

#### Values Examples (Identify four)

- Loyalty
- Family
- Adventure
- Honesty
- Excellence

### B. ASSESS MY VALUES

Your family has many things they love and value! In addition to values driven by faith in Jesus Christ, each family and person has values that make them unique. Values determine how you spend your time, the commitments you make, the goals you set, and the way you interact with other people.

#### Step 1—Values Activity Sheet

Complete the “Values Activity Sheet” at the end of this document.

- Identify your family’s top 5 values
- Identify your top 5 values
- Identify your bottom 3 values.

#### Step 2—Values and Choices

Identify how your values affect your choices. For example:

- *Being Adventurous*—You want to plan a long bike ride with your dad.
- *Organization*—You spend time each day packing your backpack for school.
- *Family*—You love being a part of family dinners and family movie nights.

**TIP:** When completing the “Values Activity Sheet” pick the values that are so important that you cannot imagine life without them. You don’t have to be perfect or even excel at the trait you pick. For example, if you value being brave, but have to work on it each time, that is okay!



## C. VALUES CHALLENGE

### Option 1—Find a Heroic Example

Find a book of stories with common, everyday people doing heroic things. Find a story about someone who shares one of your top values, and puts that value into action! Read the story!

#### **Suggestions:**

- *Kids with Courage: True Stories about Young people Making a Difference* by Lynn Hamilton
- *Real Kids, Real Stories, Real Change* by Garth Sundem
- *Dare to Dream!: 25 Extraordinary Lives* by Sandra Mcleod Humphrey

### Option 2—Interview a Local Hero

Identify a person that exemplifies one of your top 5 values and interview him or her.

#### **Questions** (Use to get started)

- Which of my five top values did this everyday hero show?
- What did he or she do?
- How was he or she able to act in such a heroic way?
- How do I want to be like that person?

## RESEARCH MORE

- [kidsandvalues.com](http://kidsandvalues.com) –fun activity sheets for different values.
- [valuescentre.com](http://valuescentre.com) –free assessments from the Barret Values Center.

*My child has successfully completed the Project Goals for the topic—My Values.*

Adult Signature: \_\_\_\_\_ Date: \_\_\_\_\_

*(Complete SIX projects to earn your PERSONAL CARE award)*



# VALUES ACTIVITY SHEET

Complete the following worksheet to assess your family and personal values. Work as a group to choose your family values. Work on your own to mark your personal values.

## Step 1—Your Family's Values

Read through the values as a family and circle your top 5 values with a colored pen or pencil. Write in others as needed.

## Step 2—Your Highest Values

With a second color, circle **your** top 5 values. These may be different than your families values!

## Step 3—Your Lowest Values

With a third color, circle 3 values that you think of the least. You may like the value, but these are ones you think to do the least.

**TIP:** Ask for help if you need a second opinion for your top 5 values. Ask a close family member or friend. Ask for help defining the values if you don't recognize the word.

## VALUES LIST

Wisdom	Family
Imagination	Hospitality
Creativity	Loyalty
Courage/bravery	Forgiveness
Fairness	Humility
Self-control	Cheerfulness
Trusting others	Skillfulness
Perseverance	Organization
Loving others	Enthusiasm
Doing what is right	Being adventurous
Honesty	Friendliness
Purity (heart and mind)	Fun
Thankfulness	Frugality
Caring/empathy	Stewardship
Staying calm	Inquisitiveness
Kindness	Keeping healthy
Peacefulness	Trying new things
Honoring others	Reaching your goals
Encouraging others	Excellence
Generosity (time and money)	Clear communication
	Self-reliance



## **RECORD YOUR FINDINGS**

### **Family Top 5**

What are your families top 5 values and how to do each of those values affect how you spend your time?

- 1.
- 2.
- 3.
- 4.
- 5.

### **Your Top 5**

What are your top 5 values and how to do each of those values affect how you spend your time?

- 1.
- 2.
- 3.
- 4.
- 5.

### **Your Bottom 3**

What are your bottom 3 values and how does that affect what you say “no” to?

- 1.
- 2.
- 3.