Planit Teachers Logo

Exploring Personal Values: A Journey of Self-Discovery

Student Name:		
Class:		
Due Date:		

Introduction to Personal Values

Welcome to this homework assignment designed to support classroom learning objectives in Character Education, focusing on the concept of personal values. By the end of this assignment, you will understand the definition and importance of personal values in everyday life.

Personal values are principles or standards that guide our behavior and decision-making. They are what we consider important and worthwhile. Examples of personal values include honesty, respect, kindness, and responsibility.

Activity 1: Identifying Personal Values

List 5 personal values that are important to you. These can be values you currently practice or ones you aspire to adopt. Write a brief explanation for each value, explaining why it is significant to you.			
1. Value 1:	Why it's important:		
2. Value 2:	- Why it's important:		
3. Value 3:	- Why it's important:		
4. Value 4:	- Why it's important:		
5. Value 5:	_		
	_		

Activity 2: Exploring Personal Values

Choose one of the values from your list and write a short paragraph explaining why it is significant to your consider how this value influences your decisions and interactions with others.	

Think of a recent situation where one of your values was challenged or upheld. Describe the situation and how your values guided your actions or decisions.

Activity 3: Real-Life Application

Activity 4: Creative Expression

Express your understanding of personal values through a creative medium of your choice (e.g., poem, drawing, short story). Ensure your creation clearly represents at least one of your identified values.		

Activity 5: Value Sorting

You will be given a set of value statements (e.g., honesty, respect, kindness). Sort these statements into categories (e.g., personal, social, environmental) that you believe they belong to.
Value Statements:
1. Honesty
2. Respect
3. Kindness
4. Responsibility
5. Fairness
Categories:
- Personal:
- Social:
- Environmental:

Activity 6: Case Studies

Read the following case studies and discuss the questions that follow:
Case Study 1
A friend asks you to keep a secret that could harm someone else. What do you do? 1. What values are at stake? 2. How do your actions reflect or contradict these values? 3. What would you do differently and why?
Case Study 2
You see someone littering in a park. What do you do?
1. What values are at stake?2. How do your actions reflect or contradict these values?3. What would you do differently and why?

Activity 7: Value Charter

sign a personal value charter. This u plan to uphold them in your dail	s should include your top 5 values, why they are important, and how y life.
1. Value:	Why it's important:
	How I will uphold it:
2. Value:	
	How I will uphold it:
3. Value:	Why it's important:
	How I will uphold it:
4. Value:	Why it's important:
	How I will uphold it:
5. Value:	Why it's important:
	How I will uphold it:

_	have learned about personal values and how they apply to your life. V	What changes can
you make to upnor	your values in your daily life:	

Conclusion