**LESSON OBJECTIVE**

Students will:

- Sort a list of values in order of importance
- Reflect on how the most important values impact their lives and their future plans

**ESSENTIAL QUESTIONS**

- How do your values impact your daily actions and your plans for the future?

**AGE**

- 10-18

**MATERIALS**

- “Exploring your personal values” handout
- Writing materials

**PREPARATION**

- Take a moment to identify the three most important values to you listed on the handout. Why are these values so important to you? How do they influence your daily life and your long-term plans?

**ISTE DIGICITCOMMIT COMPETENCY**

- ENGAGED: I use technology and digital channels for civic engagement, to solve problems and be a force for good in both physical and virtual communities.

**SUPPORT MATERIALS**

Visit [facebook.com/fbgetdigital](http://facebook.com/fbgetdigital) to access resources for parents and young people that can complement the lesson students took on Empowerment today.

*Source:* This lesson is being shared through collaboration with the Greater Good Science Center at UC Berkeley. For additional information and resources, please visit [https://ggie.berkeley.edu/](http://https://ggie.berkeley.edu/)*
TELL YOUR STUDENTS
- Your personal values are core to your purpose in life. The things you believe in and value deeply are likely to shape the aims that give your life purpose. With that in mind, take a few minutes to complete the handout that asks you to sort a list of values by how important each is to you.
- Give each student a handout and have them complete it on their own.
- Once students have finished, have them write answers to the following questions about the items that they placed a “1” next to (these questions are also listed at the bottom of the handout):
  - Why are these particular values so important to you? What do they say about the kind of person you are?
  - How do they influence your daily life?
  - How do they relate to your long-term plans? Do they influence the way you hope to leave your mark? If so, how? If not, why not?

CLASS INTERACTION
Give students the opportunity to share either their writing or their thoughts about this process with each other or with the whole class, if they feel comfortable doing so.

ASSIGNMENT
(in class or homework)
Ask students to reflect on whether this exercise confirmed their sense of purpose or, if they aren’t sure of their purpose, did it give them any clues or insight into what their purpose might be?

Reflection After the Practice
How did students respond to this practice? Did they find it helpful in helping them decide what their purpose might be?

ACTIVITY SHEETS
Attached to this lesson are student and educator handouts with a space for answers. In some cases, educator responses are provided when it is not a subjective activity.

Lessons are divided into sections based on group activity and/or discussion.

Source: The Purpose Challenge Toolkit was created by Dr. Kendall Cotton-Bronk in partnership with the Greater Good Science Center and Prosocial. kendallcottonbronk.com For more information, visit purposechallenge.org.

ggie.berkeley.edu/practice/exploring-your-personal-values/#tab_2
### INSTRUCTIONS

Please read each of the items below. Think about how these items relate to YOU.

Place a **“1”** by three items that are EXACTLY LIKE YOU.

Place a **“2”** by seven items that are NEITHER LIKE YOU NOR NOT LIKE YOU.

Place a **“3”** by three items that are NOT AT ALL LIKE YOU.

<table>
<thead>
<tr>
<th>Serving my family is very important to me.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Expressing myself through my artwork (e.g., music, painting, etc.) is very important to me.</td>
</tr>
<tr>
<td>Being able to support a family of my own in the future is very important to me.</td>
</tr>
<tr>
<td>Being there for my friends is very important to me.</td>
</tr>
<tr>
<td>Being a spiritual person is very important to me.</td>
</tr>
<tr>
<td>Supporting social issues is very important to me.</td>
</tr>
<tr>
<td>Pursuing a calling, rather than just a job is very important to me.</td>
</tr>
<tr>
<td>Living life according to my religious beliefs is very important to me.</td>
</tr>
<tr>
<td>Finding a career that is consistent with my values and beliefs is very important to me.</td>
</tr>
<tr>
<td>Serving my country is very important to me.</td>
</tr>
<tr>
<td>Volunteering is very important to me.</td>
</tr>
<tr>
<td>Helping others is very important to me.</td>
</tr>
</tbody>
</table>

Next, think about why each of the statements that you placed a “1” next to is important to you and respond to the following questions: Why are these particular values so important to you? What do they say about the kind of person you are?

How do they influence your daily life?

How do they relate to your long-term plans? Do they influence the way you hope to leave your mark? If so, how? If not, why not?