

Know Your Self(ie)

Building Self-Esteem by Growing Self Knowledge



Getting lost in the noise of our never-ending social feeds is easy. During this activity, you will consider what values best represent and are most important to you. It's more complicated than it sounds! Figuring out your true self will help you narrow your feeds to only those adding value to your life and help refine how you present yourself online.

Instructions

- 1 UNDERSTAND WHAT YOUR VALUES ARE**
 Values go deeper and underpin our personality traits and our behavior. Your values are essential to you being you, driving how you act and relate to the world, and tend to stay mostly the same over time.
- 2 RANK**
 Categorize the suggested values from *Very Important*, *Quite Important*, or *Not So Important* to you. Feel free to add additional values — this list is just a starting point!
- 3 REDUCE**
 Hopefully, you now have 10 or more values that are important to you. Can you narrow this list down further? Which are the 6 most essential drivers that make you, *you*?
- 4 REFLECT**
 What's surprising? Are there times when you don't feel you have acted according to your identified values? How about the ways you act and the worlds you inhabit online?

SUGGESTED VALUES

V Very Important
Q Quite Important
N Not So Important

ACCEPTANCE To be open to and accepting of myself, others, and life			
ADVENTURE To actively seek, create, or explore novel or stimulating experiences			
AUTHENTICITY To be authentic, genuine, real; to be true to myself			
BEAUTY To appreciate and nurture beauty in myself, others, or the environment			
CARING To be caring towards myself, others, or the environment			
COMPASSION To act with kindness towards those who are suffering			
CONNECTION To engage fully in whatever I am doing, and be present with others			
CONTRIBUTION To help or make a positive difference to myself or others			
CONFORMITY To be respectful and obedient of rules and obligations			
COOPERATION To be willing and collaborative with others			
CREATIVITY To be innovative in most everything that I do			
CURIOSITY To be open-minded and interested; to explore and discover			
ENCOURAGEMENT To acknowledge and reward behavior that I value in myself or others			
EQUALITY To treat others as equal to myself, and vice-versa			
EXCITEMENT To seek, create, and engage in activities that are stimulating or thrilling			
FAIRNESS To be fair to myself or others			
FITNESS To maintain or improve my physical and mental health and well-being			

SUGGESTED VALUES

V
Very
Important

Q
Quite
Important

N
Not So
Important

FLEXIBILITY To adjust and adapt readily to changing circumstances			
FREEDOM To choose how I live and behave, or help others do likewise			
FRIENDLINESS To be companionable or agreeable to others			
FORGIVENESS To be forgiving towards myself or others			
FUN To seek, create, and engage in fun-filled activities			
GENEROSITY To be sharing and giving to myself or others			
GRATITUDE To be appreciative of the positive aspects of myself, others, and life			
HONESTY To be truthful and sincere with myself and others			
HUMOR To see and appreciate the humorous side of life			
HUMILITY To be humble or modest; to let my achievements speak for themselves			
INDUSTRY To be industrious, hard-working, and dedicated in what I do			
INDEPENDENCE To be self-supportive, and choose my own way of doing things			
INTIMACY To open up and reveal myself in my personal relationships			
JUSTICE To uphold justice and fairness in my life			
KINDNESS To be compassionate, considerate, or caring towards myself and others			
LOVE To act lovingly or affectionately towards myself and others			
ORDER To be orderly and organized			

SUGGESTED VALUES

V
Very
Important

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PATIENCE To wait calmly for what I want			
PERSISTENCE To continue resolutely, despite problems or difficulties			
PLEASURE To create and give pleasure to myself or others			
POWER To strongly influence others by leading and organizing			
RADICAL Embracing extremes from the usual or ordinary thought or action			
RESPECT To be polite and how positive regard towards myself and others			
RESPONSIBILITY To be accountable for my actions			
SAFETY To secure, protect, or ensure safety of myself and others			
SELF-AWARENESS To be aware of my own thoughts, feelings, patterns, and actions			
SELF-CARE To look after my health and well-being, and get my needs met			
SELF-DEVELOPMENT To keep improving my knowledge, skills, character, and life experience			
SPIRITUALITY To connect with things bigger than myself			
SKILLFULNESS To continually practice and improve things I'm good at			
SUPPORTIVENESS To be helpful, encouraging, and available to myself and others			
TRUST To be loyal, faithful, sincere, and reliable to myself and others			
OTHER VALUE: (Write in your choice)			
OTHER VALUE:			

Reflections & Actions

Look back at your values. Out of the classroom and given space, do they still feel right? Were they affected by what other students came up with?

Think back over the last couple of months and write down some times you felt these values came through—it could be a sporting event, something you did within your family, or something you said.