

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

Q
Quite
Important

N
Not So
Important

| | | | |
|---|--|--|--|
| 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.
