

A guide to being you

So you feel like you know who you are huh? Or maybe you're still working it out? Knowing who you are, and what makes you 'you' is a really important part of making choices you will be happy with way into the future. If you're not sure exactly who 'you' are just yet, don't worry – you're not expected to until you have a bit more time under your belt.

While you decide, it can help to think about the types of values that make you 'you' and how they affect what feels right to you. For example, maybe you're a person who values genuineness over everything else, so it really doesn't sit right with you when people are fake. This activity will help you think about those values that combine to make you unique.

Write five of the things you value most on the line marked 'values' – think things like health, honesty, friendship, brains etc. Cut along all the red dotted lines until you end up with an blue arrow, and a rectangle with a line cut in it. Stick one paddle-pop stick along the top edge of the rectangle to make it stable and the other paddle-pop stick along the arrow, sticking out the bottom so you can use it as a handle. Insert the tip of the arrow into the cut in the rectangle, underneath the words so you can slide it along to the statement that matches how you feel about the scenarios your teacher will give you. In future, you can think back on this slider, the values you wrote down and what does and doesn't work with 'being you' when you're making other important decisions.



5 things I value:

1 _____ 2 _____ 3 _____ 4 _____ 5 _____

Nope, definitely
doesn't
feel right

Sort of
doesn't
feel right

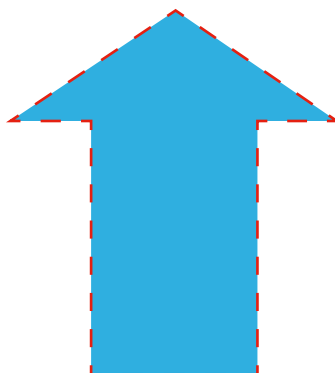
Hmmmm,
I don't
know

Yeah,
sort of
feels right

Yeah,
definitely
feels right



Cut along the red dotted lines 



Finished sample below

