

# MY UNIQUE VALUES



## AIMS



In this lesson you will:

- Explore the term 'values.'
- Explore the work of an inspirational person in your life and examine their values.
- Examine your own values and consider how you are an inspirational person.

## OUTCOMES



At the end of this lesson you will be able to:

- Explain what is meant by 'Unique Values'.
- Describe some of the values an inspirational person has.
- Evaluate how inspirational people impact on the lives of others.
- Identify your own values.
- Describe how you are a role model / inspirational.

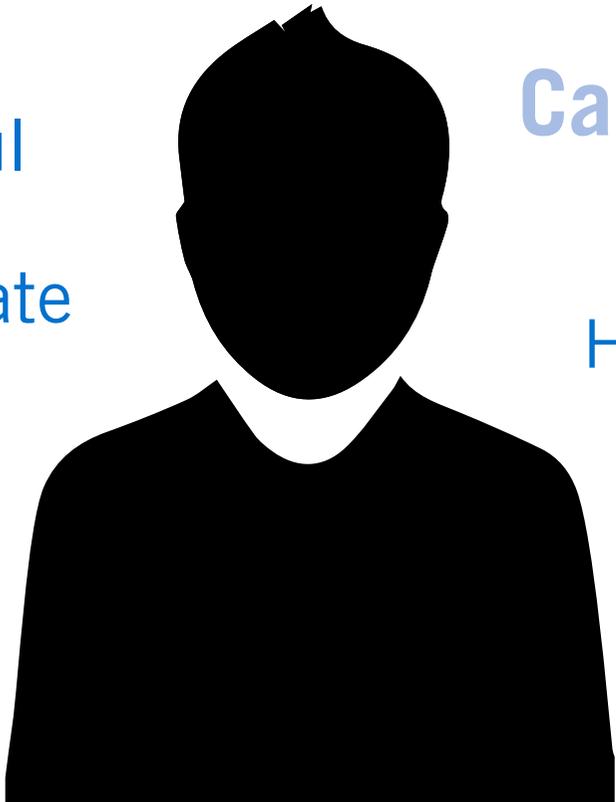


# PEOPLE OF VALUE!

- Think of a person you value.
- Choose a person you know, who has had a positive influence on your life.
- This 'role model' should be an individual in who you can confide in and trust, somebody who you can lean on for support in difficult times.
- What are this person's values?
- Why do you value them?



**SOME QUALITIES TO DESCRIBE AN INSPIRATIONAL PERSON**



FAIR  
Kind  
Generous  
Honest  
Loyal  
Thoughtful  
Compassionate  
RESPONSIBLE  
Courageous  
Positive  
Cautious  
HUMEROUS  
Patient  
Grateful  
Sensitive  
TRUSTWORTHY  
Dependable  
Energetic

# RADIANT SUNSHINE



Radiant sunlight helps a tree to grow.

In the same way, other people help US to grow.

Drawing a comparison, you could say, that 'sunlight' coming from other people helps us to grow. In this way, others can be 'Radiant Rolemodels' for us.

Thinking about this further, its important to remember that WE can have an impact on the lives of other people: we can help others to grow too! We can be 'Radiant Rolemodels' for others.



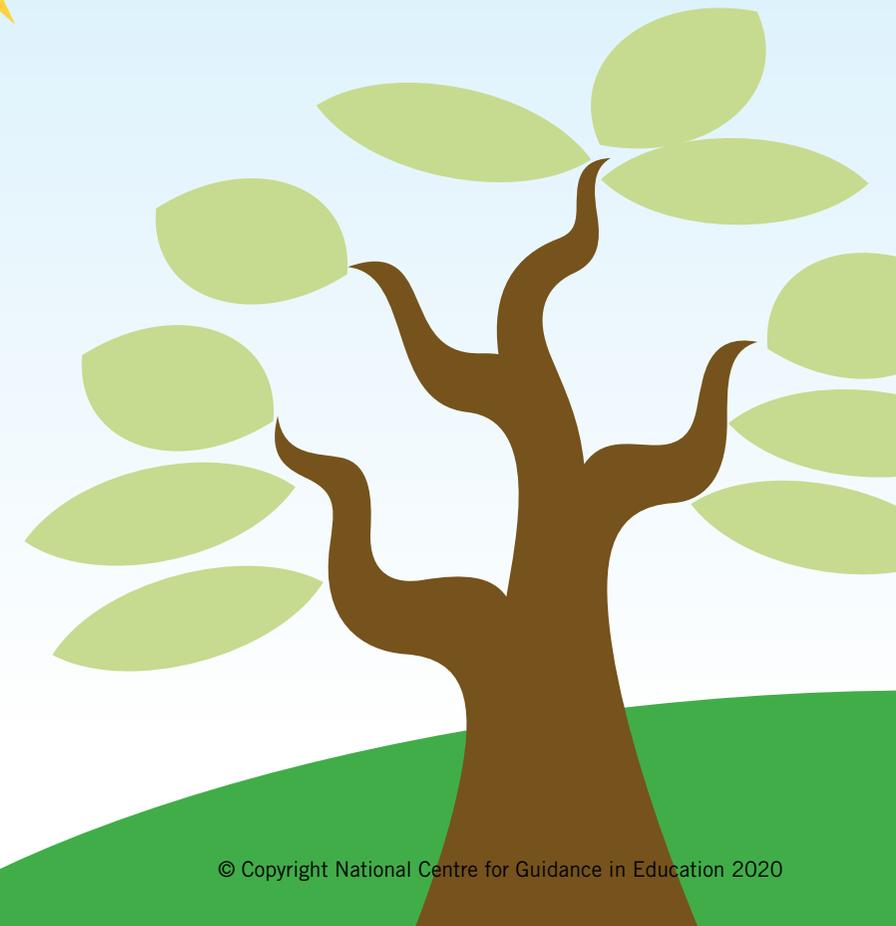
# RADIANT SUNSHINE/ RADIANT ROLE MODELS

Let's think about this carefully by filling in our worksheet: the leaves and the sunshine



# THE LEAVES AND SUNSHINE

- Please open the worksheet “Radiant Role Models”.
- Who is your role model?  
Write this person’s name in the centre of the sun.
- Next, describe the qualities you appreciate about this role model inside the rays of the sun.
- In the tree leaves below, describe how his role model makes you feel.
- Upon completion, you may colour your picture.
- While you are doing this think about the symbolism in this picture.
- Compare the important effects of sunlight on leaves to a role model’s positive influence on others.



**YOU ARE ALSO  
INSPIRATIONAL AND  
HAVE GREAT QUALITIES**



- On the second page of this worksheet, complete the exercise with yourself in mind.
- Write your own name in the centre of the sun.
- Next, describe the qualities you appreciate about YOURSELF inside the rays of the sun (maybe your 'identity cloud' can help you with this task).
- In the tree leaves, write down the names of the people you have a positive impact on.
- Upon completion, you may colour your picture.
- While you are doing this think about the symbolism in this picture.

# REVIEW

## Can you...

- Explain what a value is.
- Describe some of the qualities/values an inspirational person has.
- Evaluate how inspirational people/ role models impact on the lives of others.
- Identify and describe how we are role models/ inspirational to other people.