

What are values?

- **Values** are ideals in life, that mean something to a certain person or group of people.
- Values shape the way people live their lives, how they interact with others and how they feel about themselves.
- Values are learned, or usually passed down from generation to generation.

LIVEWORKSHEETS



Self-Worth

- **Self-Worth is a feeling that you are a good person who deserves to be treated with respect.**
- **When you are making decisions in life building your self-worth is important.**
- **It will help you face yourself and your problems with courage, instead of trying to escape them by using drugs, or engaging in violence.**





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Self-Esteem

- Self-esteem means you feel good about yourself.

When you build positive self-esteem you:



- Feel proud of what you can do.
- See the good things about yourself.
- Believe in yourself.
- Make positive decisions in life.



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Self-Respect

- Self-respect means you feel good about who you are, the types of choices you make, and the impact you have on others.
- It will help you value yourself as a person.



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Self-Acceptance and setting realistic goals.

- **Self-Acceptance is when you accept your self just the way you are and ignore negativity.**
- **When you develop self-acceptance then the goals you create are activities and accomplishments that inspire you.**
- **Example- If you want to become a chef some of your goals can include going to culinary school, joining cooking class, or watching cooking shows.**



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Self-Awareness and setting realistic goals.

- Strong self-awareness helps you identify your strengths and limitations.
- When setting goals in life you make realistic goals based on your strengths.
- Example, if you are a great cook and have a passion for cooking your goal in life should be working towards becoming a chef not a nurse.

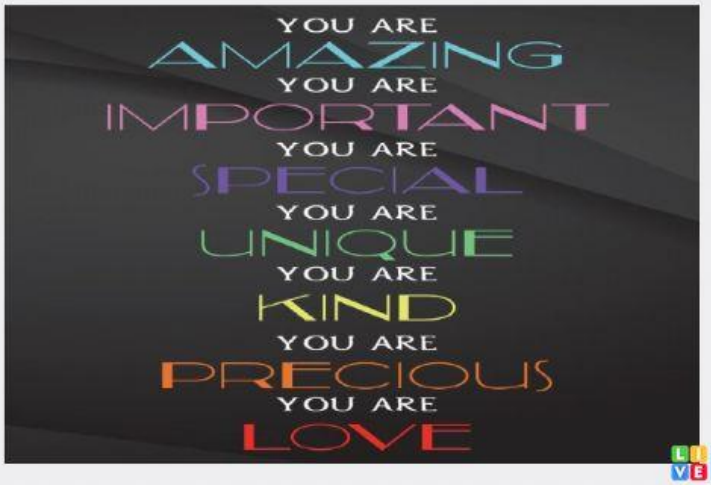




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The End



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