



What's Important to Me?

Description:

Discovery of self, and the journey to become who we want to be, is strongly tied to what we value in life. Therefore, it's important for students to discover what is important to them and what they value. The answers to the question "What's most important to me?" aren't always so clear. This exercise helps students clarify those answers in a relaxed, fun environment. Students will enjoy and remember this activity.

Objectives:

Students will:

- learn to decide what's most important in their lives
- practice establishing priorities in their lives
- learn one way of prioritizing things that are important to them
- be motivated to plan

Procedure:

1. Photocopy and hand out the facing sheet.
2. Give students a few minutes to write in the six boxes.
3. Then ask them to cut out or tear apart the six boxes.
4. Tell students to determine which of their six items is least important, and ask them to crumple it up and throw it in the recycling bin/garbage.
5. Continue with the second least important, etc., and ask students to record the order in which they throw away their items. This order demonstrates the priority students place on things that are important to them.
6. Hold a class discussion on what students discovered about themselves in this exercise.



Write the six most important things in your life in the boxes below.

Take your time. Try to be completely honest with yourself. No one needs to know the results but you.

Examples:

- grades
- family
- friends
- integrity
- respect
- spirituality
- nutrition
- creativity
- fitness
- honesty
- self-esteem
- music
- relationships
- sports
- popularity



Go deeper in discovery! Ask your teacher for more activities located in Section 3 of the Program Manual.

Things that matter most must never be at the mercy of things that matter least. - Goethe