
Mirrors: Who Am I?

Directions: Imagine that this is a huge mirror with many areas of reflection. When you look at yourself in the mirror who do you see? Write or draw who you think you are. Begin with the words, "I am a ____" or "I am an _____."

The form consists of a large rounded rectangle with a double-line border. Inside this rectangle, there are six identical empty circles arranged in a 3x2 grid. Each circle is also drawn with a double-line border, creating a space for a person to draw or write their reflection.

When you are done, try to decide what is the most important. Rank them in order of importance to you. What does this activity tell you about yourself? Does it give you an idea about who you are?

obligations

Values are learned behaviors, shaped by our families, friends, emotions, community, and country.

beauty



education

obedience

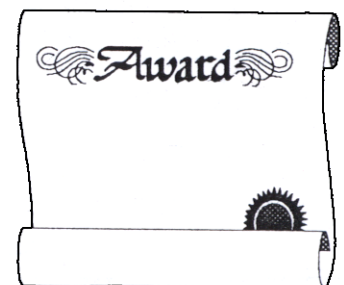
Positive or negative experiences reinforce beliefs we develop. These now guide our actions.

security

family unity



Being aware of our values helps us to understand ourselves and others.



achievement

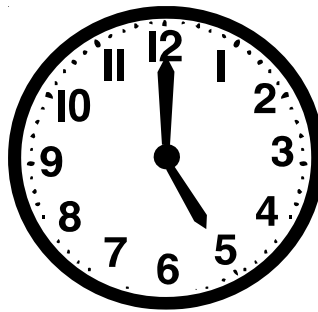


savings

prestige

They tell us what is right,
good, proper, desirable.

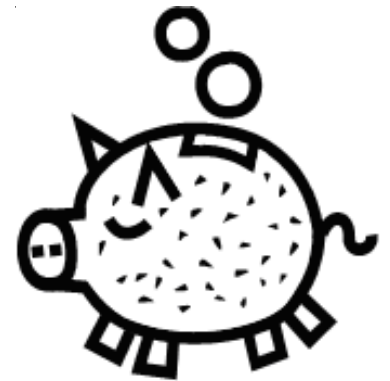
love



time

friendship

Due to life's daily
interactions with others,
our values may change
over time.



thriftiness

good health



"I Won!" Worksheet

Congratulations! Let's pretend that you just won a \$1000 from a local contest. What would you do with this money? In the circles drawn below, write the amounts you would spend and specify on what particular items. If there aren't enough circles, you may create more.

\$ _____
Item _____

\$ _____
Item _____

\$ _____
Item _____

\$ _____
Item _____

\$ _____
Item _____

\$ _____
Item _____

Did you use all your money?
____ Yes ____ No

What did you spend most of your money on ?

How does this compare to your description about yourself and your values?

