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

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

Being aware of our values helps us to understand ourselves and others.
They tell us what is right, good, proper, desirable.

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

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

What did you spend most of your money on?

______________________________

______________________________

______________________________