

Mi Generation

In pursuit of potential, purpose and passion

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It's often been said, if you don't know what you stand for, you'll fall for anything. As you navigate your teen years, you will be faced with many situations where your values will be put to the test. Do you give into the temptation or act with honour? Fold to the pressure or stand strong for your convictions? Knowing your core values provides you with a compass for traversing the rugged terrain of adolescence and guiding you to the ultimate destination of becoming the person God designed you to be.



PROGRAM DESIGN AND OBJECTIVES SUMMARY

This session is designed to help you:

- (a)** understand what values are and their importance in your life
- (b)** identify your values
- (c)** learn how to make decisions and behave according to your values

Cut to the CORE

Your core values provide you with a personalised inbuilt GPS system that will help you to navigate tough decisions and guide you through tricky situations, so that you emerge triumphant. It's kind of like having a Maps App at your fingertips, only, the end destination point is becoming the person God has created you to be. For that reason, your values are crazy important. So, let's figure out what yours are!




In the following columns, write the name and qualities of people you **admire**:

Music Artist	Movie Actor / Actress	Superhero	Person you know	Person from history	Other
Name:					
Characteristic or quality you like:					



In the following columns, write the name and characteristics of people you do **not admire**:

Music Artist	Movie Actor / Actress	Superhero	Person you know	Person from history	Other
Name:					
Characteristic or attribute you dislike:					



WHEN WE
ALLOW OUR
CHOICES TO
BE GUIDED
BY VALUES,
RATHER THAN
EMOTION AND
IMPULSE, IT'S

a total gamechanger!

Core values are those principles or beliefs that will help us stand even when everyone else around us might be falling.

What do you value?

By now, you're starting to get an idea of the values you like in the people you respect (as well as characteristics you dislike in those you struggle to respect). Chances are, you're starting to get a glimpse of what YOU personally value. But, just in case you're still scratching your head and not sure about the qualities you value, here's a cheat sheet.



Place a tick next to the top values that are most important to you.

	✓		✓		✓
Adventurous	<input type="checkbox"/>	Faithful	<input type="checkbox"/>	Loyal	<input type="checkbox"/>
Assertive	<input type="checkbox"/>	Friendly	<input type="checkbox"/>	Open-minded	<input type="checkbox"/>
Attitude	<input type="checkbox"/>	Fun	<input type="checkbox"/>	Outgoing	<input type="checkbox"/>
Authentic	<input type="checkbox"/>	Generous	<input type="checkbox"/>	Patient	<input type="checkbox"/>
Bold	<input type="checkbox"/>	Grateful	<input type="checkbox"/>	Respectful	<input type="checkbox"/>
Caring	<input type="checkbox"/>	Hardworking	<input type="checkbox"/>	Responsible	<input type="checkbox"/>
Compassionate	<input type="checkbox"/>	Honest	<input type="checkbox"/>	Self-controlled	<input type="checkbox"/>
Confident	<input type="checkbox"/>	Honouring	<input type="checkbox"/>	Selfless	<input type="checkbox"/>
Cooperative	<input type="checkbox"/>	Hopeful	<input type="checkbox"/>	Serving	<input type="checkbox"/>
Courageous	<input type="checkbox"/>	Humble	<input type="checkbox"/>	Skilful	<input type="checkbox"/>
Creative	<input type="checkbox"/>	Humorous	<input type="checkbox"/>	Successful	<input type="checkbox"/>
Curious	<input type="checkbox"/>	Independent	<input type="checkbox"/>	Supportive	<input type="checkbox"/>
Encouraging	<input type="checkbox"/>	Integrity	<input type="checkbox"/>	Thoughtful	<input type="checkbox"/>
Excellence	<input type="checkbox"/>	Kind	<input type="checkbox"/>	Trusting	<input type="checkbox"/>
Fair	<input type="checkbox"/>	Loving	<input type="checkbox"/>	Wise	<input type="checkbox"/>

Based on the characteristics you admire in others and the values you desire in yourself, list the top 5 values you'd like to embrace.

1	<input type="text"/>
2	<input type="text"/>
3	<input type="text"/>
4	<input type="text"/>
5	<input type="text"/>

core.

The innermost central part of something.

value.

The degree of importance you place on something

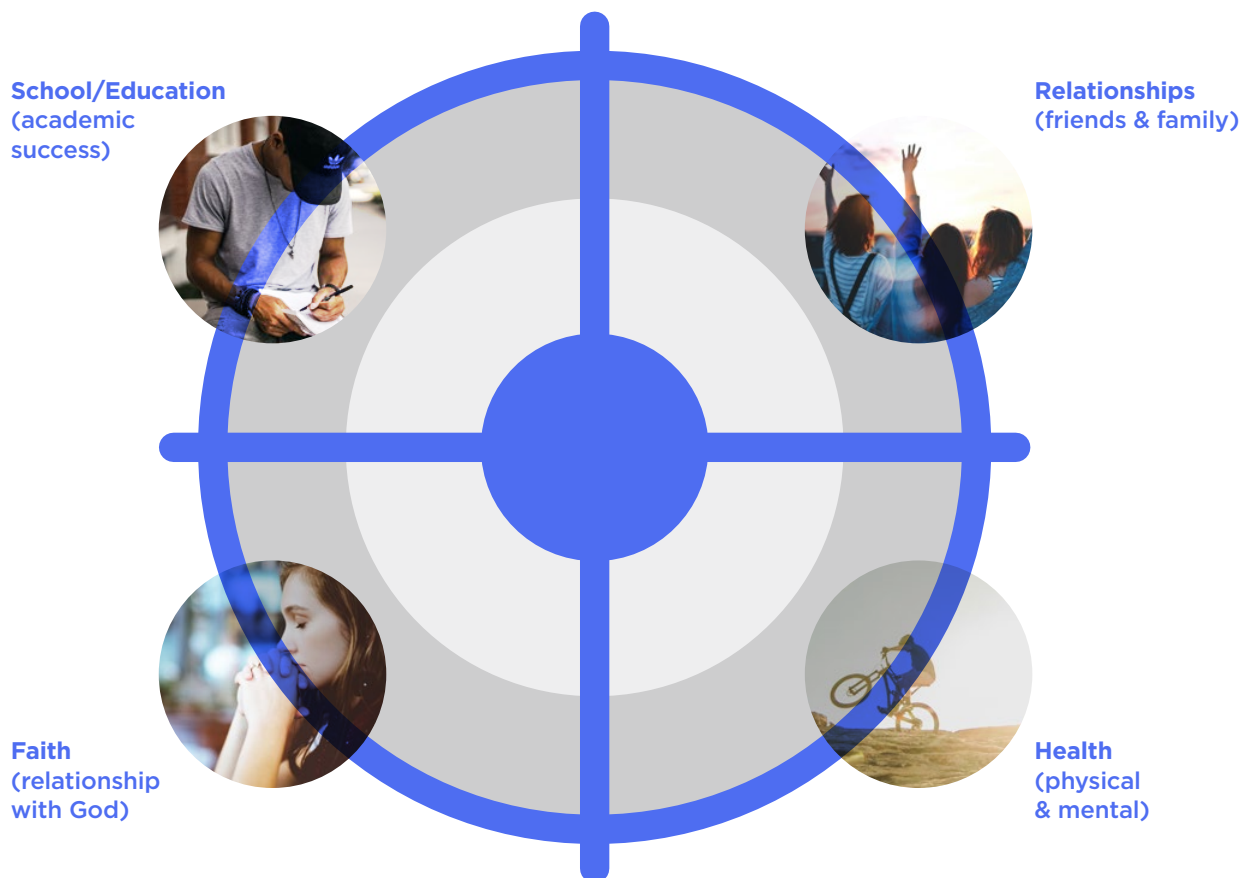
Are you hitting the target?

Now that you've identified the core values most important to you, go ahead and determine whether they will help your success in the various aspects of your life (school/education, relationships, health and faith). For each of the top 5 values you would like to embrace, write them in the best matching target ring. See if you can hit a bullseye!

OUTER RING: A value that helps you excel in one area of your life should be written in the outer ring - closest to the matching category name. For example, the value of being 'outgoing' might help you in the area of friendships, but not so much with academics, health and faith. So, write that value in the outer ring closest to the 'Relationships' category name.

MIDDLE RING: A value that will help you succeed in more than one area of life should be written in the middle ring adjacent to any of the matching categories. For example, the value of being 'humble' might help you in your relationship with God and with friends and family. So, write that value in the middle ring adjacent to either the 'Relationships' or 'Faith' category name (you choose).

BULLSEYE CIRCLE: A value that will help you succeed in all four core areas of your life should be written in the bullseye circle. For example, the value of being 'responsible' might help you succeed in all areas of your life. So, write that value in the bullseye circle.





**How did you go?
Get any bullseyes?**

If not, perhaps you may want to switch out one or two of your currently nominated characteristics for values that cut right to the core.

Switch from:

Switch to:



Now that you've identified the core values most important to you, **ask yourself:**

Q: Do your core values line up with God's values? How do you know?

Q: What situations could you find yourself in where your values may be compromised?

(Example: Wanting to make a good impression or be accepted by others)

Q: If you were to fully embrace your core values, what else might change in your life?

'SPEAK UP FOR THE TRUTH, EVEN IF YOUR VOICE SHAKES'. IF YOU KEEP STANDING UP FOR THE RIGHT THINGS, OTHERS WILL EVENTUALLY STAND WITH YOU, AND THAT'S HOW YOU BECOME A NATURAL BORN LEADER.





Check it out!

**WHEN YOUR
BEHAVIOUR LINES
UP WITH YOUR
BELIEFS, YOU'RE
LESS LIKELY
TO STRUGGLE
WITH MENTAL
& EMOTIONAL
PROBLEMS.**

Take another shot!

Now that you've identified the values most important to you, answer the following questions to see how 'on target' you are. **On each of your 5 core value targets, place an X in answer to each of the 3 questions:**

NOTE: If you think you're totally 'on target' - living your life according to your values, then place an X on or close to the bullseye. If you're way off target - not currently embracing your desired values, place an X closer to the edge of the target.



1. How much are you currently leaning into and embracing your most important values?

2. How well are you able to resist the peer pressure to change or the temptation to abandon your core values?

3. Because of the core values you embrace, to what extent are you already seeing positive benefits?



What practical action steps can you take to line your behaviour up with your values?

Core Value:	Action Step:
1	
2	
3	
4	
5	