

Choose Your Character

Choose 5 values that are important to you. You can choose them from the list below or use your own choice of values. Write your 5 values in your value slots.

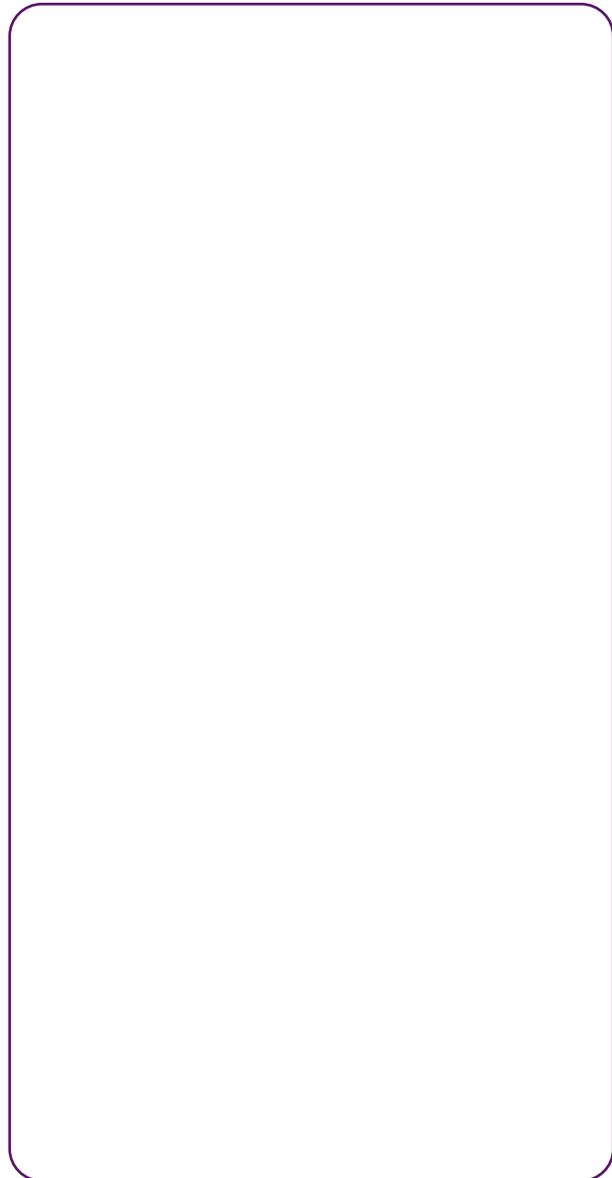
Then rate each of your values on a scale from 1-5, with 5 being the most important.

On the right, draw your video game character. Try to show each of your values.

- | | |
|--|--|
|  Bravery |  Health |
|  Compassion |  Heart |
|  Creativity |  Honesty |
|  Fairness |  Leadership |
|  Friendship |  Optimism |
|  Growth |  Humour |

TOP 5 VALUES

- 1
- 2
- 3
- 4
- 5



Your purpose—why have one?

Your purpose is how you want to contribute to the world. It motivates and inspires you.

Having a purpose helps when your life feels like it's spiralling out of control or even when you're unsure of what you should do next. You can come back to your purpose and work on what's in your control.

How to think about your purpose

Think about your purpose like a video game.

You might have a clear goal in mind. It can be big, like being the best-ever football player or working to limit climate change. Your goal can also be smaller but equally important, like being a great friend.

Or, you might prefer to start on your journey and see where you end up. Rather than focussing on the endpoint, you focus on the process that gets you there.

If you don't know which is you, that's okay too! You might not care about either yet. But, eventually, you'll end up on a mission.

As you learn and experience new things, your purpose can change. One day you might take a side quest. You think it's going to be tiny, but you might find that it's more interesting than your end goal. So, your purpose can shift as you learn from these new experiences.

No matter what your purpose is, your character traits can help you navigate. We'll call those traits your values.

Identifying values

Your values guide you on how to act. They support your purpose to motivate and inspire you.

Each value might matter a different amount. For example, you might have creativity and humour as your values. But you might really care about creativity and only care a little bit about humour.

Your values can help you find a clear purpose. For example, if you value bravery, you might choose goals that aren't for the faint of heart.

Like your purpose, your values can also change over time.



VALUES

TRY IT

You've decided on your values, so next try to integrate them into your life.

- Check-in with yourself a few times this week.
- Ask, "Have I been living out my values?" Then reflect on your experience. Maybe chat with a friend or write in a journal about it.
- You could use the prompts under REFLECT to get you started.

REFLECT

- Were your values quick to think of, or did it take time?
- Would you prefer a goal, or a journey?
- If you have a clear goal, what values will support you to work towards it?
- If you prefer to focus on the journey, what kind of journey do you want to have?
- If you check back in after some time, have your values or goals/journey changed?
- Think of someone you know, maybe a family member, friend, or teacher. What do you think their values might be?

WANT MORE? CHECK THESE OUT!

Strong Purpose- Aboriginal and Torres Strait Islander perspectives
<https://headspace.org.au/explore-topics/aboriginal-torres-strait-islander-peoples/strong-purpose/>

Your values can be your inner compass—TED talk by Larisa Halilović
https://www.ted.com/talks/larisa_halilovic_core_values_your_inner_compass

Use values to handle conflicting goals—TED audio by Susan David
https://www.ted.com/talks/checking_in_with_susan_david_what_do_you_value

CHECK OUT THE FEELING IT SERIES HERE!



Web app link:
<https://app.smilingmind.com.au/explore/youth/feeling-it-year-7-10>

Smiling Mind app location:
All programs > Youth > Feeling It, Year 7-10

WHERE TO FIND SUPPORT

Immediate danger

If you're in a life-threatening situation and need immediate help call 000

Want to talk to someone?

Your school

- Reach out to a teacher or wellbeing coordinator at your school

During business hours

If you're having difficulty coping during business hours you can also contact:

- Headspace <https://headspace.org.au>
- A local GP to arrange an appointment with them that day

Available 24 hours every day

If you're in crisis or are having difficulty coping call one of the following services, both of which are available 24 hours a day, 7 days a week:

- Lifeline 13 11 14
- Kids Helpline 1800 551 800