



P.E.R.M.A.  
M=Meaning

Week 5





Guiding Questions:  
What are my personal values?  
How do my values affect my choices?



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Monday

**Week 5**

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# Circle Up!

- 1). Whom do you admire? List three of the person's admirable qualities .
- 2). What is one rule that you believe is important to live your life by?
- 3). Why do YOU think you are here on this Earth? What gives you Meaning? The meaning you attach to your life will likely be different from your friends and classmates. It is unique to you and that is OK.





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Tuesday

Week 5

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# Which of these values are important to you?

<u>Life</u> An appreciation for all living things	<u>Compassion</u> Understanding the suffering of others	<u>Freedom</u> The power to act, speak or think	<u>Dedication</u> The act of binding yourself to a course of action	<u>Creativity</u> A higher degree of originality
<b><u>Security</u></b> Having the essentials you need to be safe	<b><u>Work</u></b> Deriving great value from your job	<b><u>Spirituality</u></b> constant awareness of spiritual dimension	<b><u>Humor</u></b> The ability to laugh at oneself	<b><u>Cooperation</u></b> Working together for a common purpose
<u>Trustworthiness</u> Dependability	<u>Advancement</u> Personal growth	<u>Loyalty</u> Faithfulness to another person	<u>Recognition</u> To receive special attention	<u>Beauty</u> An appreciation for all things beautiful
<b><u>Morality</u></b> Desire for high ethical standards	<b><u>Success</u></b> Attainment of professional position	<b><u>Power</u></b> The ability to lead, direct, and persuade	<b><u>Justice</u></b> Fairness, balance, equity	<b><u>Health</u></b> Physical and Mental well being
<u>Love</u> Strong personal feelings of caring and affection	<u>Faith</u> A strong belief in supernatural power	<u>Helpfulness</u> Sense of concern for the needs of others	<u>Knowledge</u> Seeking and learning new information	<u>Independence</u> Freedom from control

# Turn & Talk

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With another member in your family,  
discuss why these 4 values are  
meaningful to **YOU**

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Wednesday

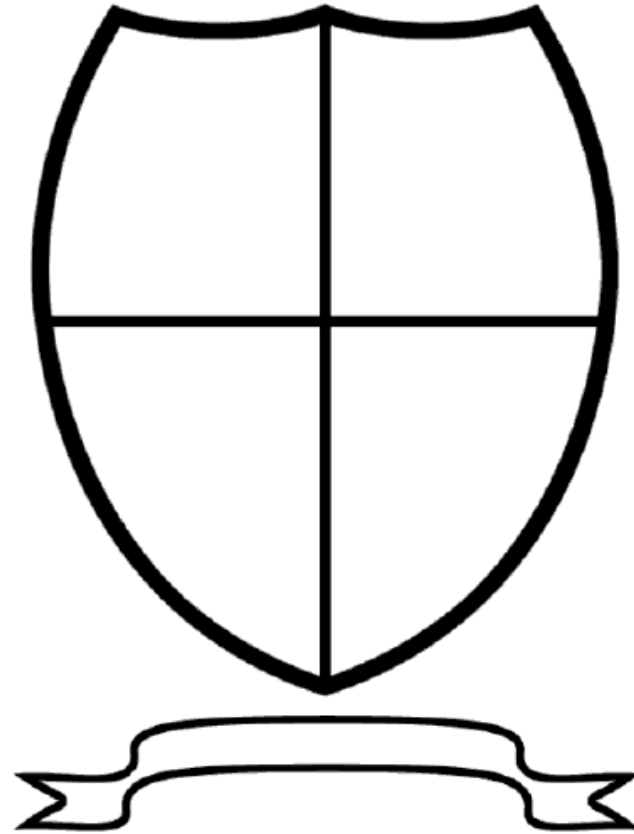
**Week 5**

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Wednesday:  
Reflecting on my  
values

- **Take out the 4 values that you wrote down on your paper from yesterday.**
- **Next, draw a personal coat of arms like the one to the right that represents the values you indicated for yourself.**





Thursday



Week 5



# Circle Up!

**1. Gather in a circle and share your coat of arms from yesterday.**

**2. How might your values affect your decisions or how you spend your time?**



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# Friday Reflection

**Week 5**

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# Friday Reflection Circle

1. What was something that you did this week that was meaningful to you?
2. Who has been most important in your life in helping you establish your values? Please explain.
3. Share one thing you value about another person in this room.