

## VALUES

Below are some of the values that may be important to you. Circle the three values that are the most important to you. (If you are unfamiliar with the definition of a value, look it up.) In the space below, write a brief description of an experience you've had that taught you the importance of that value.

Honesty	Freedom	Confidence
Integrity	Creativity	Skill
Compassion	Dedication	Sincerity
Love	Loyalty	Reliability
Empathy	Success	Patience
Respect	Cooperation	Flexibility
Faith	Enthusiasm	Responsibility
Knowledge	Self-Control	Hope
Wisdom	Leadership	Charity

Value 1:	Value 2:	Value 3:

Look back through your journals and see what values or beliefs are reflected there. Are there other experiences you might add to one of your journals that would illustrate the same point?

Consider the questions below. Do any of them trigger particular memories of people or experiences? If so, take a moment to jot down some thoughts out to the side of the question.

- ~ When did you first realize your family loves you?
- ~ When did you learn that it is better to tell the truth?
- ~ Who was the first person to make you feel invincible?
- ~ When did you realize you could be anything you want to be?
- ~ When did you learn that life isn't always fair?
- ~ Who taught you that sometimes things don't work out the way you want them to?
- ~ When did you learn that you can't always get what you want?
- ~ How did you learn about the Tooth Fairy, or other characters?
- ~ Has anyone ever tested your faith?
- ~ Have you ever done something that you regret? What did you learn from that moment?

## MY THIS I BELIEVE ESSAY – FORMULATING A PLAN

Select one of the values/beliefs you have written about in your prewriting (journals, Top 10 List, Values sheet, etc.). On a separate sheet of paper, answer the following questions as a way of gathering ideas on that belief and planning your This I Believe essay.

1. What is a sentence that would express your belief directly?
2. What is one personal experience (a specific story) you have had that taught you this belief or confirmed it for you?
3. When did this experience happen?
4. Where did this experience happen? Describe the place. Close your eyes and re-imagine the experience. Take some time to look around the memory in your mind. What do you see?
5. Who were the people involved in the experience? What role did they play? What did they do? What did they say?
6. What would you say would be the climax or turning point of your story/experience?
7. Again, close your eyes and picture yourself on that day. Describe yourself. What were you wearing? What did you look like? What adjectives would you use to describe yourself?
8. When you think back on this experience, how does it make you feel now?
9. What are some beliefs, thoughts, views, etc. that you held before this experience? After the experience, how did those beliefs, thoughts, etc. change?
10. Can you think of a personal experience that would illustrate how you felt or who you were before the previous experience?
11. What is an example of a story from beyond your personal experience that would also illustrate your belief?
12. Why is this particular belief so important to you? How do you feel that others could benefit from hearing your story or by adopting your belief as a philosophy for their own lives?
13. Can you think of an object that might be an appropriate symbol or metaphor for your belief? (e.g., Jane Hamill's use of the Barbie doll to represent female empowerment or Opal Ruth Prater's use of her husband's shirt to represent their relationship)