



Activity Worksheet:

MY HEROES*

INTRODUCTION

Identifying your values is an important step towards defining which career path and type of job would be the right for you. For example, if kindness is one of your top values, then you will find meaning, purpose and happiness in jobs, related to helping people, like care professional or social worker.

OBJECTIVE

The objective of the activity is for you to identify your leading values, in order for you to be able to find out what type of job or area of work would be most suitable for you.

STEPS

STEP 1: Who are your top 3 heroes?

They might be: famous people, people you know (from your everyday life), animals, fiction characters, etc. Draw their picture in the circle or simply write down their names.

STEP 2: What do you admire about these 3 heroes?

STEP 3: What are your top 3 values?

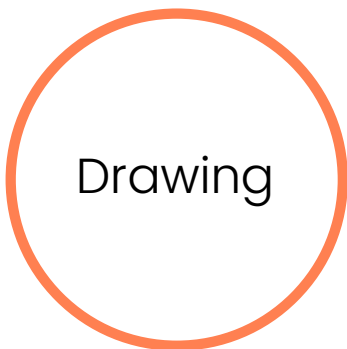
The things you admire in your heroes are representing your top 3 values. Think about your values from this perspective. Why do you admire your first hero and what value is this? And what about the other heroes?





STEP 4: What does it mean for me?

Do any of the values coincide? Which one is the most important? What role does it play in your life? What kind of a job do you think will help you live in unison with this values?

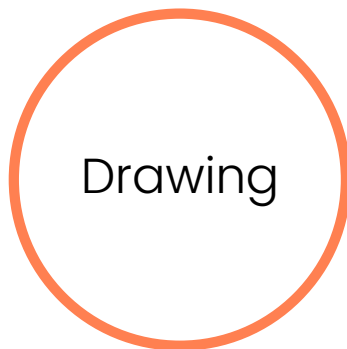


Hero n° 1

Value 1

Value 2

Value 3

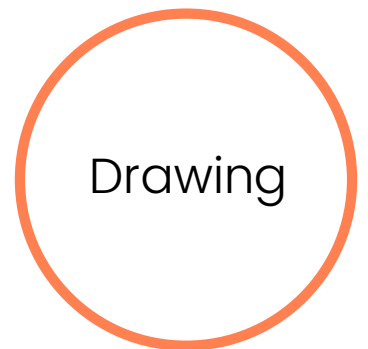


Hero n° 2

Value 1

Value 2

Value 3



Hero n° 3

Value 1

Value 2

Value 3

