

Beliefs, Values & Attitudes

Your beliefs, values and attitudes all come together to impact your thoughts and your behaviours.

Beliefs:	Values:	Attitudes:
-----------------	----------------	-------------------

Fill in the definitions above then choose 3 examples of things you really value and give an example of a belief and attitude related to each in the chart below:

Value:	Belief:
	Attitude:

Value:	Belief:
	Attitude:

Value:	Belief:
	Attitude:

Creating a Personal Motto

A personal motto or mission statement is something that states what your life is about and reflects what you value most. It can become a map for your life's journey. Since your destination is not yet decided why not decide today to make your life extraordinary and leave a lasting legacy?

To help you create a mission statement answer the following questions :

1. Think of a person who made a positive difference in your life. What qualities does that person have that you would like to develop?

2. Imagine yourself in twenty years. You are surrounded by the most important people in your life. Who are they and what are you doing?

3. If a steel beam (6 inches wide) was placed between two skyscrapers, what would you be willing to cross for? A thousand dollars? A million dollars? Your pet? Your brother? Fame?

4. If you could spend one day in a great library studying anything you wanted what would you study?

5. List five things you love to do. It can be anything, singing, dancing, reading, daydreaming, anything!

1.

2.

3.

4.

5.

6. Describe a time when you were deeply inspired

7. Five years from now your local paper does a story about you. The reporter wants to interview 3 people about you. Who would they be and what would they say?

8. Think of something that represents you (rose, song, animal). Why does it represent you?

9. If you could spend one hour with any person who ever lived who would that be?
Why that person? What would you ask?

Look at your answers. Your responses should highlight some of the things you value. Write those values here:

Brainstorm some ideas for your personal motto. Statements, thoughts, words, quotes etc. it's all valid!
You can write your final statement here if you have space or use lined paper.

