# **Identity And Values**

- Who are you?

What do you like to do?

What makes you, you?

Your identity, or who you are as a person,

is made up of a whole range of different things.

It can be made up of

where you come from,

your ethnicity,

your religion,

your language,

what you like,

your hobbies,

your unique personality, and much more.

When you have a strong sense of identity

and feel confident about who you are

you're more likely to have the courage

and confidence to succeed.

But how exactly do you have a strong sense of identity?

Well it's a combination of lots of things,

knowing who you are,

what your values are,

and being proud of all those things creates your identity.

One way to learn more about yourself and your identity

is to think about your values.

Values are a group of characteristics,

ideas or areas in life that are important to you.

Some of your values could include honesty,

generosity, good manners, determination,

creativity, leadership, kindness, or loyalty.

But of course, every single person is unique,

which means everyone values things differently.

Did you know that you can learn from others

who have different values to you?

It's a great opportunity

to see the world from another person's perspective,

which will help you stay open minded.

Here are some tips to help you recognise what you value

and to feel good about your personal identity.

Write a list of all the things you love.

This will help you get in touch with your values.

What types of books do you like to read?

What subjects do you like in school?

What motivates you?

The answers to these might reveal a lot about your values.

For example, if you really enjoy science at school

you might value curiosity and exploration.

If you like team sports,

you might value teamwork and cooperation.

Maybe you can use this list

to identify what your core values are

and how they play a part of your everyday life.

Get to know, and celebrate, your culture and language.

Your culture and language are huge parts of who you are

and you should be proud of, and celebrate, them.

Cultures and languages help

to create the colourful world that we enjoy everyday,

so it's wonderful to share these things with others.

The final tip is, don't be afraid to be you.

The exciting thing about the world

is that everyone is totally unique.

There is only one you.

Everybody has their own special traits and talents

and this is what makes our world so diverse and interesting.

Just imagine if everyone was the same.

What a boring world that would be!

Even if you feel like you have traits

that are negative or embarrassing

remember that it is just another part of how unique you are,

and you shouldn't feel ashamed of them.

So don't be afraid to be you

because nobody can do it better than, well, you!

As you go through life you'll experience new things

and learn more about who you are

which will influence your identity.

Somethings will always be part of who you are -

like your core values and your ethnicity,

and some other parts of your identity may change with time -

like your hobbies or relationships.

But remember, the most important thing about identity

is to stay true to yourself and your values

and be proud of who you are.