



Life Skills Mastery: Your Path to Independence



Life Skills Mastery: Your Path to Independence

Module 2 — The Identity Foundation



Life Skills Mastery: Your Path to Independence

Module 2 — The Identity Foundation

Lesson 2: Personal Compass — Mapping Your Values & Interests

What guides me when the GPS fails?



What We'll Cover Today

1 Values

2 Interest

3 Values & Interests Worksheet



Values vs Interests

Values = core beliefs

Example: Respect — I treat people kindly.



Interests = activities that excite/engage you

Example: Cooking — I like helping prepare meals.

Both shape decisions, but values steer you in tough times.

Values vs Interests

Values = core beliefs

Values are the things you care about most — things like honesty, connection, fairness, creativity, stability, or learning.

There's no right answer. We're not choosing the 'perfect' value — just noticing what feels important.

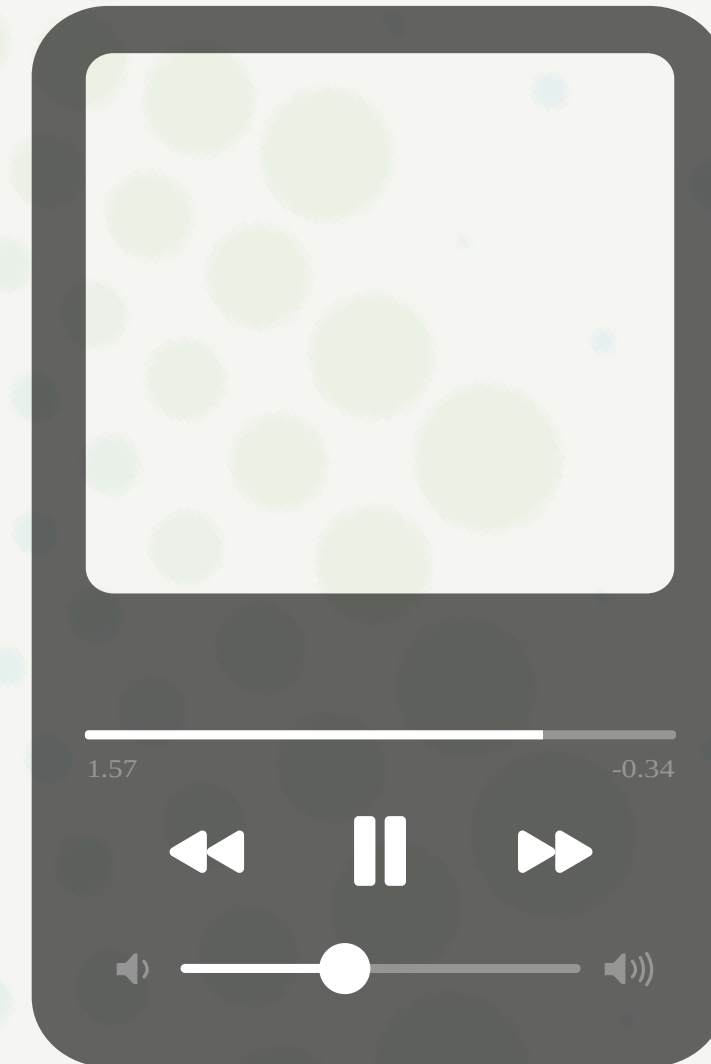


Values vs Interests

Interests = activities that excite/engage you

Interests are things that spark curiosity or enjoyment — music, animals, fixing things, walking, gaming, nature, learning new facts, cooking, crafting, organizing, exploring.

Interests don't have to be big or impressive. Even 'I like quiet mornings' counts.



Ask Yourself

“What’s one thing that, if I didn’t have it in my life, would make me feel lost?”

What matters to me?

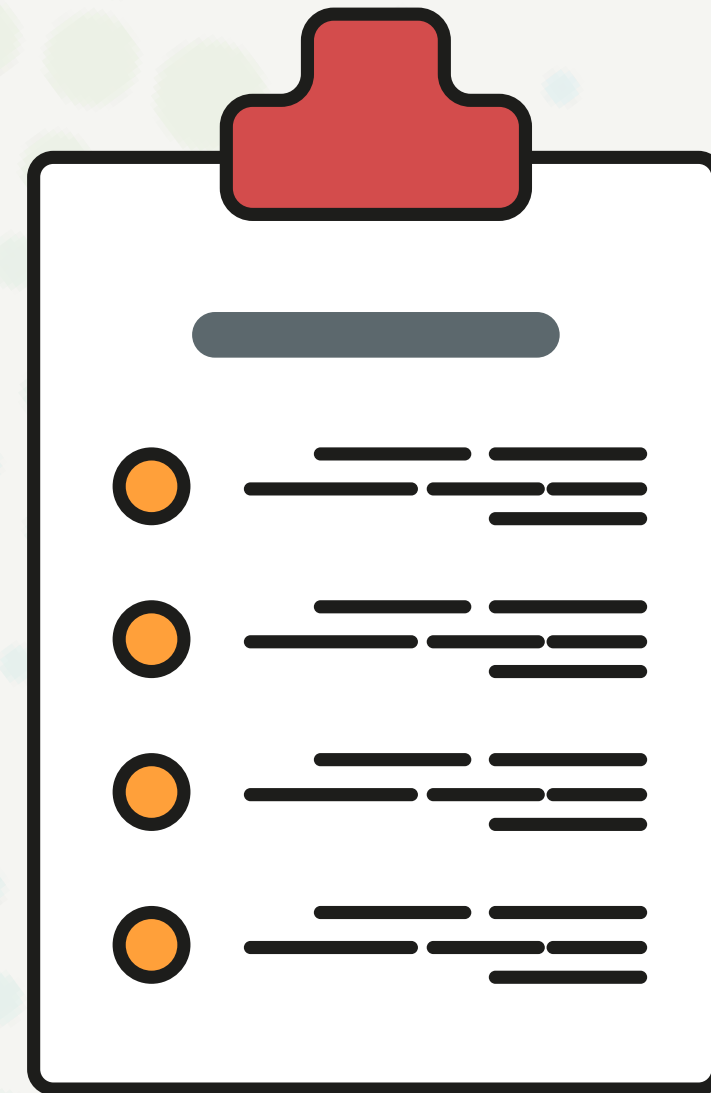
- What gives me a sense of calm or meaning?
- What makes me feel proud or connected?
- When do I feel most like myself?
- What do I protect or care about?



Activity: My Personal Compass

- Circle the ones that feel most important. Narrow down to a “Top 5.”
- Then rank them in order.

“Circle a few words that feel true for you — even if it’s more than five. If you’re not sure, ask someone who knows you well to help.”



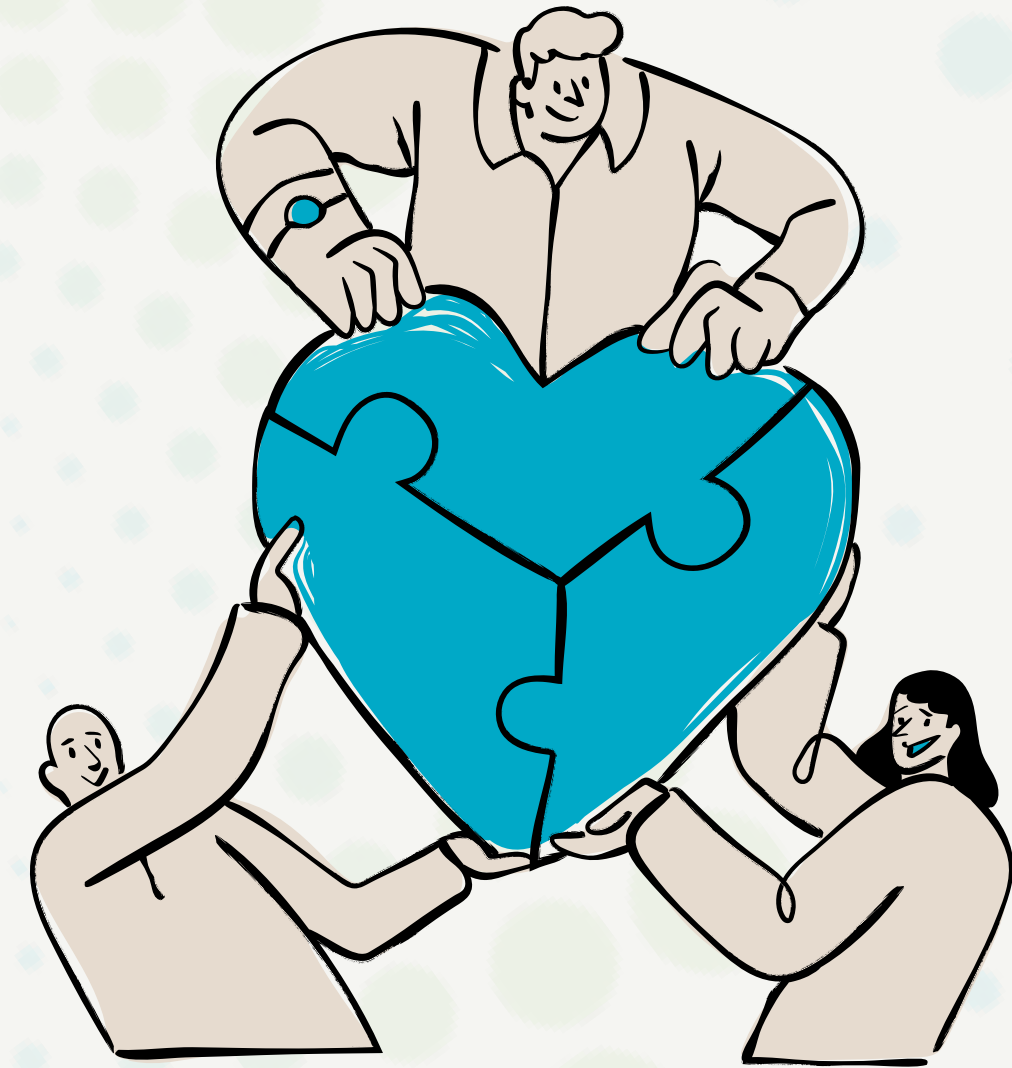
Try This!

Choose one of your values and do something small that fits it.

Examples:

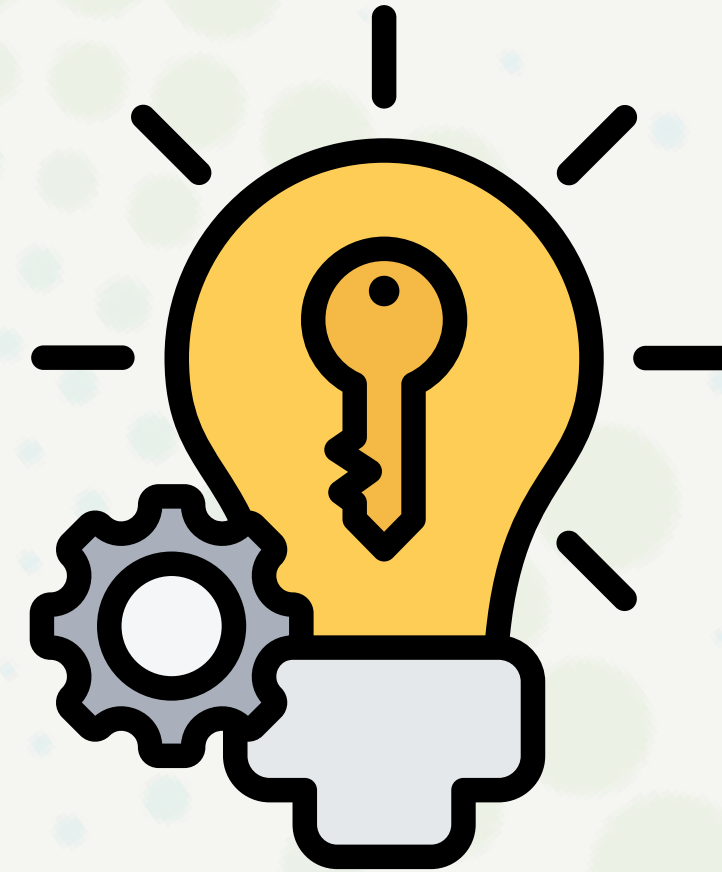
- If you chose organization, tidy one small area.
- If you chose kindness, send a supportive message.
- If you chose growth, learn one new fact.
- If you chose creativity, doodle for two minutes.”

Small is enough



Key Takeaways

- 1 Values = guiding principles
- 2 Interests = sparks of joy
- 3 Together, they help you make decisions that feel more like you



Think of your values as the quiet voice that says, 'This feels right for me.'
And today, you listened.

Up Next

Now that we know what matters to you, let's shine a spotlight on what you do best. Strength Spotlight is up next.

**Lesson 3: Strength Spotlight —
Your Abilities & Growth Paths**

