

## Figure 1.1: Create Your Name Card

**Directions:** We will be using the blank card folded in half across its longest side to create our name card but will begin by brainstorming our ideas in pencil on the scrap paper provided.

1. On the scrap paper, write your first name or preferred nickname along with a pronunciation guide. For example:

Dana (DAY-nuh)

2. Read through the values list provided and circle all of the qualities that you value. Then, try to narrow down these values to determine your top three. If you're having trouble deciding on your top three values, ask yourself these questions:

- In what ways is this value important to me?
- In what ways does this value affect the way that I think, the choices I make, how I treat others, and so on?

Actively	Curiously	Helpfully	Mindfully	Responsibly
Adventurously	Deliberately	Honestly	Modestly	Reverently
Appreciatively	Determinedly	Hopefully	Open-mindedly	Simply
Assertively	Dutifully	Humbly	Passionately	Skillfully
Attentively	Efficiently	Imaginatively	Patiently	Spiritually
Authentically	Enthusiastically	Inclusively	Peacefully	Supportively
Beautifully	Excellently	Independently	Playfully	Sustainably
Boldly	Fairly	Industriously	Powerfully	Tactfully
Cautiously	Faithfully	Inspiringly	Productively	Thankfully
Compassionately	Flexibly	Inventively	Prudently	Thoroughly
Consciously	Forgivingly	Kindly	Purposefully	Trustworthily
Cooperatively	Freely	Knowledgeably	Resiliently	Wisely
Courageously	Generously	Lovingly	Resourcefully	
Creatively	Gracefully	Loyally	Respectfully	

3. When you've decided on your top three values, note them on your scrap paper. On the scrap paper, sketch images you could add to your card that represent something true about you. It could be a talent, interest, or simply something you like.
4. Once you have decided on the values and images for your name card, you are ready to design it. Use as many colors as you'd like based on your personal preference and what you feel is an accurate representation of you.
  - Fold the blank card in half across its longest side to create a table tent.
  - On the front side, write your name and its pronunciation large enough so it can be read from a distance.
  - On the back, write your top three values.
  - You may now draw your images on the front or the back (or both), depending on where you think they will look best.

Source for values list: Porosoff, L., & Weinstein, J. (2017). EMPOWER your students: Tools to inspire a meaningful school experience, grades 6–12. Solution Tree Press.