

# DAY 5

Value.

The value of something is often determined by how many of it there are. If there are lots and lots and lots of something, then it's probably not all that valuable, but if there is only one of something in the whole world, it will have more value, probably a lot of value.

There is only one you.

Think about that.

There are a whole lot of people, but only one you. You've been listing things that fit together to make who you are - strengths, weaknesses, likes, dislikes, trusted people. Nobody else in this whole world would have the same things listed as you, and you just did small lists. Think about if you listed 10 strengths and weaknesses and 20 things you like and dislike. For sure nobody would have the same list.



There is only one you, and that means you're not just valuable, you're invaluable. That means your value cannot be measured. It's too great. You're priceless. You're indispensable.

See yourself like that. Be honored that there is only one you. Nobody else is you. Nobody else can be you. Nobody else thinks *your* thoughts or feels *your* feelings. Nobody else has your goals or dreams or your path to chase them.

That means you have a tremendous responsibility. You have a responsibility to be you.

The responsibility of being you means you have to share who you are with the people you trust. They don't know your thoughts or feelings or dreams unless you share them, which means they can't really help you until you let them.

The responsibility of being you also means you have to be true to your dream. Nobody can chase your dream for you, because it's not their dream. It's yours. People can help you, and they should and will, but you're the only who can really chase it. Being true to your dream means that you're willing to work for it. It means giving your best effort. More than anything, it means recognizing that things matter and caring. You matter. What you say matters. What you do matters. The things around you matter. Other people matter. So, care. Always.

**Write down 2 things that really matter to you.**

1.

2.

# REVIEW

Words or phrases that best tell who you are.

1. 2.	3. 4.
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**Strengths**

- 1.
- 2.
- 3.
- 4.

**Weaknesses**

- 1.
- 2.
- 3.
- 4.

**Passions**

- 1.
- 2.
- 3.
- 4.

**Dislikes**

- 1.
- 2.
- 3.
- 4.

**Trusted Adults**

- 1.
- 2.
- 3.
- 4.

**Trusted Friends**

- 1.
- 2.
- 3.
- 4.

Things that really matter to you.

1.	2.
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