



Checkpoint #1

Identify your personal values
20% weightage

Your full name :

Date of completion :

STEP 1: Let's get you in the zone of thinking about your values.
Finish these sentences.

I value...

I care about...

The world needs...

Everyone deserves...

Life isn't life without...

Feel free to add a few other sentences of your own:

This box expands as you type.

STEP 2: Write down your top 10 values.

You can refer to the HEX values list in Section 3.6 for some ideas. Remember to use the GUTSY framework to guide your choice.

1.	6.
2.	7.
3.	8.
4.	9.
5.	10.

STEP 3: Narrow it to your top 5 values.

1.
2.
3.
4.
5.

STEP 4: Share your thinking process.

How and why did you choose the top 10 values? How did you then narrow them down to your top 5 values? What was your rationale for choosing these values? How and why do these values resonate with you?

This box expands as you type.

STEP 5: Rewrite your top 5 values and define what they mean to you.

Values	What does it mean to you?
<i>An example: Integrity</i>	<i>Integrity means that I will do the right thing even when no one is looking.</i>
#1	
#2	
#3	
#4	
#5	

STEP 6: Rate the areas of your life

Rate **(by highlighting the box in yellow)** how you think you are doing in the following areas of your life. Under each life area, describe why you made that selection. The ratings are as such:

- 1 : I haven't put much effort or thought into this area of my life at all.
- 2: I've made a start but the effort is dwindling
- 3: I'm doing A-OK (Okay)
- 4: I'd like to do better.
- 5: I'm doing excellently.

Life area: Family/loved ones				
1	2	3	4	5
Explanation:				

Life area: Recreation (Netflix, rock-climbing, scrapbooking, making puzzles)				
1	2	3	4	5
Explanation:				

Life area: Health & Fitness (Physical health, mental health & spirituality)				
1	2	3	4	5
Explanation:				

Life area: Finances (making money / saving money / spending / investing)				
1	2	3	4	5

Explanation:

Life area: Personal growth/Study

1

2

3

4

5

Explanation:

Life area: Culture, arts & travel

1

2

3

4

5

Explanation:

Life area: Volunteering / Helping others

1

2

3

4

5

Explanation:

STEP 7: Time to reflect.

Does how you show up in areas in your life (Step 6) align with your values (Step 5)?

Reflect on whether the 5 top values you have selected are lived (currently living your life on the basis of these values) or aspirational (you hope to live by these values).

This box expands as you type.

STEP 8: Manifest!

After completing this exercise, explain how you *will manifest the top values in your life* and present them in the box below. For example, you might have discovered that one of your top values is Honesty. Perhaps you can manifest this value in your life by being completely honest with yourself and with others about your thoughts, opinions, and feelings at all times.

This box expands as you type.

That's the end of Checkpoint #1.

Go on.

Submit it, you legend!

Marking Guide Checkpoint #1:

Identify your personal values (20%)

Criteria Rubric	Fail	Pass	Credit	Distinction	High Distinction
Ability to identify and define their values (25%)	0-11%	12-13%	14-17%	18-19%	20-25%
	The student did not identify any of their values and made no attempt to define their values.	The student partly identified their values and made some attempt at defining them.	<p>The student identified their top 5 and top 10 values and defined them vaguely.</p> <p>The student briefly referenced their process.</p>	<p>The student identified their top 5 and top 10 values and defined these clearly.</p> <p>The student showed some insights into the process they underwent to determine their values.</p>	<p>The student identified their top 5 and top 10 values and defined these clearly.</p> <p>They articulated the process on how they distilled their values down to 10 and then to 5.</p>
Effort to rate and describe how they see themselves in various life areas (25%)	0-11%	12-13%	14-17%	18-19%	20-25%
	The student did not rate themselves in various life areas nor provide any description of this.	The student submitted an incomplete rating of their life areas and only some descriptions.	<p>The student presented a satisfactory rating of their life areas.</p> <p>Students lack understanding in describing why they made those selections.</p>	<p>The student presented a logical rating of their life areas.</p> <p>The descriptions clearly described why these suggestions were made.</p>	<p>The student successfully rated their life areas and provided clear and insightful descriptions of why these selections were made.</p> <p>The response showed a sense of self-awareness about how their values impact their ratings of themselves in various life areas.</p>
	0-20%	21-23%	24-27%	28-31%	32-40%

Critical reflection details key learnings arising from the process (40%)	The student did not complete the reflection.	The checkpoint concludes with a superficial reflection of the activities. The student did not demonstrate the ability to reflect on their learning.	The checkpoint concludes with a satisfactory reflection of the activities. The student demonstrated the ability to evaluate their learning.	The checkpoint demonstrated student's understanding of the distinction of their lived and aspirational values. The checkpoint concluded with an in-depth reflection on the activities.	The checkpoint demonstrated student's understanding of the distinction of their lived and aspirational values. Reflections displayed a highly sophisticated understanding of how their values will manifest in their life.
Submits a professional Checkpoint (10%)	0-4%	5%	6%	7%	8-10%
	The submission is incomplete.	The submission is poorly completed and presented. Excessive spelling and/or grammar mistakes.	The submission is reasonably presented with brief responses throughout. Major spelling and/or grammar mistakes.	The submission is clear and concise. There is a clear understanding of values and some personal narrative is used to guide the reader through the logical flow of ideas. Minimal grammatical or spelling errors.	Highly professional presentation of their values. No grammatical or spelling errors. There is a strong understanding of values and a personal and professional narrative is used to guide the reader through the logical flow of ideas. No grammatical or spelling errors.

Example Feedback

1.

I like the way you explain your value of making a difference, and that we are all dependent on each other when it comes to learning. It is what HEX is all about. We are excited for you to be on this journey with us!

It is interesting to note that you interpreted adventure as completing a challenge vs. being outdoors. And that's okay. We all have different adventures in life :)

Speaking of recreation and solving puzzles, have you tried bouldering? It's like rock climbing activities and each path is a project (puzzle alike). There are many ways to reach the top with each project. It could be a sport that may interest you.

You have a good balance between lived and aspirational values. My challenge to you is to find out how to move those aspirational values to lived ones over time :)

Let us know if you need additional support and resources in your manifesting journey.

2.

Couldn't agree more with you that the world needs more gratitude and joy! :) Your thought process of narrowing down to the top 5 values is very personal and meaningful. Thanks for sharing that with us :)

In your reflection, you've explained the differences between your lived and aspirational values. That's a spot-on explanation. The idea is to identify the aspirational ones and try to move them to lived values if possible (of course, depending on your priority as well). It will take time to transform them into lived values, you can always start with small efforts :)

That's an awesome idea to have the values set as a phone background and act as a reminder! That's a proactive action.

3.

Your top values are kindness and gratitude and it definitely reflect what you said in Step 1 :)

I like how you narrowed down your top 5 values by taking notes for each characteristics and grouped them together. Sometimes, we need to zoom out, look at the broader picture and then zoom back in, to look at the details.

Love your interpretation on gratitude! That's the definition of true gratitude.

You have a good balance between lived and aspirational values. My challenge to you is to find out how to move those aspirational values to lived ones over time :)