



Module 1 • Worksheet 3

💡 *Think about the people you really admire and care about. What truly matters about a person?*

PART A — What Matters to Me in a Person?

🤔 **What are the most important qualities in a person for you?**

Rank the items below from 1 (most important) to 8, or add your own!

Rank: _____	Personality and how they treat others
Rank: _____	Sense of humour / makes me laugh
Rank: _____	Loyalty and trustworthiness
Rank: _____	Kindness and empathy
Rank: _____	Intelligence and curiosity
Rank: _____	Physical appearance
Rank: _____	Shared interests and hobbies
Rank: _____	Other: _____



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PART B — A Person I Admire

★ Think of someone you truly admire (a friend, family member, athlete, or anyone!):

Name or description:

Complete this sentence:

A person I admire should be...

How much does their physical appearance matter to you when you admire them?

Physical appearance	☐ 1 Not at all	☐ 2	☐ 3 Somewhat	☐ 4	☐ 5 Very much
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PART C — How Much Does Appearance Matter?

 **How much does physical appearance matter to you when choosing...**

Use the rating scale: 1 = not at all, 5 = very much

...a friend	☐ 1 Not at all	☐ 2	☐ 3 Somewhat	☐ 4	☐ 5 Very much
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...a boyfriend/girlfriend	☐ 1 Not at all	☐ 2	☐ 3 Somewhat	☐ 4	☐ 5 Very much
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...a person to admire	☐ 1 Not at all	☐ 2	☐ 3 Somewhat	☐ 4	☐ 5 Very much
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Why do you think you gave those ratings?



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It is important to be aware that our individual characteristics make each person unique, and that a person's worth is not based on their physical appearance. We are so much more than how we look!

