

Exploring Values

Your values are things you believe are most important. Values help to determine your choices in life. Values are often passed down by family, mentors and the culture you live in.

Begin exploring your own values by thinking about what the people around you most valued.

My mother / care giver's values:	My father/caregiver's values:
1.	1.
2.	2.
3.	3.

The values of a person I respect:	Society's values:
1.	1.
2.	2.
3.	3.

The values I would like to live by:	The values I actually live by:
1.	1.
2.	2.
3.	3.