

Exploring Values

Your values are the beliefs that define what is most important to you—they act as a guide for behaviors and decision making. After identifying your values it can be helpful to explore them in greater detail. This can be achieved by looking the values of those who influence you and by examining how you are living up to your values.

Fill in the five most important values for each topic below:

My mother's values:

- 1.
- 2.
- 3.
- 4.
- 5.

My father's values:

- 1.
- 2.
- 3.
- 4.
- 5.

An important person to me values:

- 1.
- 2.
- 3.
- 4.
- 5.

Society values:

- 1.
- 2.
- 3.
- 4.
- 5.

The values I would like to live by:

- 1.
- 2.
- 3.
- 4.
- 5.

The values I actually live by:

- 1.
- 2.
- 3.
- 4.
- 5.