

Name:

Instructions: Read the list of values below. Circle the three items that are most important to you.

being creative / artistic

your family

friendships

government or politics

independence

learning and gaining knowledge

athletic ability

belonging to a group (such as your community, cultural group, or school club)

music

career

spiritual or religious values

sense of humor

Think about when and how these values are important to you. In a few sentences, write about each of the three values you circled. Focus on your thoughts and feelings; don't worry about spelling and grammar.

Value 1:

Value 2:

Value 3:

On a scale of 1–5 where 1 is highly disagree and 5 is highly agree, rate the following statements:

1. The values I wrote about have influenced my life. _____
2. In general, I try to live up to these values. _____
3. These values are an important part of who I am. _____