

My Values

A **value** is something that is important to you. What are your **values**? Choose your 5 most important **values** from the list.

- ☐ Family
- ☐ Good Health
- ☐ Friends
- ☐ Freedom
- ☐ Honesty
- ☐ Love
- ☐ Money
- ☐ Tradition
- ☐ Happiness
- ☐ Hard Work
- ☐ Education

Write your values.

Example: **"I value good health."**

1. I value _____.

2. I value _____.

3. I value _____.

4. I value _____.

5. I value _____.



Write about **why** you chose those values. *You will need a subject and a verb before and after 'because'

Example: I value **honesty** because it helps me understand people and situations.

1. I value _____ because _____
_____.

2. I value _____ because _____
_____.

3. I value _____ because _____
_____.

4. I value _____ because _____
_____.

5. I value _____ because _____
_____.

Discuss:

Who taught you about your values? What did you learn from him or her?

Journal:

Write on a separate sheet of paper. Who taught you about your values? What did you learn from him or her?

