

Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Exploring Values

Your **values** are the **things** you believe are most important. Values help to determine your priorities **in** life, and **heavily** influence decision-making. For example, a person who values **wealth** might prioritize their career, while a person who values **family** might try to spend more time at home. When a person's actions do not match their values (e.g. valuing family, but working a lot), they may become discontent.

**Values** are often passed down by family, and the society you live in. To begin exploring your own values, think about the values of the people who surround you.

My mother's values:	My father'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
4	4