

Name:

Date:



VALUES: WHAT IS IMPORTANT TO ME?

This worksheet is to help you understand what is important to you. For each item, please fill or mark the circles on how important they are. Please be honest and take your time!

Very Important = ●●● Important = ●● A Little Important = ● Not Important = leave blank.



Having good grades

☐ ☐ ☐



Being good in sports

☐ ☐ ☐



Having fun

☐ ☐ ☐



Being popular or famous

☐ ☐ ☐



Have a lot of money

☐ ☐ ☐



Have material goods

☐ ☐ ☐



My religion

☐ ☐ ☐



Being clean and organized

☐ ☐ ☐



Being careful and safe

☐ ☐ ☐



Being creative

☐ ☐ ☐



Learning new skills & information

☐ ☐ ☐



To keep trying and not give up

☐ ☐ ☐



Able to do things on my own

☐ ☐ ☐



Being responsible for my actions

☐ ☐ ☐



Spending time with family

☐ ☐ ☐



Having good friends

☐ ☐ ☐



Being honest

☐ ☐ ☐



Helping others

☐ ☐ ☐



Being respectful & fair

☐ ☐ ☐



Being thankful

☐ ☐ ☐



Being able to forgive others

☐ ☐ ☐

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VALUES: WHAT IS IMPORTANT TO ME?

Thank you for completing the worksheet! We hope you learned something about yourself. Here are a few more questions to think deeper about your values!

A. Of all the values you marked as "Very Important", what are the top three most important to you?

1.) _____
Why is this value important to you?

2.) _____
Why is this value important to you?

3.) _____
Why is this value important to you?

B. Of all the values you marked as "A Little Important" and "Not Important", what are the top two least important to you?

1.) _____
Why is this value least important to you?

2.) _____
Why is this value least important to you?

C. Which values do you think your parents will choose as very important to them?

D. Which values do you think your close friend will choose as very important to them?