

2. My Values

Adapted from TherapistAid.com

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.

The values of a family member:
1
2
3

The values of a parent/guardian:
1
2
3

The values of a person I respect:
1
2
3

Society's Values:
1
2
3

The values I would like to live by:
1
2
3

The values I actually live by:
1
2
3