

Name: _____

Personal Reflection: Values

Please read the following list of values below and think about each one. Then circle the two or three values that are MOST important to you. We understand that many of these values may be important to you. Even if you feel that many of the values are important, please pick **only TWO or THREE** of them to circle. There are no right or wrong answers.

The **most** important values to me are: *(circle two or three)*

Artistic ability or aesthetic appreciation

Creativity

Relationships with friends or family

Politics

Independence

Athletic ability

Membership in a social group

(such as your community, racial group, or school club)

Music

Spiritual or religious values

Sense of humor

Physical wellbeing or fitness

Again, look at the values you picked as MOST important. List the top two reasons why these values are important to you:

1.

2.

Make a check mark (✓) to show how much you agree with each of these statements:

1. These values have influenced my life.

Strongly Disagree	Disagree	Somewhat Disagree	Somewhat Agree	Agree	Strongly Agree
_____	_____	_____	_____	_____	_____

2. These values are an important part of who I am.

Strongly Disagree	Disagree	Somewhat Disagree	Somewhat Agree	Agree	Strongly Agree
_____	_____	_____	_____	_____	_____