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

Below, describe why these values are important to you. Focus on your thoughts and feelings, and don't worry about spelling, grammar, or how well-written it is.

Look at the values you picked as MOST important. Think about times when

these values were or would be very important to you.

If you need more space, feel free to continue on reverse side.

_		you picked a es are importa	ns MOST impo ant to you:	rtant. List t	he top two
1.					
2.					
Make a che	ck mark (✔)	to show how	much you agr	ee with eac	h of these
statements:					
1. These va	lues have inf	luenced my li	fe.		
Strongly Disagree	Disagree	Somewhat Disagree	Somewhat Agree	Agree	Strongly Agree
2. These va	lues are an ir	mportant part	of who I am.		
Strongly Disagree	Disagree	Somewhat Disagree	Somewhat Agree	Agree	Strongly Agree