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What Do You Value? Worksheet

Our values help guide the choices we make in our lives by defining what is most important to us. Identifying and giving weight to our values can help inspire us to take action. This exercise will help you identify your values.

First, read the following example for a sense of Sofia's values and how they influence her to move toward action.

Sofia values her family, friends, and health; her studies and extracurricular activities; and her creativity. Specifically, what matters most to her are her parents, having more than one good friend, getting enough sleep, dancing, and getting good grades in school. She realizes that being so shy is causing her to avoid interacting with new people at school and even making her hesitate to suggest get-togethers with classmates she does know. She decides that what she wants to focus on now is reaching out more and feeling more comfortable around a small group of other teens. She makes a plan to start by asking the friendly girl who sits next to her in math class if she's going to the soccer game after school.

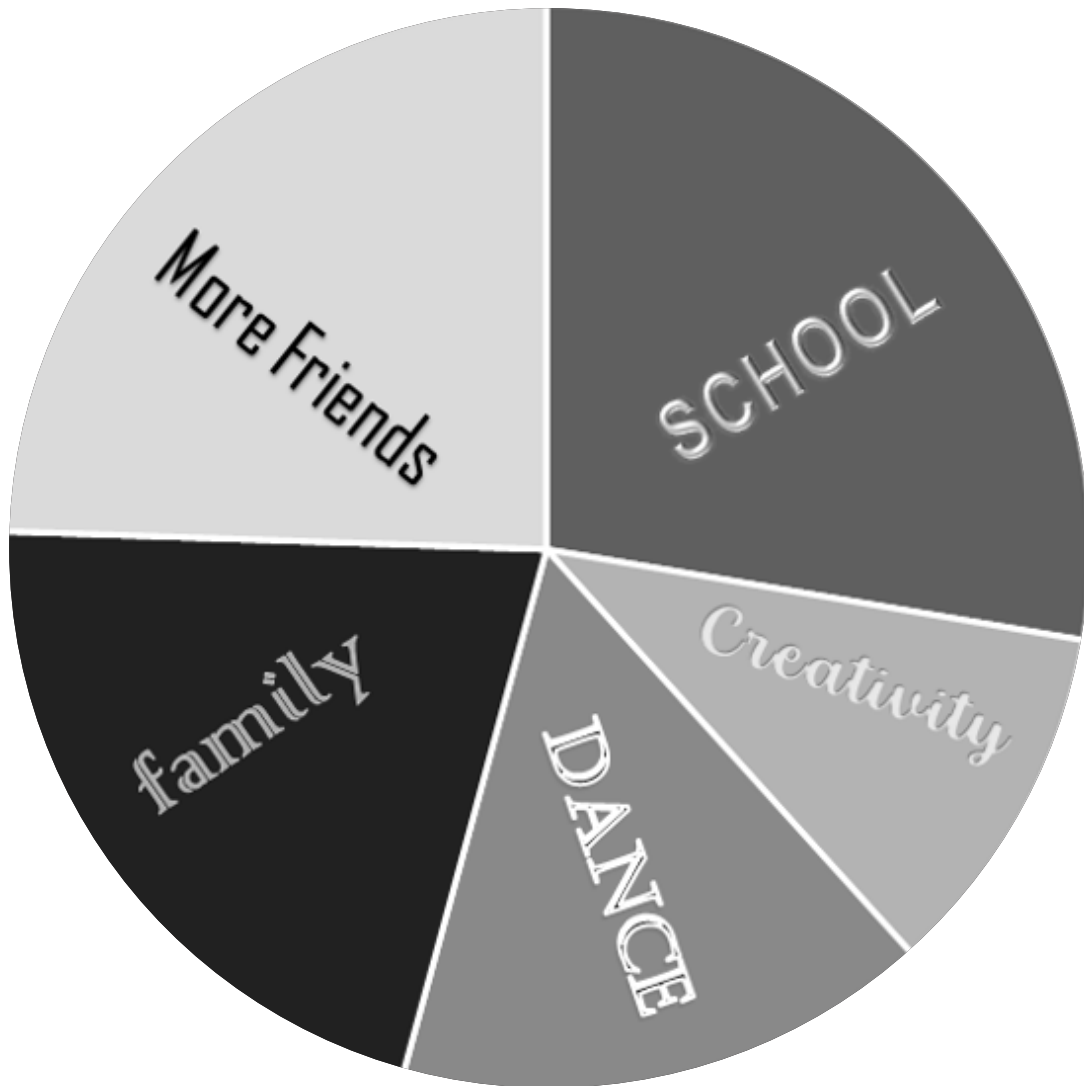
Next, check the boxes next to the values that are important to you. Fill in the blanks with specific examples that you find most meaningful.

- ☐ RECREATION: _____
- ☐ ARTS/MUSIC: _____
- ☐ CHARACTER TRAITS (for example, integrity, honesty, perseverance): _____

- ☐ FAMILY: _____
- ☐ FRIENDSHIP(S): _____
- ☐ ACADEMIC ACHIEVEMENT: _____
- ☐ PHYSICAL ACTIVITY: _____
- ☐ INDEPENDENCE: _____
- ☐ CREATIVITY, THINKING OUTSIDE THE BOX: _____
- ☐ RELIGION, SPIRITUALITY: _____
- ☐ ADVENTURE/TRAVEL: _____
- ☐ FUN: _____
- ☐ HEALTH: _____
- ☐ NATURE: _____
- INNER PEACE: _____
- OTHER: _____

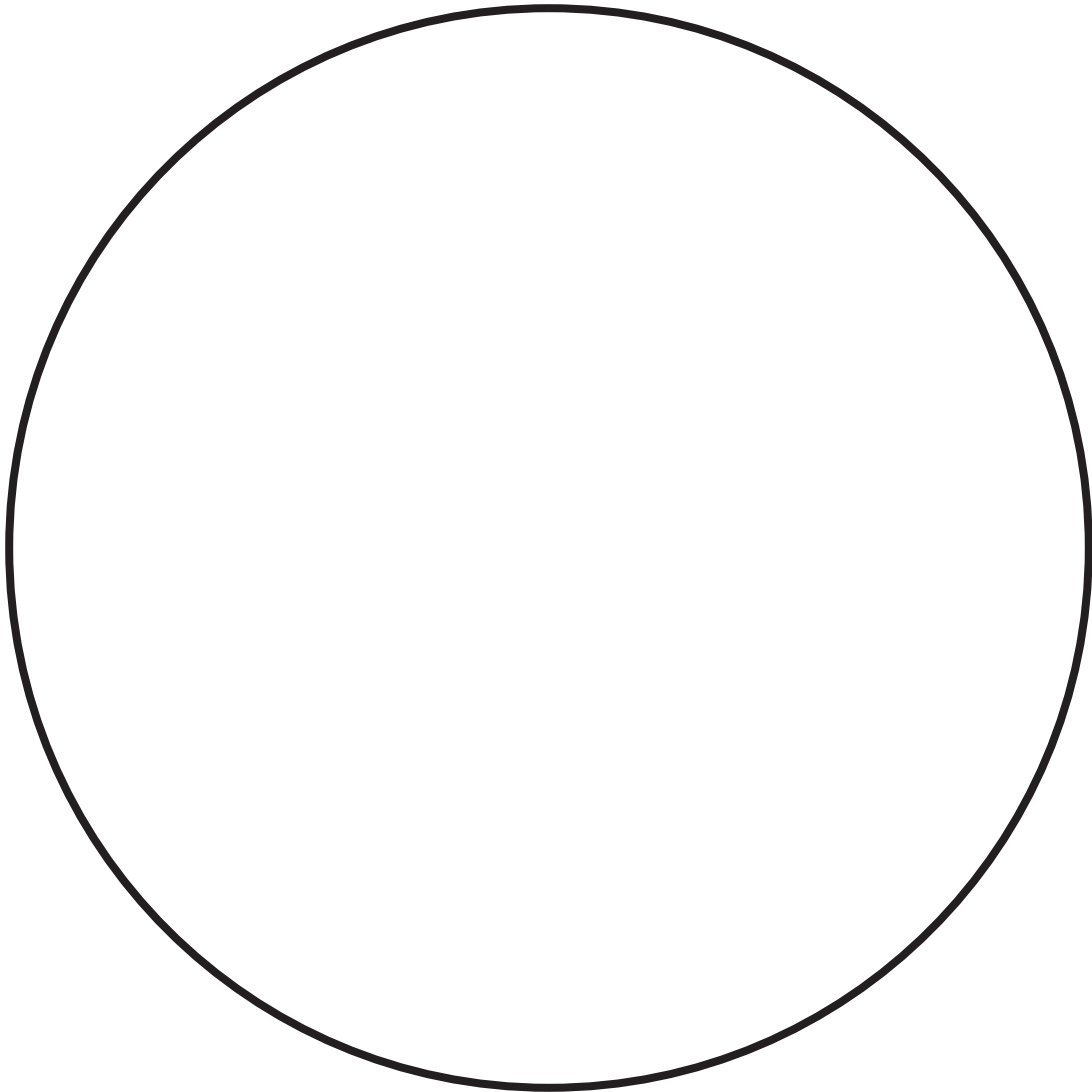


Which of these values are most important to you? Take a look at Sofia's pie chart. Then, fill in your pie chart on the next page so that the size of each slice represents how important that value is to you.



SOFIA'S PIE CHART

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YOUR PIE CHART