

MY VALUES

Your values are the beliefs that are most important to you. Your values guide your decisions and actions.

Values are personal. Others may have values similar to or very different than your values. Values are not right or wrong.

For example, Jose values his family and does what he can to spend more time with his family. Beth values wealth and spends works overtime to make more money.

Select the five most important values from the following list. Rank them from 1-5 with “1” being the value that is most important to you.

_____ Love

_____ Wealth

_____ Family

_____ Morals

_____ Success

_____ Knowledge

_____ Power

_____ Friends

_____ Adventure

_____ Variety

_____ Peace

_____ Independence

_____ Fun

_____ Popularity

_____ Responsibility

_____ Honesty

_____ Loyalty

_____ Reason

_____ Beauty

_____ Respect

_____ Spirituality

_____ Stability

_____ Fairness

_____ Safety