MY VALUES

Read the list of values and think about each one. Circle 2 or 3 of your most important values:

- athletic ability
- art and literature
- creativity, discovering, or inventing things to make a difference in the world
- friends or family
- kindness and generosity
- learning and getting good grades
- membership in a social group (such as your community, racial group, or school club)
- music
- nature and the environment
- politics
- religious values
- success in my career

Look at the 2-3 you circled as most important to you. Think of times these values were present in your life. Then, take a few minutes and write about why the selected values are important to you.

Focus on your thoughts and feelings, and don't worry about your spelling, grammar, or writing.

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ADAPTED FROM COHEN, ET AL 2006.