



## My values



Values are personal beliefs, viewpoints, attitudes and outlook on life. Values come from your family background, the way you are brought up and your own experiences. People are sometimes confused about their values. It is important to think about and be clear about your values, as they influence many things you will do in your life.

### Discussion questions

1. *How do you know what you believe?*

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2. *How can you find out what you actually value?*

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3. *Why doesn't everyone have the same values?*

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4. *What happens when people don't have the same values?*

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5. *Can people who have different values live together? Why?*

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## What is important to me



Complete the following questions, to find out about your personal values.

1. Name the three most important people in your life and why they are important to you and what they value most in life.

Person	Why they are important to me	What they value most in life
1		
2		
3		

2. Write down the three most important goals in your life right now.

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

3. What have you always wanted to do?

\_\_\_\_\_

4. What makes you feel really good about yourself??

\_\_\_\_\_

5. What would you do if you won \$1 million? Would you change anything?

\_\_\_\_\_

6. If you could write a personal values message on the containers of all the fast food meals sold throughout the world in a week, what would it be?

\_\_\_\_\_

7. List the four things you value most in life.

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_



## Identifying my values

Go through the list below and rate the values according to how important they are to you (never important, sometimes important, always important).

Value	Definition	Never	Some times	Always
Challenge	you enjoy being challenged and having new problems to solve			
Communication	you enjoy talking with all sorts of people			
Confidence	you tackle new tasks without hesitation			
Creativity	you enjoy thinking up new ideas and ways of doing things			
Freedom	you like to do things in your own way			
Friendship	you like to be with people who are friendly and understanding			
Helping others	you like to do things that help other people			
Independence	you like to do things without interference from others			
Leadership	you like to be in charge when you do things			
Learning	you like to have new things to learn			
Money	earning a good salary is important to you			
Organisation	you are an organised and tidy person			
Peace & quiet	you like working without pressure, setting your own deadlines			
Precision	you like to work with care and concentration			
Pressure	you like to work to meet strict deadlines			
Recognition	you want your efforts to be recognised by others			
Respect	you respect the rights and property of others			
Responsibility	you accept responsibility for your own actions and don't blame others			
Risk taking	you enjoy taking risks			
Routine	you like to have regular tasks and work patterns			
Security	you want a job that you know will last			
Status	you like to be respected by others because of your position			
Surroundings	you like to be in pleasant surroundings			
Teamwork	you like to work cooperatively and be part of a team			
Variety	you enjoy having lots of different things to do			