

Identify Your Values

Identify your most important values and then reflect on why the values you chose matter to you. Then, you can plan activities that align with those values.

___ Family

___ Community

___ Peace

___ Religion

___ Health

___ Respect

___ Security

___ Love

___ Service

___ Responsibility

___ Justice

___ Empathy

___ Creativity

___ Maturity

___ Humility

___ Beauty

___ Generosity

___ Order

___ Compassion

___ Wisdom

___ Independence

___ Freedom

___ Learning

___ Harmony

Value	Why do you care?	What activities can you do that align with this value?
Example: Family	My family always supports me, and I want to support them too.	Plan a weekly lunch with my family.

