



EXPLORING YOUR PERSONAL VALUES

Instructions:

Please read each of the items below. Think about how these items relate to YOU.

- Place a "1" by three items that are EXACTLY LIKE YOU.
- Place a "2" by seven items that are NEITHER LIKE YOU OR NOT LIKE YOU.
- Place a "3" by three items that are NOT AT ALL LIKE YOU.

_____ Serving my family is very important to me.

_____ Expressing myself through my artwork (ex. music, painting, etc.) is very important to me.

_____ Being able to support a family of my own in the future is very important to me.

_____ Being there for my friends is very important to me.

_____ Being a spiritual person is very important to me.

_____ Supporting social issues is very important to me.

_____ Pursuing a calling, rather than just a job is very important to me.

_____ Living life according to my religious beliefs is very important to me.

_____ Finding a career that is consistent with my values and beliefs is very important to me.

_____ Serving my country is very important to me.

_____ Volunteering is very important to me.

_____ Helping others is very important to me.

Next, think about why each of the statements that you placed a "1" next to is important to you and respond to the following questions:

Why are these particular values so important to you? What do they say about the kind of person you are?

How do they influence your daily life?

How do they relate to your long-term plans? Do they influence the way you hope to leave your mark? If so, how? If not, why not?