

# VALUES EXPLORATION

**What are values?** Values are what we hold to be most important in our lives! Everyone has a unique set of values – some people may value career success while others value free time.

**Why is this important?** When a person's behavior does not align with their core values, they will often end up feeling distressed or dissatisfied. Identifying your core values will help you focus in on what is really important to *you*.

## Friendships ☆☆☆☆☆

Out of 5 stars, how important are friendships to you?

What are some qualities of a good friend?

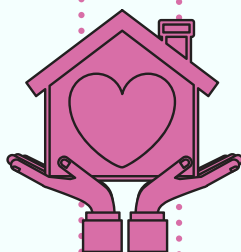
How do you want your friendships to make you feel?



## Family relationships ☆☆☆☆☆

What do you want your family relationships to be like?

What do you want to contribute to family relationships?



## Work/School ☆☆☆☆☆

What do you hope to get out of your career/education?

How much time and effort would you ideally be putting into this domain of your life?



## Hobbies ☆☆☆☆☆

What hobbies or activities are you passionate about?

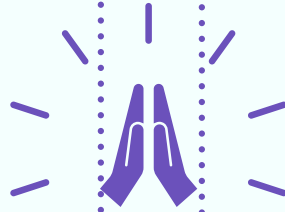
Do you make enough time for your hobbies?



## Religion ☆☆☆☆☆

Do you practice a religion?  
How important is religion to you?

Do your religious views align with those of your family?



## Romantic Relationships ☆☆☆☆☆

Do you have a partner?  
Are you looking for one?

What qualities make up a good romantic relationship for you?



**Are there any domains of your life that are important to you that were not mentioned? If so, what are they? How much do you value them? Why do you value them?**



**Overall, what domains do you value most? Based on what you have learned about yourself from this activity, do you feel like you should change any behaviors or habits to align more with your values?**

