

# Exploring Values

Your values are the beliefs that define what is most important to you. They act as a guide for your decisions. Oftentimes, our values are greatly influenced by important people in our life, and our society.

Fill in the four most important values for each topic below:

My mother's values:

- 1.
- 2.
- 3.
- 4.

My father's values:

- 1.
- 2.
- 3.
- 4.

An important person to me values:

- 1.
- 2.
- 3.
- 4.

Society's values:

- 1.
- 2.
- 3.
- 4.

The values I would like to live by:

- 1.
- 2.
- 3.
- 4.

The values I actually live by:

- 1.
- 2.
- 3.
- 4.