



IDENTIFYING PERSONAL VALUES



Why Asking for Help Matters:



- The goal is to help students explore their core values—the principles and beliefs that matter most to them—and understand how these values shape their choices, actions, and relationships. By identifying what truly matters, students can make more intentional decisions that align with their personal beliefs. This self-awareness can lead to greater confidence, better decision-making, and a clearer sense of direction in life. When students understand their values, they're better equipped to navigate challenges, set boundaries, and stay true to themselves in difficult situations.

How can I reach out?



1. Self-Reflection

- Write down five things that are most important to you. These can be values, goals, people, or beliefs.
- Examples might include: family, honesty, success, friendship, creativity, health, etc.

2. Rank Your Values

- Rank the five values in order of importance, from 1 (most important) to 5 (least important).
- Take a moment to reflect on why you placed them in this order.

3. Make the Connection

- Think about a recent decision you made. Did it align with any of your top values?
- Reflect on how understanding your values can help you make choices that feel right for you.

What should I expect when I reach out?



- Reflection Questions:
- Did you learn something new about yourself?
- How can these values guide you in making healthy, positive choices in the future?

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