

Name: _____ Date: _____

What Do I Value?

Values are the things in life which are important to us. The following is a list of values that most young people and adults think are important to them. Using the scale below, indicate how important each value is to you. There are no right or wrong answers. People will have different responses.

Not Important				Very Important
1	2	3	4	5
1. To work my best at every task that I attempt.				
2. To be dependable.				
3. To treat others with respect and dignity.				
4. To respect my parents or people who take care of me.				
5. To be loved, respected, and understood by others.				
6. To share my material things and talents.				
7. To be famous or important.				
8. To show understanding of others.				
9. To be honest.				
10. To be healthy (physically, emotionally and spiritually)				
11. To make my own decisions.				
12. To show self-control.				
13. To make full use of my abilities.				
14. To treat others as I would like to be treated.				
15. To involve myself in things I enjoy.				
16. To make enough money to get the things I want.				
17. To be responsible for what I do or say.				
18. To acquire knowledge - learn new things.				
19. To have courage - stand up for the things I believe in.				
20. To have long lasting friendships.				
21. To be successful at school or work.				
22. _____				

What influences your values?