

**Handout**

# What Do I Value?<sup>1</sup>

For this activity, you will be thinking about your values—the things that matter and are most important to you. The following list does not include all of the possible values a person might have, but for today, these are the ones we will focus on. Your responses will be private and will not be graded. There are no right or wrong answers for this activity!

**Directions:** Read the list of common personal values. Then **circle** the two or three values that are MOST important to you. Even if you feel like many of these values are important, only circle the two or three MOST important. Then move on to complete Part 2 and Part 3 of the handout.

## PART 1: Identify Your Most Important Values

The **MOST important values** to me are (circle two or three from the list):

- Athletic ability
- Being good at art
- Creativity
- Independence
- Living in the moment
- Membership in a social group (such as your community, ethnic/racial group, or school club)
- Music
- Politics
- Relationships with family and friends
- Religious or spiritual values
- Sense of humor

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<sup>1</sup> Adapted from Geoffrey L. Cohen, "Surveys and Interventions," Affirmation Activity #1 for Ages 12–16, <https://www.geoffreylcohen.com/surveys-and-interventions>.



### PART 3: Evaluating the Impact of Your Values

Read the statement in the left column. Decide if you strongly agree (**SA**), agree (**A**), disagree (**D**), or strongly disagree (**SD**) with the statement. Circle your response.

Statement	Your Opinion
The values I selected have influenced my life.	SA A D SD
In general, I try to live up to the values I selected.	SA A D SD
The values I selected are an important part of who I am.	SA A D SD
I care about the values I selected.	SA A D SD