

Discovering Values

- Value** (n): 1. The regard that something is held to deserve; the importance, worth, or usefulness of something
2. A person's principles or standards of behavior; one's judgment of what is important in life

A value is **something that an individual believes is important in life**. Values guide people's behaviors and decisions. Common values people may have include close family and/or friend relationships, growing spirituality, good overall health and wellbeing, and unconditional love to self and others.

Make a list of what you value. The items on this list will better serve you when they are specific, such as "I value quality time with my family," rather than "I value family." **Remember, values are personal, meaning they vary from person to person. Strive to write down values that are true to you, not values imposed on you by family, culture, etc.** After you identify your values, you can then determine how certain current behaviors either fit or do not fit within your values.

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