Personal Reflection: Values

Please read the following list of values below and think about each one. Then circle the two or three values that are LEAST important to you. We understand that many of these values may not be important to you. Even if you feel that several of the values are not very important, please pick only TWO or THREE of them to circle. There are no right or wrong answers.

The least important values to me are: (circle two or three)

- Artistic ability or aesthetic appreciation
- Creativity
- Relationships with friends or family
- Politics
- Independence
- Athletic ability
- Membership in a social group
  (such as your community, racial group, or school club)
- Music
- Spiritual or religious values
- Sense of humor
- Physical wellbeing or fitness
Look at the values you picked as LEAST important. Think about times when these values were or would be important to someone else (like a person you’ve heard about or an acquaintance).

Below, describe why these values might be important to someone else. Focus on your thoughts and feelings, and don’t worry about spelling, grammar, or how well-written it is.

If you need more space, feel free to continue on reverse side.
Again, look at the values you picked as LEAST important. List the top two reasons why **someone else** (like a person you’ve heard about or an acquaintance) would pick these as their most important values:

1.

2.

Make a check mark (✔️) to show how much you agree with each of these statements:

1. These values have influenced some people.

<table>
<thead>
<tr>
<th>Strongly Disagree</th>
<th>Disagree</th>
<th>Somewhat Disagree</th>
<th>Somewhat Agree</th>
<th>Agree</th>
<th>Strongly Agree</th>
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2. These values are important to some people.

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<th>Strongly Disagree</th>
<th>Disagree</th>
<th>Somewhat Disagree</th>
<th>Somewhat Agree</th>
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