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 MOST important to you. We understand that many of these values may be important to you. Even if you feel that many of the values are important, please pick only TWO or THREE of them to circle. There are no right or wrong answers.

**The most 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 MOST important. Think about times when these values were or would be very important to you.

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

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If you need more space, feel free to continue on reverse side.
Again, look at the values you picked as MOST important. List the top two reasons why these values are important to you:

1. 

2. 

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

1. These values have influenced my life.

<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 an important part of who I am.

<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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