**Values Assessment Worksheet**

“Don’t spend all of your time trying to be like someone else because you can never be them and they can never be you.” –Raven Symone (Authenticity)

“Everyone looks at your watch and it represents who you are, your values and your personal style.”-Kobe Bryant (Success and Notoriety)

“Make the right decision even when nobody’s looking, especially when nobody’s looking, and you will always turn out okay.” –Oprah (Ethics)

“Seriously, I grew up a fan of Hulk Hogan, and I think I bring some of his best values to the ring…the values of a superhero. Always do your best. Never give up…” –John Cena (Self-Discipline and Personal Growth)

**Values Clarification Activities**

1. Describe a time where you felt so absorbed into what you were doing that you didn’t recognize the time you focused on it.
2. Close your eyes. Think about the things you find meaningful. Open your eyes, and describe what you thought of. Include your ideals, your feelings, and the experiences you were having.
3. What values are most important to you? Circle all the ones you relate to as soon as you read them. With the options below, choose the top 10, and prioritize them 1 through 10.

Accountability

Achievement/accomplishment

Advancement

Autonomy

Balance

Belonging to a group

Building something

Challenge

Commitment

Compassion

Competition

Courage

Creativity

Creating something new

Creating beauty

Creating change (e.g. social change)

Creating information

Decision-making

Enthusiasm

Equality

Equity

Ethics

Excitement/risk

Excellence

Fairness

Family

Fame

Family happiness

Friendships

Happiness

Harmony

Health

Helping others/serving people

Humor/Fun

Influencing people

Improving or perfecting something

1. Now, place your top 3 in the boxes below and complete the rest of the graph to share with the class.

| **Please choose three values that are important to you in your life (one for each box below)** | **What are your beliefs that support this value?** | **What behaviors do you exhibit that support this value?** |
| --- | --- | --- |
| 1. |  |  |
| 2. |  |  |
| 3. |  |  |