

# Exploring Values

Your **values** are the things you believe are most important. Values help to determine your priorities in life, and heavily influence decision-making. For example, a person who values wealth might prioritize their career, while a person who values family might try to spend more time at home. When a person's actions do not match their values (e.g. valuing family, but working a lot), they may become discontent.

**Value are often passed down by family, and the society you live in. To begin exploring your own values, think about the values of the people who surround you.**

<b>My mother's values:</b>	<b>My father's values:</b>
1	1
2	2
3	3

<b>The values of a person I respect:</b>	<b>Society's values:</b>
1	1
2	2
3	3

<b>The values I would like to live by:</b>	<b>The values I actually live by:</b>
1	1
2	2
3	3
4	4