

## Personal Values

Wisdom	Reliability	Inspiration	Enthusiasm
Winning	Productivity	Initiative	Empathy
Well-being	Power	Integrity	Dignity
Wealth	Personal growth	Independence	Dependence
Volunteering	Perseverance	Humor	Curiosity
Understanding	Peace	Humility	Creativity
Truth	Patience	Hope	Courtesy
Trust	Patriotism	Honesty	Courage
Tradition	Orderliness	Heritage	Cooperation
Teamwork	Optimism	Health	Confidence
Success	Openness	Harmony	Conflict resolution
Spirituality	Open communication	Generosity	Competitiveness
Simplicity	Nature	Fun	Competence
Service	Mercy	Friendship	Compassion
Self-reliance	Making a difference	Freedom	Community
Self-esteem	Love	Forgiveness	Commitment
Self-discipline	Loyalty	Flexibility	Collaboration
Safety	Listening	Fitness	Civility
Sacrifice	Learning	Financial stability	Caring
Romance	Leadership	Family	Boldness
Risk-taking	Knowledge	Fame	Beauty
Resilience	Kindness	Faith	Authenticity
Reputation	Justice	Fairness	Ambition
Religion	Joy	Excellence	Adaptability
Responsibility	Job security	Ethical behavior	Achievement
Respect	Intuition	Efficiency	Accountability

## Personal Values Affirmation

1. On the flip side of this page, circle the ten values you consider to be the most important in your life.
2. Think for a bit about each of those ten values. Now put a second circle around the three that are the most important of all of them.
3. Write a letter to another student in your class, telling them why these values are important to you and what difference they have made in your life. Give some examples of things you have done or choices you have made in your life based on these values.

Cia Verschelden 2022