

PERSONAL VALUES

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IMPORTANT TO ME

VERY IMPORTANT TO ME

NOT IMPORTANT TO ME

ACCEPTANCE

to be accepted as I am

1

ACCURACY

to be accurate in my opinions and beliefs

2

ACHIEVEMENT

to have important accomplishments

3

ADVENTURE

to have new and exciting experiences

4

ATTRACTIVENESS

to be physically attractive

5

AUTHORITY

to be in charge of and responsible
for others

6



AUTONOMY

to be self-determined and independent

7

BEAUTY

to appreciate beauty around me

8

CARING

to take care of others

9

CHALLENGE

to take on difficult tasks and problems

10

CHANGE

to have a life full of change and variety

11

COMFORT

to have a pleasant and comfortable life

12

COMMITMENT

to make enduring, meaningful commitments

13

COMPASSION

to feel and act on concern for others

14

CONTRIBUTION

to make a lasting contribution in the world

15

COOPERATION

to work collaboratively with others

16



COURTESY

to be considerate and polite
toward others

17

CREATIVITY

to have new and original ideas

18

DEPENDABILITY

to be reliable and trustworthy

19

DUTY

to carry out my duties and obligations

20

ECOLOGY

to live in harmony with the environment

21

EXCITEMENT

to have a life full of thrills and stimulation

22

FAITHFULNESS

to be loyal and true in relationships

23

FAME

to be known and recognized

24

FAMILY

to have a happy, loving family

25

FITNESS

to be physically fit and strong

26



FLEXIBILITY

to adjust to new circumstances easily

27

FORGIVENESS

to be forgiving of others

28

FRIENDSHIP

to have close, supportive friends

29

FUN

to play and have fun

30

GENEROSITY

to give what I have to others

31

GENUINENESS

to act in a manner that is
true to who I am

32

GRACE

offering acceptance and forgiveness

33

GROWTH

to keep changing and growing

34

HEALTH

to be physically well and healthy

35

HELPFULNESS

to be helpful to others

36



HONESTY

to be honest and truthful

37

HOPE

to maintain a positive and optimistic outlook

38

HUMILITY

to be modest and unassuming

39

HUMOR

to see the humorous side of myself and the world

40

INDEPENDENCE

to be free from dependence on others

41

INDUSTRY

to work hard and well at my life tasks

42

INNER PEACE

to experience personal peace

43

INITIATIVE

starts a course of action

44

JUSTICE

to promote fair and equal treatment for all

45

KNOWLEDGE

to learn and contribute valuable knowledge

46



LEISURE

to take time to relax and enjoy

47

LOVED

to be loved by those close to me

48

LOVING

to give love to others

49

MASTERY

to be competent in my everyday activities

50

MINDFULNESS

to live conscious and
mindful of the present
moment

51

MODERATION

to avoid excesses and find a
middle ground

52

MOTIVATION

**Creating action toward a desired
goal**

53

NON-CONFORMITY

to question and challenge authority and norms

54

NURTURANCE

to take care of and nurture others

55

OPENNESS

to be open to new experiences,
ideas, and options

56



ORDER

to have a life that is well-ordered
and organized

57

PASSION

to have deep feelings about ideas,
activities, or people

58

PLEASURE

to feel good

59

POPULARITY

to be well-liked by many people

60

POWER

to have control over others

61

PURPOSE

to have meaning and direction in my life

62

RATIONALITY

to be guided by reason and logic

63

REALISM

to see and act realistically
and practically

64

RESPONSIBILITY

to make and carry out
responsible decisions

65

RISK

to take risks and chances

66



ROMANCE

to have intense, exciting
love in my life

67

SAFETY

to be safe and secure

69

SELF-ACCEPTANCE

to accept myself as I am

68

SELF-CONTROL

to be disciplined in my own actions

70

SELF-ESTEEM

to feel good about myself

71

SELF-KNOWLEDGE

to have a deep and honest understanding
of myself

72

SELF-MADE

achieving success by your own efforts

73

SERVICE

to be of service to others

74

SIMPLICITY

to live life simply, with minimal needs

75

SOLITUDE

to have time and space where I can
be apart from others

76



<p style="text-align: center;">SPIRITUALITY</p> <p style="text-align: center;">to grow and mature spiritually</p> <p>77</p>	<p style="text-align: center;">STABILITY</p> <p style="text-align: center;">to have a life that stays fairly consistent</p> <p>78</p>
<p style="text-align: center;">TOLERANCE</p> <p style="text-align: center;">to accept and respect those who differ from me</p> <p>79</p>	<p style="text-align: center;">TRADITION</p> <p style="text-align: center;">to follow respected patterns of the past</p> <p>80</p>
<p style="text-align: center;">VIRTUE</p> <p style="text-align: center;">to live a morally pure and excellent life</p> <p>81</p>	<p style="text-align: center;">WEALTH</p> <p style="text-align: center;">to have plenty of money</p> <p>82</p>
<p style="text-align: center;">WORLD PEACE</p> <p style="text-align: center;">to work to promote peace in the world</p> <p>83</p>	<p>Other Value:</p>
<p>Other Value:</p>	<p>Other Value:</p>

How to use this activity:

- 1. Sort through the list of values**
- 2. Identify 5 Values that are VERY IMPORTANT**
- 3. From the 5 Values, Select 1 that is the MOST IMPORTANT. Then:**
 - a. Create a Goal for the 1 value that reflects how the value is demonstrated in daily life**
 - b. Lead a conversation with your teen,**
 - i. How are current behaviors are helping, or contradicting, those values.**
 - ii. Why these values are important them.**
 - iii. Compare the MOST IMPORTANT values to the LEAST IMPORTANT values**

