My Values

How long does it take?
15 minutes

How do I do it?
First, identify 2-3 values, then write about why they are important to you.

How does it work?
By reflecting on your values in writing, you can affirm your identity and self-worth, creating a virtuous cycle of confidence, effort, and achievement.


“If only I can be myself, I’ll be satisfied.”

-Anne Frank
My Values

Read this list of values and think about each one. Circle 2 to 3 that are most important to you.

- Athletic ability
- Art and literature
- Creativity, discovering, or inventing things to make a difference in the world
- Independence
- Kindness and generosity
- Living in the moment
- Membership in a social group (such as your community, racial group, or school club)
- Music
- My community
- My moral principles
- Nature and the environment
- Relationships with friends and family
- Sense of humor
- Success in my career
- Other: ___________________

In a few sentences, describe why the selected 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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EXAMPLE

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- Sense of humor
- Success in my career
- Other: ___________________

Clear first value

In a few sentences, describe why the selected values are important to you. Focus on your thoughts and feelings, and don’t worry about spelling, grammar, or how well-written it is.

My relationships with my friends and family are important to me because they make me who I am. My mom taught me so many important things about how to be kind and how to make my favorite foods and how to be brave. My sister and I fight sometimes but she always has my back and makes sure I laugh when I am in a mood.

Clear second value

Music is also important to me. When I listen to music, I can be somewhere totally different. My favorite songs make me feel better even when I’m totally messed up. Listening to music with my friends is my favorite thing to do.