

Values Worksheet

Name: _____ Date: _____

Instructions: Reflect on the values of important people in your life, your society, and yourself. Write down what you believe are their top values, then identify your own top values and the values you wish to have. After listing them, rank all the values from most to least important without repeating any. Finally, explain why you ranked them that way, reflect on which values you believe are good or bad, and think about how you can apply more positive values in your life.



Write down your mother's top 3 values:

Write down your father's top 3 values:

Write down the top 3 values of a close friend:

Write down what you think society's top 3 values are:

Write down your top 5 values:

Write down the top 5 values you wish to have:

Rank all values here from best to worst (don't write the same value twice):

Explain your ranking:

Do you consider any of these values bad? Why?

Do you consider any of these values to be good? Why?

How might you go about incorporating more of the good values in your life?