

Values Worksheet

Name	Date
Fill in what you know	
Write down your mother's top 3 values	
1.	
2.	
3.	
Write down your father's top 3 values	
1.	
2.	
3.	
Write down the top 3 values of a close friend	
1.	
2.	
3.	
Write down what you think society's top 3 values are	
1.	
2.	
3.	
Write down your top 5 values	
1.	
2.	
3.	
4.	
5.	
Write down the top 5 values you wish to have	
1.	
2.	
3.	
4.	
5.	

Name

Date

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 good? Why?

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