

Personal Values

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

Personal Values Affirmation

1. On the flip side of this page, circle the ten values that you consider to be the most important in your life.
2. Think for a bit about each of those ten values. Put a second circle around the three that are the most important of all of them.
3. Write a letter explaining to another student in your class 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 three values.