**Personal Values**

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

**Personal Values Affirmation**

1. On the flip side of this page, circle the ten values you consider to be the most

important in your life.

2. Think for a bit about each of those ten values. Now put a second circle around the

three that are the most important of all of them.

3. Write a letter to another student in your class, telling them 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 values.

Cia Verschelden 2022