

Exploring Your Personal Values

INSTRUCTIONS


Please read each of the items below. Think about how these items relate to YOU.

Place a “1” by three items that are **EXACTLY LIKE YOU**.


Place a “2” by six items that are **NEITHER LIKE YOU NOR NOT LIKE YOU**.

Place a “3” by three items that are **NOT AT ALL LIKE YOU**.

- _____ Serving my family is very important to me.
- _____ Expressing myself through my artwork (e.g., music, painting, etc.) is very important to me.
- _____ Being able to support a family of my own in the future is very important to me.
- _____ Being there for my friends is very important to me.
- _____ Being a spiritual person is very important to me.
- _____ Supporting social issues is very important to me.
- _____ Pursuing a calling, rather than just a job is very important to me.
- _____ Living life according to my religious beliefs is very important to me.
- _____ Finding a career that is consistent with my values and beliefs is very important to me.
- _____ Serving my country is very important to me.
- _____ Volunteering is very important to me.
- _____ Helping others is very important to me.

 Next, think about why each of the statements that you placed a “1” next to is important to you and respond to the following questions: Why are these particular values so important to you? What do they say about the kind of person you are?

 How do they influence your daily life? _____

 How do they relate to your long-term plans? Do they influence the way you hope to leave your mark? If so, how? If not, why not?

Source: The Greater Good Science Center studies the psychology, sociology, and neuroscience of wellbeing and teaches skills that foster a thriving, resilient, and compassionate society. The GGSC is unique in its commitment to both science and practice: Not only do we sponsor groundbreaking scientific research into social and emotional wellbeing, we help people apply this research to their personal and professional lives. Learn more: <https://greatergood.berkeley.edu/>