

# 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?

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 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?

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**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/>