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## WHAT DO YOU VALUE?

1. CREATE A MAP OF YOUR OWN BELIEFS AND VALUES THAT DESCRIBE YOU AND THE WAY IN WHICH YOU MAKE DECISIONS ABOUT YOUR WORK.

FOR EXAMPLE, THINK ABOUT YOUR ROLES IN YOUR FAMILY, SCHOOL, AND OTHER ACTIVITIES.

2. WITH A DIFFERENT COLOR PEN, INCLUDE WORDS AND PHRASES THAT DESCRIBE THE WAYS IN WHICH OTHER PEOPLE WOULD DESCRIBE YOUR BELIEFS AND VALUES.

CONSIDER PEOPLE FROM ALL THE COMMUNITIES IN WHICH YOU PARTICIPATE (FAMILY, SCHOOL, ETC.).

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## WHAT DO YOU VALUE?

## 3. RESPOND TO THE FOLLOWING QUESTIONS.

- ARE THERE ANY TRENDS OR PATTERNS YOU NOTICE?
- WHAT ARE SOME OF THE THINGS THAT YOU ARE NOT WILLING TO GIVE UP OR COMPROMISE?
- WHAT ARE SOME OF THE DIFFERENCES BETWEEN HOW YOU DESCRIBE YOURSELF AND HOW OTHERS SEE YOU?
- DOES THIS CREATE TENSION FOR YOU? IS THERE ANYTHING THAT SURPRISES YOU?