

Exploring your Values



Values are beliefs that define what is most important to us. They act as a guide for our decisions. Oftentimes, our values are greatly influenced by important people in our lives and within society.

Taken from the Mentoring Tool Kit

Exploring your Values

1 Choose up to 5 values for each section

2 Explore your values. What are your parent's values? How do you view the values held in society?

3 Are you living by your values? Think about the distance between your ideal and current values.

4 Explore how the values you have chosen can be beneficial or non-beneficial to your life or progression.

Mother Figure Values

- 1.
- 2.
- 3.
- 4.
5. d

Father Figure Values

- 1.
- 2.
- 3.
- 4.
5. d

Society's Values

- 1.
- 2.
- 3.
- 4.
5. d

My School / Employer Values

- 1.
- 2.
- 3.
- 4.
5. d

My Current Values

- 1.
- 2.
- 3.
- 4.
5. d

Values I would like to live by

- 1.
- 2.
- 3.
- 4.
5. d



Exploring Your Values

Values List

- | | | | |
|---------------------|--------------|----------------|-----------------|
| Attention to detail | Discipline | Leadership | Self-reliance |
| Adventure | Equality | Love | Spontaneity |
| Challenge | Faith | Loyalty | Strength |
| Ambition | Family | Maturity | Structure |
| Achievement | Fitness | Responsibility | Success |
| Being happy | Health | Money | Teamwork |
| Belonging | Freedom | Openness | Traditionalism |
| Calmness | Honesty | Order | Trustworthiness |
| Clarity | Independence | Perfection | Truth-seeking |
| Commitment | Justice | Positivity | Understanding |
| Community | Kindness | Relationships | Uniqueness |
| Control / security | | Being Reliable | Unity |
| Creativity | | Reputation | Vision |
| | | Selflessness | |
| | | Self-reliance | |