



Name \_\_\_\_\_ Date \_\_\_\_\_

## TOP TEN VALU-ABLES

Directions: It is time for brutal honesty. Below are a number of things you may think are important in life. They may be things in life you want for yourself, what you try to be or hope for, or things you respect in others. There are probably other things that are important to you that aren't included. Please add them to the list. Then select the "top ten," the things you value most, and rank them one to ten.

### What's Important to You?

Happiness

Patriotism

Safety

Fun

Independence

Recreation/travel

Religion

Compassion

Fitness

Work Responsibility

Security

Being in style

Excitement

Risk

Status

Family

Honesty

Wealth

Beauty

Faith

Influence

Helping others

Maturity

Tolerance

Sympathy

Acceptance

Respect

Commitment

Acquiring skills

Community involvement

Good health

Education

Loyalty

Reliability

Sense of humor

Honor

Freedom

Friendship

Others:

Love



Directions: Now you identified the things you feel you value most in life. But where did those values come from? What influenced your values in the past? What influences your values today? Possible influences are listed below. From these, or others you can think of, identify the top seven factors that you believe have contributed the most to determining what you value most. Refer back to your top ten values list and try to figure out where those values came from. Are you aware of what has influenced you in the past and what influences you today? Or did your values sort of sneak up on you?

Possible Influences:

Your parents

Music

Other relatives

Books

Your childhood experiences

Magazines

Your childhood friends

Travel experiences

Your current friends

Specific events

Your teachers

Community activity

Other people

Camp experiences

Television

Volunteer experiences

Entertainment personalities

Work experiences

Sport personalities

Sickness or injury

Radio Others:

Others:

Adapted from Money & Youth