

# humantold

## Identifying Values

This activity is meant to start figuring out what is important to you in your life and the person you want to be.

**Values** are guiding principles that help you become the person you want to be (like being a good friend). These may have been taught to you or been something you discovered about yourself.

**Goals** are the concrete steps you take to express your values. So if you value being a good friend, a goal might be to hang out with a friend who's having a hard time.

Here are some values that may be important for you. Consider each one and then write in your own ideas on the blank lines at the end.

- Be a good friend.
- Put family first.
- Volunteer and help others.
- Be independent.
- Enjoy life.
- Always try to learn and grow.
- Lead others.
- Live a healthy lifestyle.
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- Have integrity.
- Have honest and trusting relationships.
- Be fair and treat people equally.
- Act responsibly and reliably.
- Be adventurous and try new things.
- Be curious and non-judge mental.
- Accomplish goals.

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While all the values you listed above are important, depending on what's going on in your life you may need to prioritize some. Take a moment to rank 3-5 of the values that you would like to focus on to set goals for.

- 1.
- 2.
- 3.

- 4.
- 5.