

PERSONAL VALUES WORKSHEET

<i>Acceptance</i>	<i>Education</i>	<i>Joy</i>	<i>Reliability</i>
<i>Accomplishment</i>	<i>Elegance</i>	<i>Justice</i>	<i>Relationship</i>
<i>Accuracy</i>	<i>Empathy</i>	<i>Kindness</i>	<i>Relaxation</i>
<i>Achievement</i>	<i>Equality</i>	<i>Knowledge</i>	<i>Respect</i>
<i>Ambition</i>	<i>Excellence</i>	<i>Leadership</i>	<i>Responsibility</i>
<i>Amusement</i>	<i>Fairness</i>	<i>Laughter</i>	<i>Restraint</i>
<i>Assertiveness</i>	<i>Faith</i>	<i>Learning</i>	<i>Risk</i>
<i>Authenticity</i>	<i>Family</i>	<i>Love</i>	<i>Security</i>
<i>Balance</i>	<i>Fame</i>	<i>Loyalty</i>	<i>Self – Awareness</i>
<i>Beauty</i>	<i>Forgiveness</i>	<i>Moderation</i>	<i>Self – Control</i>
<i>Belonging</i>	<i>Freedom</i>	<i>Meaning</i>	<i>Self – Respect</i>
<i>Boldness</i>	<i>Friendship</i>	<i>Money</i>	<i>Sensitivity</i>
<i>Calm</i>	<i>Fun</i>	<i>Nature</i>	<i>Service</i>
<i>Capable</i>	<i>Gratitude</i>	<i>Nurturing</i>	<i>Strength</i>
<i>Challenge</i>	<i>Growth</i>	<i>Openness</i>	<i>Success</i>
<i>Cleanliness</i>	<i>Generosity</i>	<i>Optimism</i>	<i>Tenderness</i>
<i>Collaboration</i>	<i>Happiness</i>	<i>Order</i>	<i>Thoroughness</i>
<i>Comfort</i>	<i>Health</i>	<i>Originality</i>	<i>Thoughtfulness</i>
<i>Compassion</i>	<i>Hard-work</i>	<i>Peace</i>	<i>Tradition</i>
<i>Confidence</i>	<i>Harmony</i>	<i>Perfection</i>	<i>Trust</i>
<i>Contentment</i>	<i>Honesty</i>	<i>Persistence</i>	<i>Truthfulness</i>
<i>Contribution</i>	<i>Hope</i>	<i>Pleasure</i>	<i>Understanding</i>
<i>Courage</i>	<i>Imagination</i>	<i>Polite</i>	<i>Usefulness</i>
<i>Creativeness</i>	<i>Improvement</i>	<i>Positivity</i>	<i>Variety</i>
<i>Dependability</i>	<i>Independence</i>	<i>Power</i>	<i>Vision</i>
<i>Determination</i>	<i>Influence</i>	<i>Purpose</i>	<i>Wealth</i>
<i>Diversity</i>	<i>Individuality</i>	<i>Privacy</i>	<i>Wisdom</i>

From the list above circle all the values that apply to you

LIVING YOUR VALUES

When are you living by these values, how will you:

- TREAT YOURSELF?
- TREAT OTHERS?
- TREAT YOUR BODY?
- TREAT YOUR WORK/EDUCATION?
- TREAT YOUR INTERESTS/HOBBIES?
- TREAT THE WORLD AROUND YOU?



SETTING BOUNDARIES

WHAT IS A BOUNDARY?

A boundary is an invisible “barrier” between you and other people. It is healthy to have a good sense of where your feelings and opinions start and stop, and where another person’s feelings start and stop.

It is especially important to know how to set boundaries with “difficult” people – particularly those who are critical, controlling, manipulative, demanding or aggressive.

HOW DO I COMMUNICATE MY BOUNDARIES TO OTHER PEOPLE?

HERE ARE SOME LINES TO USE:

I HAVE A PROBLEM WITH

I DON'T WANT TO

I'VE DECIDED NOT TO

THIS IS WHAT I NEED

THIS IS HARD FOR ME TO SAY

I UNDERSTAND YOUR POINT OF VIEW BUT

I FEEL UNFORMTABLE ABOUT

I'D RATHER NOT

YES, I DO MIND

I'D PREFER NOT TO SAY

IT'S IMPORTANT TO ME

I GUESS WE SEE IT DIFFERENTLY

WHO DO I NEED TO BE
MAKING CLEAR
BOUNDARIES WITH?



SELF DISCOVERY QUESTIONS

WHAT ARE THREE WORDS THAT BEST DESCRIBES YOU?

WHAT ARE YOUR GREATEST ATTRIBUTES?

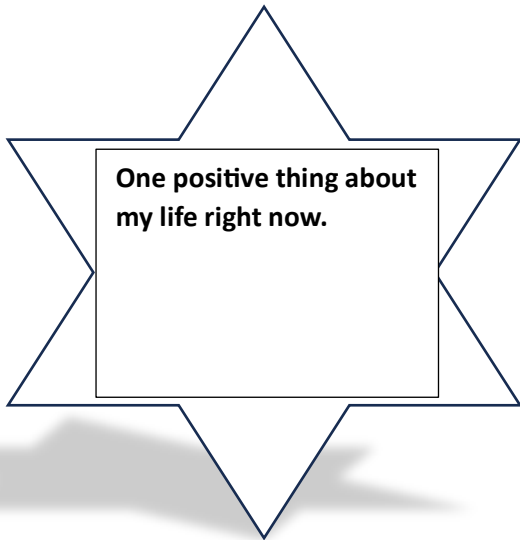
ARE YOU HAPPY WITH WHERE YOUR LIFE IS HEADED? _____ IF NOT WHY?

WHAT IS YOUR DEFINITION OF SUCCESS?

IN WHAT WAYS DO YOU MEASURE YOUR SUCCESS?

IF YOU ONLY HAD 1 HOUR TO LIVE. HOW WOULD YOU SPEND IT?

MY YEAR AT A GLANCE



One positive thing about my life right now.

One thing I learned this year was:

One skill I got stronger at was...

ME

One thing I would like to improve on for next year is:

FAVOURITE QUOTE



I learned that friendships

REFLECT

ON YOUR YEAR

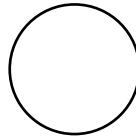


The most important goal I achieved:

What excited me?

EMOJI

*That describes
my feelings*



The lowest point(s)

New Skills I have learned

<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>

MY FAVOURITE THINGS

BOOK _____

SONG _____

FOOD _____

TRIP _____

EVENT _____

ACTIVITY _____

MOVIE _____

TV SHOW _____

I was happy to spend time with:

I AM GRATEFUL FOR...

The lesson(s) I have learned:

Name:

Date:



VALUES: What is important to me?

This worksheet is to find out what is important to you. For each item please fill

Very important= ●●● Important= ●● A little important= ●

Not Important= ○



Having Good Grades



Being Good In Sports



Having Fun

Being Popular



My Religion



Being Clean and Organised



Being Careful and Safe



Being Creative



Learning New Skills



Being Responsible for my Actions



Spending time with Family



Being Honest



Being Respectful and Fair



Being able to Forgive Others



Being Thankful

STRENGTHS AND QUALITIES



THINGS IM GOOD AT:

- 1.
- 2.
- 3.

THINGS I LIKE ABOUT MYSELF:

- 1.
- 2.
- 3.

COMPLIMENTS I HAVE RECEIVED:

- 1.
- 2.
- 3.

CHALLENGES I HAVE OVERCOME:

- 1.
- 2.
- 3.

THINGS I WANT TO PUSH MYSELF TO DO:

- 1.
- 2.
- 3.

RELATIONSHIPS

List the strengths that help you in relationships.

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

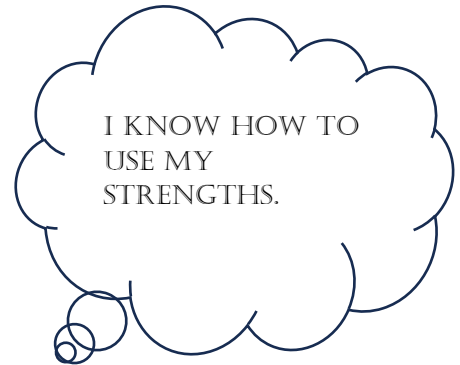
PERSONAL

Rank the following personal statements of importance in life outside of school.

Honesty Common Sense

Ambition Forgiveness Self-Control

1.
2.
3.
4.
5.



- A. STRONGLY AGREE
- B. AGREE
- C. NEUTRAL
- D. DISAGREE
- E. STRONGLY DISAGREE



SCHOOL

Name a time your strengths have helped you at school.

