

VALUES WORKSHEET

Name: _____ Class: _____ Date: _____

What Are Values?

Values are the qualities, principles, and things that are important to us. They can guide the way we make choices and treat ourselves and others.

Examples of values include **kindness, honesty, friendship, respect, courage, responsibility, family, learning, and fairness.**

1. What Matters to Me?

Read the words below and circle the ones that are important to you.

Kindness | Honesty | Friendship | Family | Respect | Courage | Learning | Fun | Fairness | Helping Others | Creativity | Responsibility | Health | Teamwork | Freedom

My important values:

1. _____
2. _____
3. _____
4. _____
5. _____

2. Choose My Top Values

From the values above, choose your **three most important values.**

Value 1

Value 2

Value 3

3. What Does My Value Mean?

Choose one of your important values.

My value: _____

To me, this value means:

Example:

If your value is **kindness**, it might mean helping someone who needs support or using caring words.

4. Values in Everyday Life

Write one way you can show each value in your daily life.

My Value

How I Can Show It

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

5. What Would I Do?

Read each situation and write what you could do based on your values.

Situation 1

You see a new student sitting alone.

I could:

Value I am showing: _____

Situation 2

You make a mistake on your homework.

I could:

Value I am showing: _____

Situation 3

Your friend wants you to leave someone out of a game.

I could:

Value I am showing: _____

Situation 4

You disagree with someone's opinion.

I could:

Value I am showing: _____

6. My Values and My Goals

Think about one goal you have.

My goal:

Which value can help me reach this goal?

One action I can take that matches my value:

7. Values Check-In

Think about the past week.

Did I act according to my values?

☐ Almost always

☐ Often

☐ Sometimes

☐ Not yet

One thing I did that matched my values:

One thing I would like to do differently next time:

8. My Values Statement

Complete the sentence:

“I want to be a person who...”

MY VALUES PROMISE

One value I want to practise more is:

This week, I will show this value by:

My signature: _____

Date : _____