

**VALUES CLARIFICATION EXERCISE**

Complete the following sentences with a word that best reflects your feelings or beliefs:

The 3 most important people to me are \_\_\_\_\_

\_\_\_\_\_

Write one word to describe these people \_\_\_\_\_

One thing I could not live without is \_\_\_\_\_

Two things I'd like to be remembered for are \_\_\_\_\_

\_\_\_\_\_

If there were just two rules for everyone to follow, they would be \_\_\_\_\_

\_\_\_\_\_

The person I admire most in the world is because \_\_\_\_\_

\_\_\_\_\_

Two qualities I would look for in a life partner are \_\_\_\_\_

\_\_\_\_\_

If I had to describe myself in one word, it would be \_\_\_\_\_

The quality that will help me most in life is \_\_\_\_\_

Create a motto that best sums up your outlook or philosophy of life: \_\_\_\_\_

\_\_\_\_\_

*If this is truthfully & thoughtfully completed, it can provide a summary of  
your values!*

