

WHAT ARE MY VALUES??

What are Values?

- What we believe is right, good, important or necessary
- Qualities or attributes we think are highly desirable.
- What gives our life meaning

Three types of values:

- *Ideas*: Beliefs, opinions, ways of seeing things (like religion, politics, morals, etc.)
- *Things*: Material objects, people, places, possessions (like money, friends, clothes, cars, etc.)
- *Experiences*: Activities, events, happenings, life-lessons (like playing sports, exercise, travel, seeing beautiful things, being with family)

Values are unique, deeply held, personal, and often hard to change.

Where do your values originate, or come from? Write down 3-5 influences that have helped shape your values.

On the scale below, indicate what portion of your values you think have been influenced by media (television, movies, music, reporting of behavior of public figures, etc.)

0% **25%** **50%** **75%** **100%**

What values do you believe are most often promoted by the media sources listed above?
