

What are my values?

Your values are the things that you believe are important to you, matter most to you or make you happy.

Please fill in the exercise below to help you understand what you value and what's important to you.

Once you know this, it will help you decide what you want to do in the future and can help you fill out your My 4 steps with your work coach.

You will not be asked to show this sheet to your work coach or anyone else, so you can be as open about your feelings as you'd like.

Please read the list of values below. Then choose the 2 or 3 values that are most important to you. Even if you feel that many of the values are important to you, please only pick 2 or 3:

- Being good at art
- Being creative
- Relationships with friends or family
- Following government or politics
- Being independent – having the freedom to do what I want
- Learning new skills
- Enjoying sports

- Belonging to a social group (such as your community, culture, or a club)
- Listening to music or playing music
- Religion or spirituality
- Sense of humour
- Kindness

Next, look at the values you picked as being **most important** to you.

Take 2 minutes to think about times when your values were very important to you.

Write a few sentences about why the values you chose above are important to you. Think about your thoughts and feelings. Don't worry about spelling, grammar, or how well written it is. There are no right or wrong answers. Write your response in the box below.

