

EXPLORING YOUR VALUES

Values are the ideas on which people act. One of the best ways to know a person's values is to look at what he/she does. Try completing the chart below to see what it says about your values. Think back to what you did last Saturday and Sunday. Fill in the chart from what you remember, stating the specific activities that took your time.

8-9

9-10

10-11

11-12

12-13

1-2

2-3

3-4

4-5

5-6

6-7

7-8

8-9

9-10

10-11

11-12

Saturday

Sunday

List 2 or 3 values that are suggested by how you spent your time during those two days: