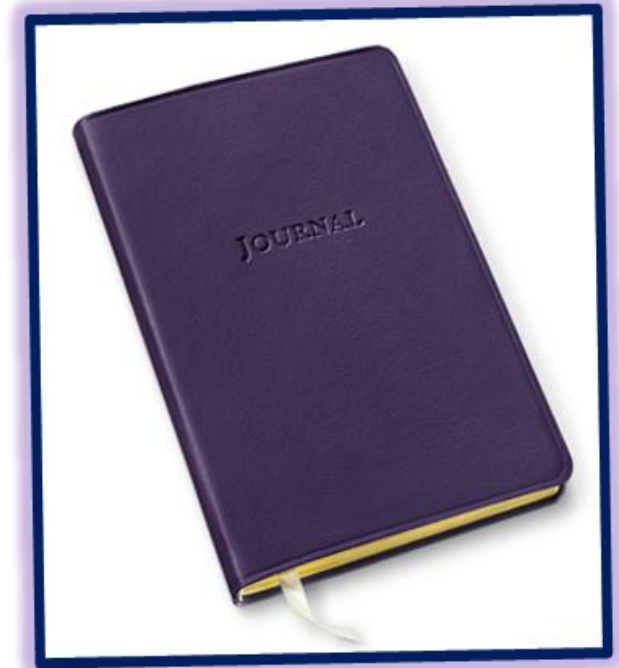


Values – What is important to me?



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# Tangible Items



# Values are Intangible Items

Friendship...Honesty...Fairness...  
Courage...Personal Freedom



# Examples of Values



# Where do you get your values?



Family Environment



Gender



Religious Teachings



People you look up to



School, Community, Society



Media



# Everyone has unique personal values

**Can you think of a value someone else has that you do not share?**



Your values should guide your decisions and actions



# Your values



- You live them
- You develop them
- Your friends have the same values
- You make sacrifices to uphold your values





# Values and Behavior

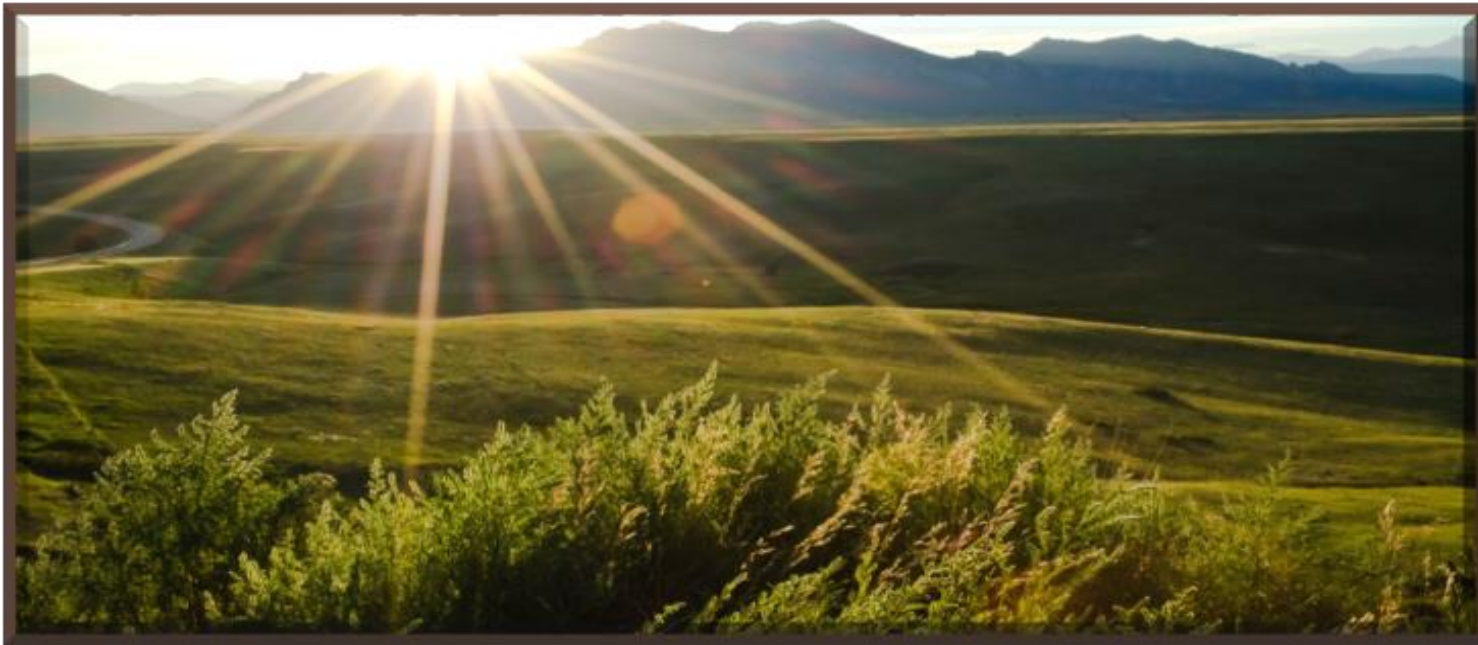
Values show up again and again in your actions



# Your goals should reflect your values

“Keep your values positive because your values become your destiny.”

Mahatma Gandhi



# Sometimes it's hard to know what we value

- Identifying your values is an ongoing process.
- It takes time to recognize what is really important to you.
- Values can change over time.



*Thank you!*



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