# Values Worksheet

Values are a person's principles or standards of behaviour; one's view of what is important in life. Once you have completed the worksheet, keep your list of values handy when you are making a decision or considering your next steps.

## Part 1: What are 3 of your favourite movies?

What themes do these movies have in common?

What values arise when you think of the themes?

## Part 2:

| What is important in your life right now? | Why is this important? |
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**Part 3: Make a listing of your top values from Part 1 and 2.**

**Part 4: From the values in Part 3, choose your top 5 values**