

**Ministry of Education, Heritage & Arts**

**Year 10 Careers Education**

**My Values**

Values are personal beliefs, viewpoints, attitudes and outlook on life. Values come from your family background, the way you are brought up and your own experiences. People are sometimes confused about their values. It is important to think about and be clear about your values, as they influence many things you will do in your life.

**WHAT IS IMPORTANT TO ME**

Complete the following questions, to find out about your personal values.

1. Name the three most important people in your life, why they are important to you and what they value most in life.

Person	Why they are important to me	What they value most in life

2. Write down the three most important goals in your life right now.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

3. What have you always wanted to do?

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4. What makes you feel really good about yourself??

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6. If you could write a personal values message on the containers of all the fast food meals sold throughout the world in a week, what would it be?

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7. List the four things you value most in life.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

*Feel free to share and discuss these with family and friends.*