

# Raise

## Values Student Worksheet



# Activity 1



Choose to work in pairs or by yourself for this self-reflective activity.

Take a look at the images below. Choose five that hold some meaning for you and that represent what you consider most important. Once you have both completed the exercise, you may like to discuss these values.



Well-being



Happiness



Family/friendship



Hope



Health



Forgiveness



Wisdom



Authenticity



Adventure



Equality



Independence



Peace



Honesty



Generosity

You may well find that the values you have chosen are your core values which make up the heart of who you are. These are important because they let you know what you stand for and they are uniquely yours. This is because we inherit our values from the culture in which we grew up or live in now, our family, and so many other factors. These form a window through which we see and live in this world as unique individuals. Becoming aware of what specifically informs our lives makes it easier for us to more actively choose how we want to be, and to be better equipped to make decisions in life.

## Activity 2

Align your values with decisions you would make about your money.

	My Values	Financial Decisions
1		
2		
3		
4		
5		

