

CRAFT Connect: WE RECOVER TOGETHER

What are My Values? Worksheet (Rev 6.30.23)

Generally, people like to live a life with meaning and purpose. When these goals are met we are able to develop a harmony with our inner self and the outside world. This is a lifelong journey that evolves based on unique circumstances, individual experiences and global events. Explore your values by answering these questions. Then look for differences between what you believe in and hope for and your behavior. Consider how your actions may go against your values.

What gives my life meaning?

What gives me hope?

How do I get through tough times? Where do I find comfort?

Am I tolerant of other people's views about life issues?

Do I make attempts to expand my awareness of different ethnic, racial and religious groups?

Do I make time for relaxation in my day?

Do my values guide my decisions and actions?

Summarize what you learned from the worksheet.
