

## Exploring Values

Your **values** are the things you believe are most important, and they ultimately guide your decisions every single day. They help you set priorities in life. We often suggest a values audit to help you make a decision when you are stuck with multiple options and actions. Here is a good example: a person who values wealth might prioritize their career, while a person who values family might choose not to take a lucrative job because the commute would take time away from family. The best thing about understanding your values is that when your actions don't match your values, you will feel it in your gut. It helps you readjust!

**Values are often passed down by family, and the society you live in. To begin exploring your own values, think about the values of the people who surround you.**

Values I learned from my mom:	Values I learned from my dad:
1.	1.
2.	2.
3.	3.

The values of a person I respect:	Society's values:
1.	1.
2.	2.
3.	3.

The values I would like to live by:	The values I actually live by:
1.	1.
2.	2.
3.	3.
4.	4.