

Values = What Really Matters to Me

Place an "X" next to the values that are most important to you.

- Acceptance: to be open to and accepting of myself, others, and life.
- Adventure: to be adventurous; to actively seek, create, or explore novel or stimulating experiences.
- Authenticity: to be authentic, genuine, real; to be true to myself.
- Beauty: to appreciate, create, nurture, or cultivate beauty in myself, others, and the environment. t.
- Challenge: to keep challenging myself to grow, learn, and improve.
- Compassion: to act with kindness towards those who are suffering.
- Connection: to engage fully in whatever I am doing and be fully Present with others.
- Contribution: to contribute, help, assist, or make a positive difference to myself or others.
- Courage: to be courageous or brave; to persist in the face of fear, threat, or difficulty.
- Creativity: to be creative or innovative.
- Curiosity: to be curious, open-minded, and interested; to explore and discover.
- Family: to be authentically connected with family, share time together, support one another
- Freedom: to live freely; to choose how I live and behave, or help others do likewise.
- Forgiveness: to be forgiving towards myself or others.
- Generosity: to be generous, sharing and giving to myself or others.
- Gratitude: to be grateful for and appreciative of the positive aspects of myself, others, and life.
- Honesty: to be honest, truthful, and sincere with myself and others.
- Humor: to see and appreciate the humorous side of life.
- Humility: to be humble or modest; to let my achievements speak for themselves.
- Independence: to be self-supportive and choose my own way of doing things.
- Kindness: to be kind, compassionate, considerate, nurturing or caring towards myself or others.
- Love: to act lovingly or affectionately towards myself or others.

- ___ Open-mindedness: to think things through, see things from others' points of view .
- ___ Patience: to wait calmly for what I want.

- ___ Persistence: to continue resolutely, despite problems or difficulties.

- ___ Respect: to be respectful towards myself or others; to be polite, considerate, show positive regard.

- ___ Responsibility: to be responsible and accountable for my actions.

- ___ Self-care: to look after my health and well-being and get my needs met.

- ___ Spirituality: to connect with things bigger than myself.

- ___ Supportiveness: to be supportive, helpful, encouraging, and available to myself or others

- ___ Trust: to be trustworthy; to be loyal, faithful, sincere, and reliable.

Today: Choose one value that you identified as important to you:

What is one action you can take today that reflects this value? _____

Next Steps:

Bring this sheet home. Share your answers with family members, a mentor, or a family friend. Use the information on this sheet to start a conversation. Find out what your conversation partner's values are as well!

This values-based conversation is one that you can return to many times. When life presents challenges, when you doubt yourself, or are feeling anxious or down, you can return to your values to ground you and know that you can look for support from people who care about you.

Becoming Aware of Your Values: Mental Health Benefits

When you connect with what is most important to you, your values, you will more effectively filter outside messages that you receive.

When you make choices to act on what is most important to you, you will be moving in positive ways as you respond to outside stressors in your life.

When you are intentional about acting in ways that are consistent with your values you build self-confidence, trust, and strength to face life's challenges.

Values are your internal roadmap. They are your guide when making decisions and provide motivation to move you through the harder tasks in life.

Acting in ways that are consistent with your values is protective of your mental health

Talking With Teens Who Are Experiencing Challenging Emotions

1. Remind them that all people experience a full range of emotions.
2. Remind them that emotions are temporary, they will always come and go.
3. Invite them to get grounded in what matters most to them (values).
4. Explore ways that they can act on what matters most to them.
5. Seek professional help if emotional challenges are persistent, or if the teen expresses desire to self-harm or has suicidal ideation.