



WHAT ARE MY VALUES?



Fun

Do you like having fun with your friends or family?
What do you do for fun?



Sports

Do you like playing sports?
Do you like watching sports?

Friendship

Do you like spending time with friends?
Do you like making friends?



Religion/spirituality /faith

Do you identify with a religion?
Do you follow a faith?
Are you spiritual?



Family relationships

Is spending time with your family important to you?

Kindness

Is being kind important to you?
Do you want people to be kind to you?



Cultural traditions

Is there cultural traditions you think are important to you?
What parts of your culture are important to you?



Humour

Do you think it's good to be funny?
Do you enjoy making others laugh?
Do you like when others make you laugh?

