



Values: What are the top five values that guide your life?

Instructions: Listed below are 50 values. Read through the list and select the **top five** values that guide your life.

Acceptance: To be accepted as I am

Accuracy: To be correct in my opinions and actions

Achievement: To accomplish and achieve

Adventure: To have new and exciting experiences

Attractiveness: To be physically attractive

Authority: To be in charge of others

Autonomy: To be self-determining and independent

Beauty: To appreciate beauty around us

Caring: To take care of others

Comfort: To have a pleasant, enjoyable life

Commitment: To make a long-lasting and deep commitment to another person

Compassion: To feel and show concern for others

Complexity: To have a life full of variety and change

Contribution: To make a contribution that will last after I am gone

Courtesy: To be polite and considerate to others

Creativity: To have new and original ideas

Dependability: To be reliable and trustworthy

Duty: To carry out my duties and responsibilities

Ecology: To live in harmony with and protect the environment

Fame: To be known and recognized

Family: To have a happy, loving family

Flexibility: To adjust to new or unusual situations easily

Forgiveness: To be forgiving of others

Friends: To have close, supportive friends

Fun: To play and have fun

Generosity: To give what I have to others

Genuineness: To behave in a manner that is true to who I am

God's Will: To seek and obey the will of God

Growth: To keep changing and growing

Health: To be physically well and healthy

Helpfulness: To be helpful to others

Honesty: To be truthful and genuine

Humility: To be modest and unassuming

Humor: To see the humorous side of myself and the world

Independence: To be free from depending on others

Industry: To work hard and well at my life tasks



Inner Peace: To experience personal peace

Intimacy: To share my innermost experience with others

Justice: To promote equal and fair treatment for all

Knowledge: To learn and possess valuable knowledge

Leisure: To make time to relax and enjoy

Logic: To live rationally and sensibly

Loved: To be loved by those close to me

Loving: To give love to others

Mastery: To be competent in my everyday activities

Moderation: To avoid excess and find a middle ground

Orderliness: To have a life that is well-ordered and organized

Pleasure: To have experiences that feel good

Popularity: To be well-liked by many people

Power: To have control over others

Purpose: To have meaning and direction in life

Realism: To see and act realistically and practically

Responsibility: To make and carry out important decisions

Risk: To take risks and chances

Romance: To have intense, exciting love in my life

Safety: To be safe and secure

Self-acceptance: To like myself as I am

Self-control: To be self-disciplined and govern my own activities

Self-esteem: To feel positive about myself

Self-knowledge: To have a deep, honest understanding of myself

Service: To be of service to others

Sexuality: To have an active and satisfying sex life

Simplicity: To live life simply, with minimal needs

Spirituality: To grow spiritually

Stability: To have a life that stays fairly consistent

Strength: To be physically strong

Tolerance: To accept and respect those different from me

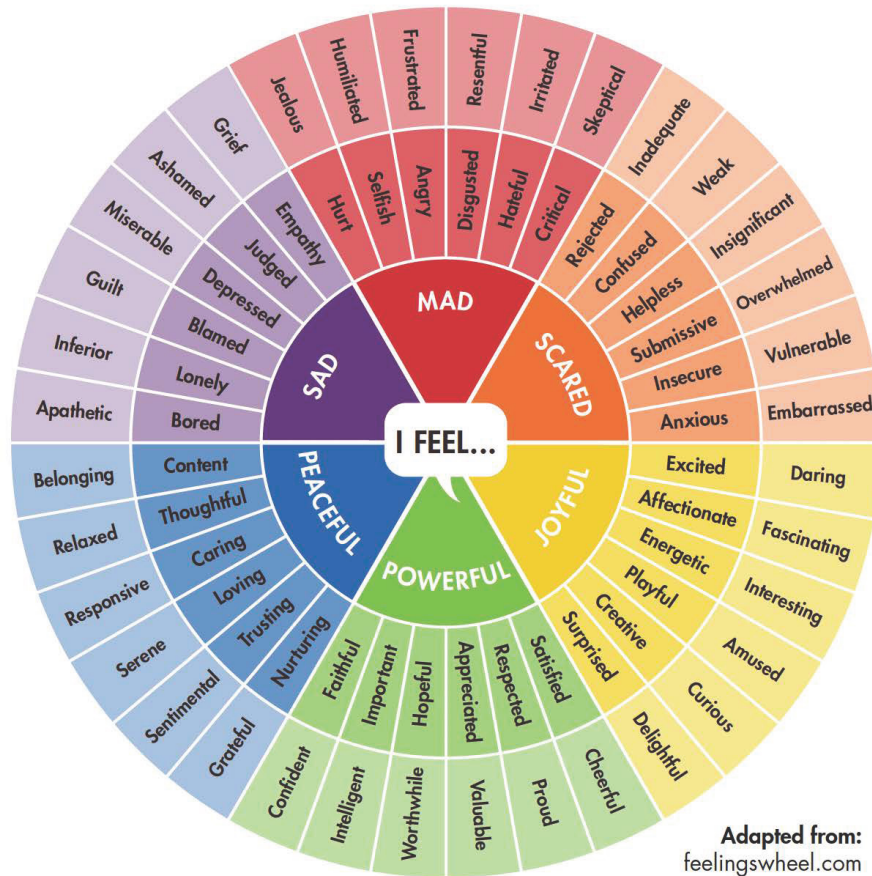
Virtue: To live a morally pure and excellent life

Wealth: To have plenty of money

Adapted from: www.winona.edu/resilience/media/values-activity-worksheet.pdf

Source: Miller, W.R., C'deBaca, J., & Matthews, D.B. (1994). Values Card Sort. Unpublished manuscript: University of New Mexico

Some Common Human Feelings



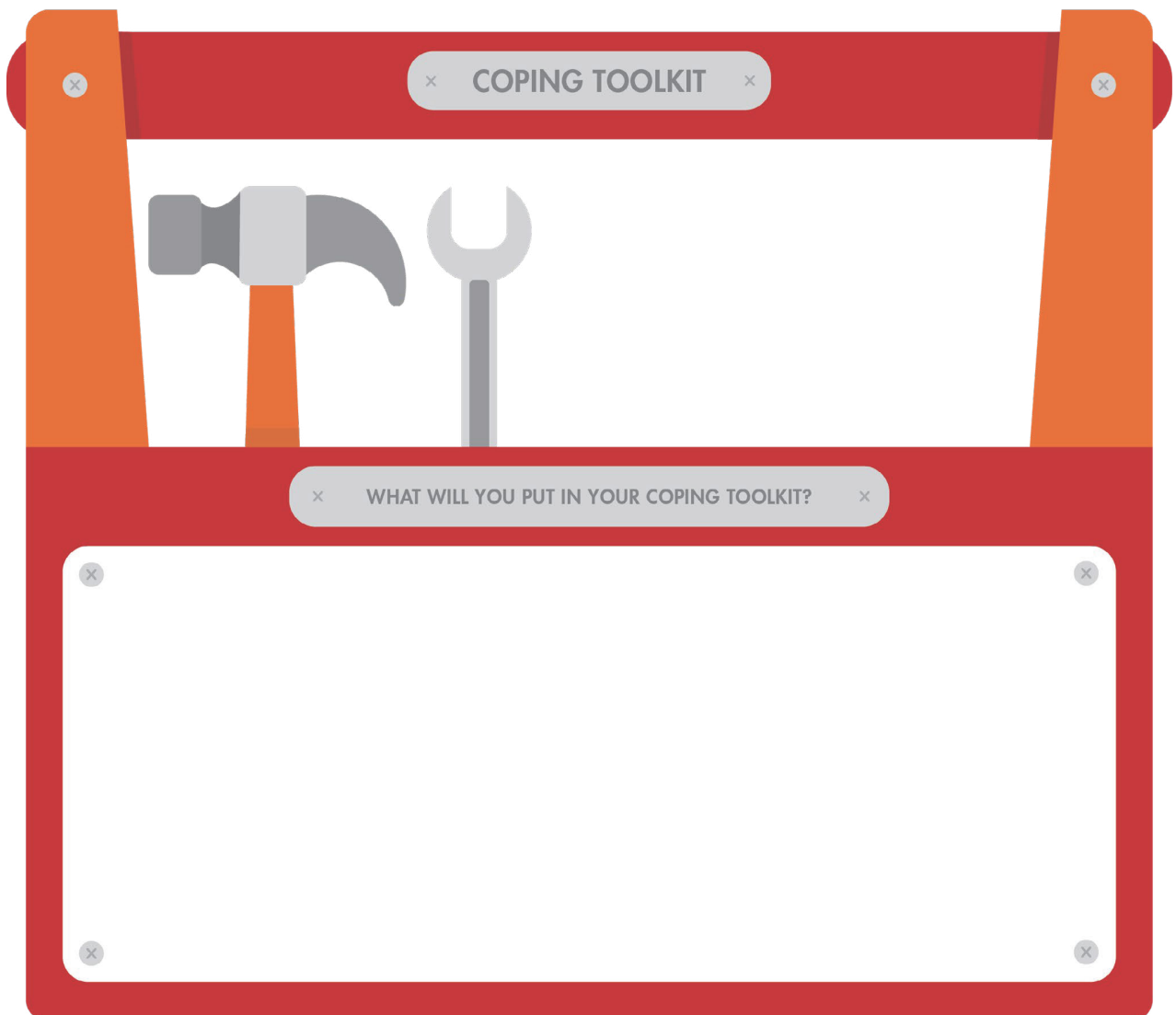
What are you feeling today?

Your Coping Toolkit

Name: _____ Where will you keep your coping tool kit? _____

What is a coping tool kit?

A coping tool kit is a place for you to keep things that calm you down in periods of stress. If you have everything gathered in one place, it's easier to remember to use your healthy coping skills rather than use unhealthy coping skills.



COPING TOOLKIT

WHAT WILL YOU PUT IN YOUR COPING TOOLKIT?