

1. The first value that is most important to me is:

The reasons why this value is meaningful to me are:

The activities that I can do based on this value are:

2. The second value that is most important to me is:

The reasons why this value is meaningful to me are:

The activities that I can do based on this value are:

3. The third value that is most important to me is:

The reasons why this value is meaningful to me are:

The activities that I can do based on this value are:

