

# VALUES AND BEHAVIORS

## Value

Health

## Value Statement

My health is important to me.

## Behavior that reflects this value

Getting regular exercise; Eating a healthy diet; Not smoking; Avoiding alcohol and other drugs

## Value

Education

## Value Statement

Going to college or a job training program will help me get a good job, which is important to me.

## Behavior that reflects this value

Getting good grades in high school; Graduating high school; Thinking about where you want to go to college/job training; Learning about/applying for scholarships and financial aid.

Fill in the boxes below with a value, a statement, and a behavior.

## Value

## Value Statement

## Behavior that reflects this value

## Reflection: Ask Yourself

Was it easy to choose the things I value the most? Was it hard? Why?

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Were there items on the list that I had never really thought about before? Which ones?

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\*This activity was adapted from Life Planning Education, Advocates for Youth, Updated 2009.  
<http://www.advocatesforyouth.org/for-professionals/lesson-plans-professionals/1176?task=view>