



# Values Arrangement List for Teens

By John Patrick Golden Ed.D

Name: John Golden    Grade: 12    Age: 16    Report Date: December 4, 2017

**What are Values?** - values are your preferred life ideals and daily behaviors that you care most deeply about in your life. Your values can be best understood when thought of in terms of the priorities you place upon them and the role they play in your decisions, choices and actions. Thinking about your values as a system of life ideals and behavioral actions i.e., your priority list, will help you make better choices, more accurate decisions and help you experience more satisfaction in your accomplishments and confidences in the choices you make.

The VAL for Teens report is designed to help you examine your values. Exploring the values in the two lists below is the first step, clarifying and confirming your values is the second step. Living a life that supports and affirms your values is the ultimate step.

## **Your Life Values:** ideals to live up to in your life

### Primary Importance

**Family:** a good home environment, parents

**Self-Worth:** being proud of oneself

**Love:** a lasting romantic relationship

**Achievement:** reaching your goals

**Wisdom:** knowledge, education

### Secondary Importance

**Service:** helping others

**Health:** a sound mind and healthy body

**Independence:** freedom to be what you want

**Inner Peace:** lasting harmony and freedom from violence

**Friendship:** having friends you trust and relate to

### Less Importance

**Wealth:** money to buy whatever you want

**Adventure:** pursuing excitement and taking risks

**Power:** influence, control of others

**Easy Life:** no need to work hard, time to have fun

**Faith:** belief in a higher power

## **Your Daily Values:** behaviors to live by on a day to day basis

### Primary Importance

**Honesty:** being truthful and sincere

**Love:** being affectionate, loving and tender

**Creativity:** being imaginative and innovative

**Drive:** being ambitious and hard working

**Cooperation:** being helpful to others, a team player

### Secondary Importance

**Self-Reliance:** being independent and free

**Tolerance:** being patient, open-minded and accepting

**Intelligence:** being smart, knowledgeable and intellectual

**Competence:** being skillful, efficient and productive

**Humor:** being entertaining, witty and funny

### Less Importance

**Beauty:** being good looking and physically attractive

**Courage:** being brave and fearless

**Forgiveness:** being able to forgive, forget and let go

**Athletics:** being good at sports

**Popularity:** being in with the right crowd, fashionable

## **Suggestions for clarifying and confirming your life and daily values:**

- Define your Primary Importance values in your own terms.
- Share and discuss your list of values with your parents, teacher and friends.
- Clarify and confirm your most important values through self-awareness exercises.
- Think about what is most important to you before taking action or making decisions.
- Monitor your thoughts and feelings for clues about your real values.