

This

OR

That

Directions:

Below is a list of seemingly opposed values. For each pair, circle the one you feel more strongly about. In the space below, write your reasoning.

Careful vs. Spontaneous

Exploration vs. Mastery

Restraint vs. Boldness

Risk vs. Safety

Dependability vs. Self-Reliance

Logic vs. Passion

Questions to Ponder:

1. Why is it important to think about your values?

2. How do your values show up in your everyday life?
