

## **Personal Values: Circles of Influence**

Values are the ideals most important to you in life. These may include things like love, respect, or empathy. Values play a role in shaping your goals, priorities, and even your identity. They are influenced by personal beliefs, as well as by your family, friends, and society. Acting in accordance with your values can help you achieve a happier life.

The **Personal Values: Circles of Influence** worksheet provides a tool for exploring one's most important values, as well as those of family, friends, and society. This exercise can help clients explore how other people influence their values, and what unique values they hold.

After completing the worksheet, encourage discussion with the following questions:

- How and when were your top values formed?

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- What person or people most influenced your values?
- How are your values similar to and different from those of others?
- How do your values play a role in your everyday life?