**Beliefs and Values**

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| Overview | |
| **Beliefs** are what we think is true about the world; they are typically communicated as a statement such as “I believe that lifelong learning is important.” Our **Values,** which stem from our beliefs, are concepts we think are important like equality, honesty, and loyalty; they are typically expressed as a single word such as “education” (which relates to the earlier noted belief). Values become standards by which people order their lives and make their choices. | |
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| Instructions | |
| 1. **IDENTIFY** up to **FIVE** of your **BELIEFS** in the rows below. 2. **DEFINE** up to **FIVE** of your **VALUES** in the rows below. | |
|  | |
| Beliefs | Values |
|  | |
| **1.** | **1.** |
|  | |
| **2.** | **2.** |
|  | |
| **3.** | **3.** |
|  | |
| **4.** | **4.** |
|  | |
| **5.** | **5.** |