**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.
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|  |
| Beliefs | Values |
|  |
| **1.**  | **1.**  |
|  |
| **2.**  | **2.**  |
|  |
| **3.**  | **3.**  |
|  |
| **4.**  | **4.**  |
|  |
| **5.**  | **5.**  |