

Beliefs and Values

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.

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.