

Mental Health Worksheets Values

VALUES

THE THINGS THAT WE HOLD AS
IMPORTANT, GOOD, DESIRABLE OR
WORTHWHILE.

FAMILY

FREEDOM

FRIENDSHIP

SUCCESS

LOVE

JUSTICE

SAFETY

LIFE

BELONGING

EDUCATION

They are the basic and fundamental beliefs that guide or motivate attitudes or actions.

They are usually stated as one word or a short phrase and they are generally positive.

We can have individual values or group values (cultural values).

My Values

CIRCLE ALL THAT APPLY

AGILITY	ACCOUNTABILITY	ALTRUISM	AUTHENTICITY
APPROACHABLE	ADAPTABILITY	ANIMAL RIGHTS	COMMITMENT
BELONGING	AGGRESSIVE	CHARITY	COMPASSION
CREATIVITY	ATTENTION TO DETAIL	CIVIL DISOBEDIENCE	CONCERN FOR OTHERS
DIVERSITY	CAPABILITY	COMMUNITY DEVELOPMENT	CONSISTENCY
EMPOWERING	COLLABORATIVE	EDUCATION	COURAGE
ENTREPRENEURIAL	COMPETITIVE	ENVIRONMENTALISM	DEPENDABILITY
FAMILY-ORIENTED	CONTINUOUS PROGRESS	EQUALITY	ENTHUSIASM
FUN	CRAFTSMANSHIP	FITNESS	FEARLESSNESS
HARD WORK	DOMINANCE	FREEDOM	FRIENDLINESS
INCLUSION	CUSTOMER-FOCUSED	GIVING BACK	GOOD HUMOR
INDIVIDUALISTIC	EFFICIENCY	HISTORIC PRESERVATION	HONESTY
LEARNING	ETHICAL	HUMAN RIGHTS	HONOR
MERITOCRACY	EXCELLENCE	INDIVIDUAL LIBERTIES	INDEPENDENCE
MODERN	EXPERTISE	JUSTICE	INTEGRITY
NIMBLE	FAIRNESS	PATRIOTISM	KINDNESS
ORIGINALITY	FLEXIBILITY	PHILANTHROPY	LOYALTY
PASSION	HIGH PERFORMANCE	RESPECT FOR OTHERS	OPEN-MINDEDNESS
RESPECT FOR BOUNDARIES	INNOVATION	RULE OF LAW	OPTIMISM
SHARED PROSPERITY	MARKET LEADER	SOCIAL JUSTICE	PERSEVERANCE
SOCIAL RESPONSIBILITY	OWNERSHIP	ADVOCACY FOR UNDERDOG	PRAGMATISM
SUSTAINABILITY	RESPONSIVE	STEWARDSHIP	POSITIVITY
TEAM-FOCUSED	QUALITY	SUPPORT FOR THE ARTS	RELIABILITY
TRADITIONAL	SERVICE	TOLERANCE	RESPECT
WORK-LIFE BALANCE	TRANSPARENCY	ADVENTUROUS	NURTURING NEXT GENERATION

My Values

CIRCLE ALL THAT APPLY

TRUE FRIENDSHIP

MATURE LOVE

SELF-RESPECT

HAPPINESS

INNER HARMONY

EQUALITY

FREEDOM

PLEASURE

SOCIAL RECOGNITION

WISDOM

SALVATION

FAMILY SECURITY

NATIONAL SECURITY

A SENSE OF ACCOMPLISHMENT

A WORLD OF BEAUTY

A WORLD AT PEACE

A COMFORTABLE LIFE

AN EXCITING LIFE

CHEERFULNESS

AMBITION

LOVE

CLEANLINESS

SELF-CONTROL

CAPABILITY

COURAGE

POLITENESS

HONESTY

IMAGINATION

INDEPENDENCE

INTELLECT

BROAD-MINDEDNESS

LOGIC

OBEDIENCE

HELPFULNESS

RESPONSIBILITY

FORGIVENESS

OPENNESS TO CHANGE

SELF-DIRECTION

STIMULATION

SELF-ENHANCEMENT

HEDONISM

ACHIEVEMENT

POWER

CONSERVATION

SECURITY

CONFORMITY

TRADITION

SELF TRANSCENDENCE

BENEVOLENCE

UNIVERSALISM

ADVENTUROUS

AUTHENTICITY

COMMITMENT

COMPASSION

CONCERN FOR OTHERS

CONSISTENCY

COURAGE

DEPENDABILITY

ENTHUSIASM

FEARLESSNESS

FRIENDLINESS

GOOD HUMOR

HONESTY

HONOR

INDEPENDENCE

INTEGRITY

KINDNESS

LOYALTY

OPEN-MINDEDNESS

OPTIMISM

PERSEVERANCE

PRAGMATISM

POSITIVITY

RELIABILITY

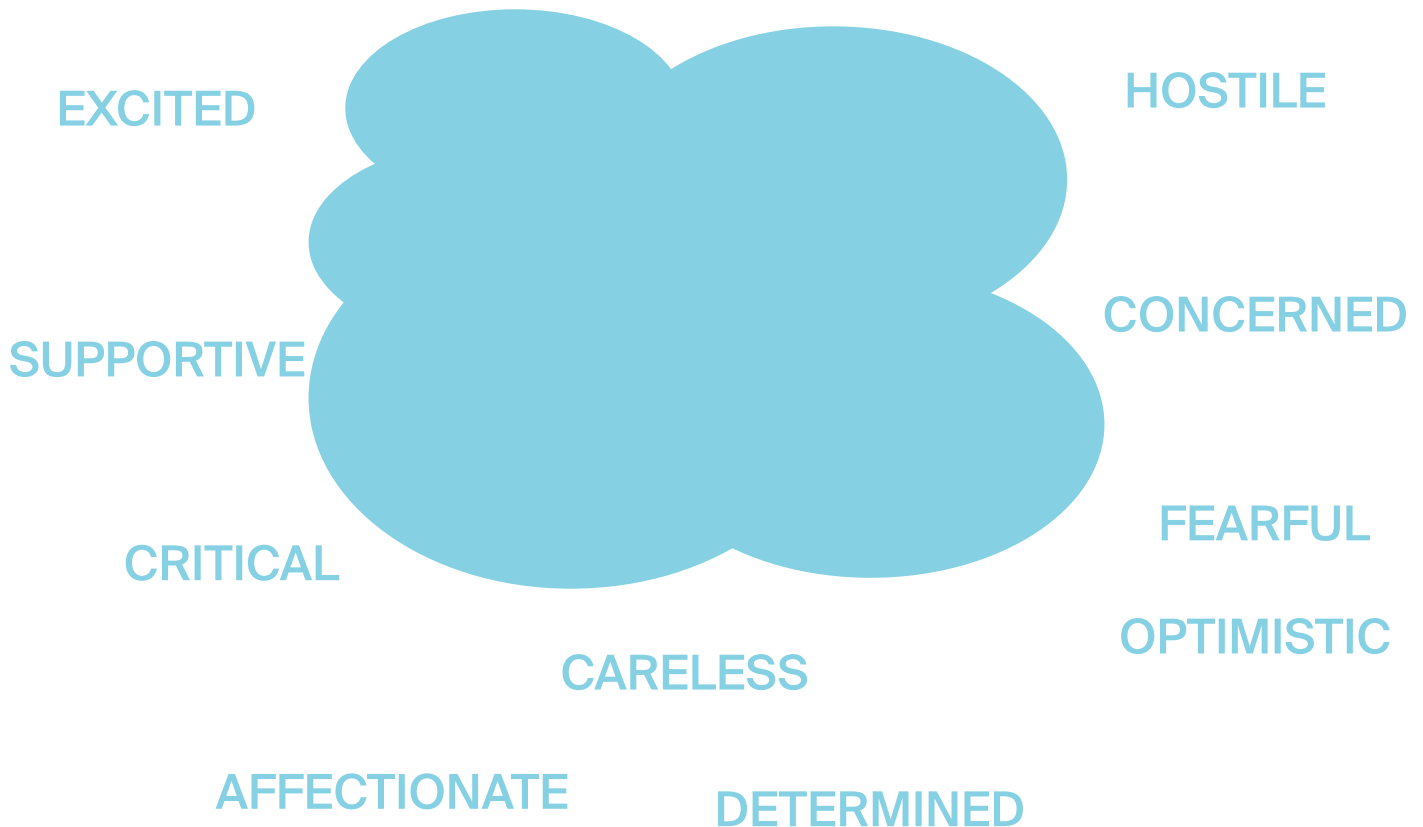
RESPECT

NURTURING THE

NEXT GENERATION

YOUR ATTITUDE

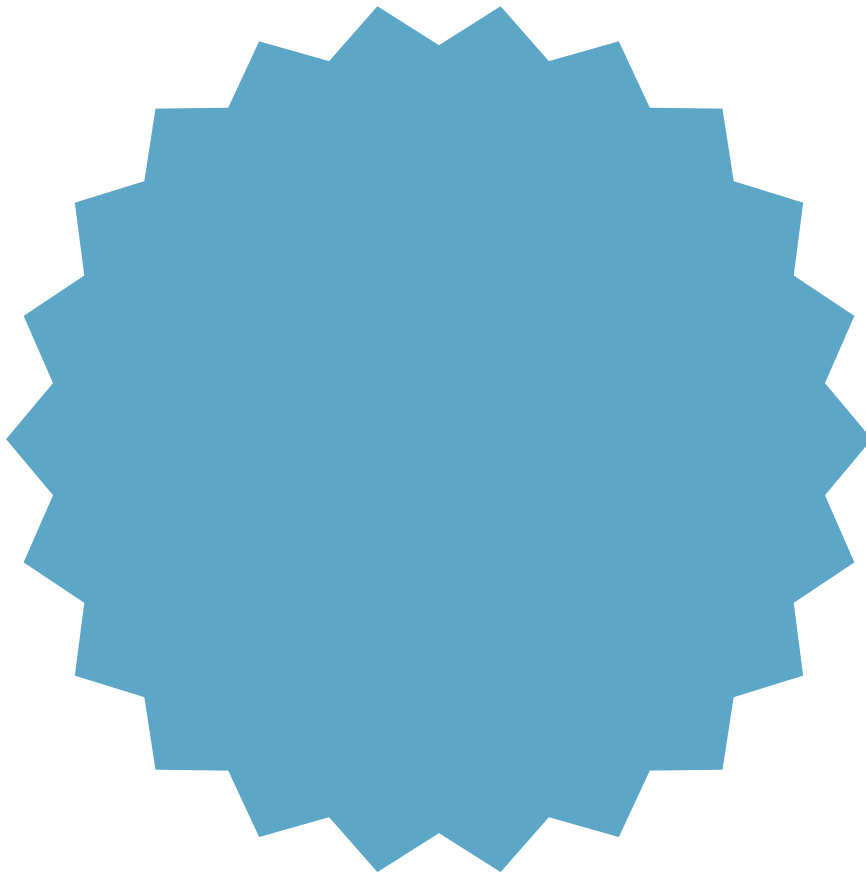
A PERSPECTIVE AND/OR AN EMOTIONAL
RESPONSE TOWARDS SOMETHING.



Understanding Attitudes and How They Are Formed
An attitude can be a perspective on a situation, idea, character, event, or issue. Typically, it is conveyed in a sentence that reflects one's sentiments toward a specific thing. Our values play a significant role in shaping our attitudes. We express our attitudes through our words, actions, and even our clothing choices.

CONTEXT

THE ATMOSPHERE IN WHICH WE
COLLABORATE AND/OR REACT



Understanding Context refers to the social, historical, and cultural conditions that a text is created and received within (the context of culture), as well as the specific features of its immediate environment (context of situation). Additionally, the term “context” can also refer to the wording surrounding an unfamiliar word, which a reader or listener uses to comprehend its meaning.
