AGES 12–18 SELF-REFLECTION

My Identity & Values

WHAT THIS IS

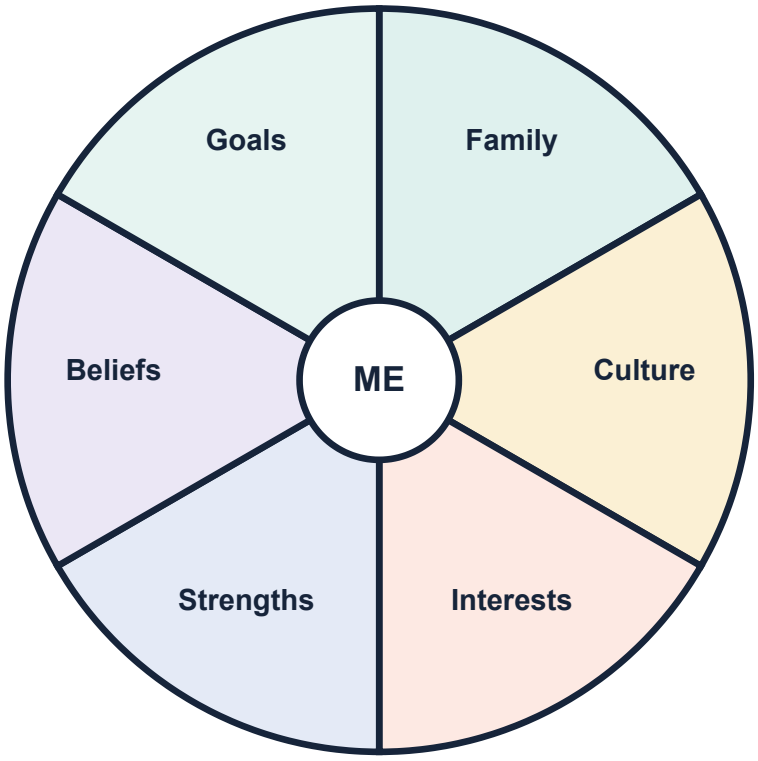
Your identity is made of many parts: where you come from, what you love, and what you believe. Your values guide your choices.

HOW TO USE IT

1. Fill in each slice of the wheel.
2. Circle your top 5 values.
3. Notice where your actions match your values.

EXAMPLE

"Family: Nigerian-American, big on Sunday dinners. Interests: art, soccer. Value: honesty."



Write in the slices.

Circle your top 5 values

Honesty · Family · Kindness · Growth · Freedom · Loyalty · Creativity · Faith · Courage · Fairness · Respect · Adventure · Peace · Success · Health

A time I acted on my values

A time it was hard to

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