

## Values and Interests

**Values** indicate things that are important to us – for example: honesty, friends, community, faith. **Interests** are things we like to do – for example: socializing with friends, staying fit, working with our hands, being outdoors. We can discover our **values and interests** by looking at what we love to do today or in the past – whether at work, at leisure, at school or at volunteer positions. Let's look at an example:

| Activity   | Values and Interests  |
|--|---|
| Something Stephen likes to do today:<br><br>Playing in a garage band                 | likes being with other people, values his friendships, likes and values creativity, likes a goal and an accomplishment, likes a commitment, likes using his hands, likes the limelight, values music                |
| Something Stephen liked to do in high-school:<br><br>Playing on the basket ball team | liked being with other people, liked a goal and valued an accomplishment, liked to use his hands, valued fitness, liked a commitment and working hard, liked and valued teamwork, liked competition and winning.... |
| Something you love to do today:  |   |
| Something you loved to do in high-school:  |   |

Do the same activity with your child: pick activities from different parts of their lives: sports, games, school subjects, volunteer work, etc, and from different times in their lives

| Activity | Values and interests |
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