



6-8 Worksheets

My Values and Beliefs - Lesson 3

Name:

Directions: For this activity, you will think about your values and your beliefs. Then you will think about how these values and beliefs might influence your health and health behaviors.

My Values

List your top five values and explain how you think these values can influence your health and health behaviors.

My Values	Impact on My Health

My Beliefs

Think about beliefs that you have about yourself, your health, the world, and so on. It can be difficult to think about what you believe, but it can be a powerful influence on your behaviors. Try to think of at least two beliefs that you hold that might influence your health and health behaviors. Use the sentence stems to help.

I believe

I think this could affect my health behaviors because

I believe

I think this could affect my health behaviors because