

# Values and beliefs worksheet

Name: \_\_\_\_\_ Date: \_\_\_\_\_

**Instructions:** Complete this worksheet after finishing the Identifying types of influences and vaping lesson.

This activity focuses on your values, or things you feel are important in life, and your beliefs, which are the opinions you have about something or someone that you think is true.

## Values

List your top five values, and describe how you think these values can influence your health behavior.

Value	How does this value influence your health behavior?

## Beliefs

Now, think about two beliefs you have and how they might influence your health behavior. Complete the following statements.

One thing that I believe about myself, health or the world is:

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This belief can influence my health behavior because:

One thing that I believe about myself, health or the world is:

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This belief can influence my health behavior because:

Source: Benes, S., & Alperin, H. (2019). *Lesson planning for skills-based health education: Meeting secondary-level national standards*. Human Kinetics.