

Values

Cultural values are shared sets of beliefs that exist between people belonging to the same group or identity. However, specific individuals within the group may agree to disagree with particular cultural values. Use this worksheet to explore cultural values that you have been exposed to. Since people can belong to several different cultural groups, many different possible options are listed below - although the list is not comprehensive. Pick the three identities or groups you feel have impacted you the most and write what shared values might exist in these groups.



- City/neighborhood
- Country of birth
- Country of residence (if different)
- Disability status
- Education
- Employment/job field
- Ethnicity or race
- Extracurricular (hobbies, sports, etc.)
- Family
- Generation (Millennial, etc.)
- Gender identity

- Health or mental health status
- Immigration status
- Military status/branch
- Other organizations (Peace Corps, etc.)
- Political party/affiliation
- Region within a country
- Relationship status
- Religion
- Sexual identity
- Social class
- Other: _____



Top Groups

Common Values

Worksheet 5 - Values and Culture
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*Of all the values you've written down, which value(s) do you **agree** with the most?*

*Of all the values listed you've written down, which value(s) do you **disagree** with the most?*

Overall, how do you think the groups or identities you listed have impacted your personal values?

What have you learned about which values are important or not important to you?

