



Participant Workbook:

Module 2



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Lesson 2 Worksheet: Personal Compass — Mapping Your Values & Interests

Purpose of This Worksheet

This page is meant to help you apply and personalize what you just learned in the lesson.

It's reflective and practical — it turns learning into action.

Each section (Reflection, Activity, First Step, Key Takeaways) is designed to make you think, assess your own wellbeing, and start taking small, intentional steps.

Think about the moments in your life when you've felt happiest, most fulfilled, or most proud.

What values or interests were present in those moments?

A large, empty rectangular box with a thin black border and a light beige background, intended for writing reflections or answers.

Activity: Values & Interests Worksheet

Purpose:

Your personal compass is what guides you through life's decisions — it's made up of your values, interests, and priorities. When you understand what truly matters to you, it becomes easier to make choices that feel right and stay true to who you are.

Instructions:

Circle all the values or interests that feel important to you. Narrow your list down to your Top 5. Rank them in order of importance (1 = most important).

Values & Interests List	Rank (1-5)
Family / Relationships	_____
Independence	_____
Health & Wellbeing	_____
Creativity	_____
Security / Stability	_____
Learning & Growth	_____
Adventure / Exploration	_____
Helping Others	_____
Spirituality	_____
Honesty	_____
Community Connection	_____
Respect	_____
Achievement	_____
Peace / Balance	_____
Fun / Joy	_____
_____	_____
_____	_____
_____	_____
_____	_____

Date:

Reflective Questions

1 How well does my current routine reflect these priorities?

2 What did you learn about what guides your decisions and brings you joy?



First Step!

Choose one action that aligns with one of your top values.

Example: "If health is my top value, I'll take a 10-minute walk after lunch today."

My Key Takeaways:

