

## ARTIFACT: WHAT ARE YOUR LIFE-SAVING VALUES?

---

In times of crisis, what do you hold on to? \_\_\_\_\_

Which four values are most important to you that you think you will always hold onto? \_\_\_\_\_

---

1. In the middle of the life saver below, write "Life-Saving Values".
2. On each of the four white spaces on the life saver, write one of the values that you will hold onto, and why they are important.
3. Draw related pictures on the life saver to show examples of how your values will keep you afloat during stressful times, and/or who are the people who support your goals and dreams and can help keep you afloat?

