

Personal Development

Written Exam: Values

1. What are values?
2. What are some basic values?
3. Why are values important?
4. What kind of values are important to you?
5. Where do your values come from?
6. When is it hard for you to do what you know is right?
7. What values have the Martial Arts taught you?
8. What are your Martial Arts goals?
9. What are some ways you can show others what values you know are important?
10. What are some of the values you use every day?
11. How can you stay true to your values?
12. How do the Martial Arts help you to develop your values?