MEASURE: CAUTION

What do you Value?

One way to avoid risky substances is to empower yourself to not use the substances. By identifying your core values you define what is important to you. These values will serve as guidelines for your actions. Take time to noodle through your values, and remember you can always modify.

ALL OF MY VALUES

MY TOP FIVE VALUES

HOW WILL YOU KEEP THESE VALUES AT THE CENTER OF YOUR DAILY LIFE?