

# HOW STRONG



## ARE YOUR MORAL VALUES?

Our moral values serve as guiding forces, shaping our decisions and actions, and ultimately defining the essence of our character. Here are 15 ways to determine the depth of your moral convictions:

Do you...

- **Invest in your future** or refuse to make sacrifices?
- **Confront your fears** or surrender to them?
- **Keep your promises** or break your commitments?
- **Think about others' needs** or make everything all about you?
- **Accept accountability** or sidestep responsibility?
- **Remain true to your values** or bend to peer pressure?
- **Do what's right** or make exceptions when it's convenient?
- **Set high expectations** or settle for good?
- **Accept adversity like a champ** or feel sorry for yourself?
- **Earn your rewards** or feel entitled to them?
- **Work to make things better** or grumble about how things are?
- **Appreciate what you have** or continually hunger for more?
- **Surround yourself with exceptional role models** or hang out with negative influencers?
- **Define acceptable standards of behavior** for yourself or allow others to set them for you?
- **Listen to your conscience** or fall victim to temptation?

Excerpted from *BECOME: Unleash the Power of Moral Character and Be Proud of the Life You Choose*

