**Instructional Activity 7**

**Analyzing the influence of personal values and beliefs on individual health practices and behaviors**

**How do your values and beliefs influence your health?**

Identify three of your top personal values.

1.

2.

3.

Identify three of you top personal beliefs.

1.

2.

3.

What are your current health practices and behaviors?

For example: Eating healthy, getting of exercise and sleep

1.

2.

3.

4.

How do your values influence your individual health practices and behaviors?

Analyze what you should be doing to align your identified values or beliefs with your health practices and behaviors.

Write a summary of your analysis of what is needed to align your values and beliefs with your current health practices and behaviors.