

Discovery Session for the National Diabetes Prevention Program's Lifestyle Change Program

Appendix E—Discovery Session Values Affirmation Worksheet

Put a checkmark ✓ next to one value that is important to you:

Friendship

Community

Family

Career

Humor

Gratitude

Faith, Religion, or Spirituality

(Other)

Think about a recent experience when you demonstrated this value. Use the space below to briefly describe it.



**Centers for Disease
Control and Prevention**
National Center for Chronic
Disease Prevention and
Health Promotion