

### ACTIVITY: Clarifying Your Values

#### Purpose

- The purpose of this activity is to:
  - Clarify your values
  - Examine how your values are active in different areas of your life.

#### ESTIMATED TIME

10 minutes

#### MATERIALS

##### Required:

- A. Handout
- B. Pen

#### Background

Values are individual ideas and beliefs about what is important in life. Our values shape our behavior and our actions. Research shows that resilient people are committed to their values.

When we take time to truly examine what our values are and why they are important, we are better prepared to meet life's challenges. Having a strong sense of our personal values provides us a road map through life. It helps us figure out:

- Where do we want to go in life and how are we going to get there?
- What are our priorities?
- How do we want to act in certain situations?
- What's the right decision to make?

When we are not living by our values, we feel uncomfortable – we are out of alignment. This can result in sadness, anger, anxiety, or other negative feelings. We can be prevented from living by our values by external forces, such as a job that requires us to act in a way that is unethical. We can also be out of alignment with our values when we act inconsistently with them. For example, I may value kindness and compassion but not treat others with kindness and compassion when I am stressed or overwhelmed.

Knowing what our values are and making sure we are living in alignment with those values will help us become more resilient.



### Activity

- 1) Provide participants the attached handout.
- 2) Instruct participants to write down their top five values from the list of values on the next page. They can also put down something that is not on the list, but they should avoid putting something like “my family” or “my kids” – while those may be the most important things in their life, they’re not values. Values are our individual ideas and beliefs about what is important in life – they shape our behavior and actions.
- 3) Explain that even though they may value many of the things on the list, for this activity they want to choose the five values that are **most** important to them.
- 3) After they have selected their top five values, instruct them to use the diagram to indicate how fully they are living by these values in the various areas of their life.  
The closer they place a value to the center of the circle, the more active it is in their life. A value that is less active will be placed farther away from the center. They should place each of their five values on the circle for each area: Family, Work, Community.
- 4) Give participants several minutes to complete the activity. Debrief the activity using the questions below.

### Discussion Questions/ Key Points

- Are there situations where you feel you are acting inconsistently with your values? Why? Is there anything you can do to get back in alignment with your values?
- Are there areas of your life where you feel you are not able to fully live by your values? Why? Is there anything you can do to change this?
- Think of a challenging situation in your life. How can your core values guide you through this situation?

### Let's Try This!

We can gain insight and understanding about others when we know what their core values are.

Ask the group if they would be comfortable sharing their top 5 values with others. Individuals could post their top 5 values at their individual workspace or the team could create a board with each members' list.

Write down your top five values below.

1)

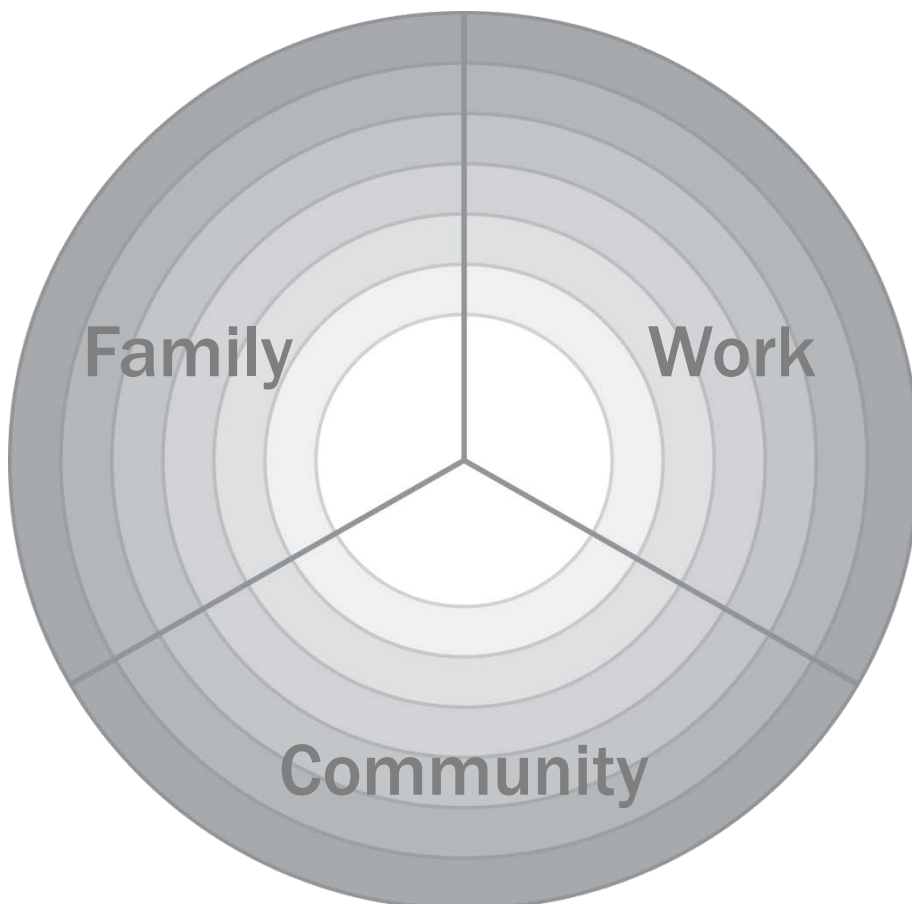
2)

3)

4)

5)

The closer you place a value to the center of the circle, the more active it is in your life. A value that is less active in your life will be placed farther away from the center. Place each of your five values on the circle for each area: Family, Work, Community.



Acceptance	Fun	Open-Mindedness
Achievement	Generosity	Openness
Adventure	Grace	Peace
Altruism/Helping Others	Gratitude	Philanthropy
Attentiveness	Honesty	Play/ Playfulness
Balance	Hopefulness	Positivity
Beauty	Humor	Reason/Logic
Caring	Independence	Reliability
Charity	Integrity	Respect
Courage	Introspection	Responsibility
Connection (Connecting w/others)	Joy	Self-control
Competence	Justice	Spirituality/Faith
Creativity	Kindness	Stability/Security
Curiosity	Knowledge	Support
Determination	Leadership	Teamwork
Discipline	Learning and Growth	Thoughtfulness
Friendliness	Love	Trustworthiness
Friendship	Loyalty	Wisdom
	Modesty	Wonder
	Nature (Appreciation of)	Work