

# VALUES CLARIFICATION

Your values are the beliefs that define what is most important to you. They guide each of your choices in life. For example, someone who values family might try to spend extra time at home, while someone who values success in their career may do just the opposite. Understanding your values will help you recognize areas of your life that need more attention and what to prioritize in the future.

Circle the 10 most important items from the following list. Rank them from 1-10 with "1" being the most important item.

## LIST OF VALUES

Love	Honesty
Wealth	Humor
Family	Loyalty
Morals	Reason
Success	Independence
Knowledge	Achievement
Power	Beauty
Friends	Spirituality
Free Time	Respect
Adventure	Peace
Variety	Stability
Calmness	Wisdom
Freedom	Fairness
Fun	Creativity
Recognition	Relaxation
Nature	Safety
Popularity	Other:
Responsibility	

# VALUES DISCUSSION

VALUES TEND TO CHANGE AS WE PASS THROUGH DIFFERENT STAGES OF LIFE. FOR EXAMPLE, THE THINGS THAT A TEENAGER VALUES ARE USUALLY VERY DIFFERENT THAN WHAT A PARENT VALUES. THINK BACK TO A DIFFERENT STAGE OF YOUR LIFE. HOW WERE YOUR VALUES DIFFERENT? HOW ARE THEY THE SAME?

EVERYONE HAS A PERSONAL SET OF VALUES, BUILT FROM THEIR UNIQUE LIFE EXPERIENCES. ONE IMPORTANT FACTOR IN WHAT WE VALUE ARE THE VALUES OF OUR FRIENDS, FAMILIES, AND SOCIETY. HOW DO YOUR VALUES DIFFER FROM YOUR FRIENDS AND FAMILY? HOW DO THEY DIFFER FROM THE SOCIETY YOU LIVE IN?

# VALUES DISCUSSION

THINK OF A PERSON WHO YOU RESPECT OR LOOK UP TO. WHAT DO YOU THINK THEIR MOST IMPORTANT VALUES MIGHT BE? WHAT STRENGTHS OR QUALITIES DO THEY HAVE THAT YOU ADMIRE?

WE CAN LEARN A LOT ABOUT OUR OWN VALUES BY THE WAY WE REACT TO OTHER PEOPLE. THINK OF BEHAVIORS THAT YOU APPROVE OF, OR DISLIKE, FROM OTHERS. WHAT DOES THIS TELL YOU ABOUT YOUR OWN VALUES? HOW WOULD YOU BEHAVE DIFFERENTLY IF YOU WERE IN THEIR POSITION?

# VALUES DISCUSSION

THINK OF A VALUE YOU HAVE NOW THAT YOU DID NOT USE TO HAVE, OR A VALUE THAT HAS BECOME MORE IMPORTANT TO YOU. WHAT LIFE EXPERIENCES LED TO THIS VALUE CHANGING? HOW DOES THIS CHANGE AFFECT YOU NOW?

THE VALUES WE HOLD DO NOT ALWAYS ALIGN WITH OUR ACTIONS. SOME VALUES ARE DIFFICULT TO LIVE UP TO, OR OTHER PRIORITIES GET IN THE WAY. WHICH OF THESE VALUES DO YOU HOPE TO FOCUS ON IN THE FUTURE? WHAT LIFE CHANGES WOULD YOU NEED TO MAKE TO ACCOMPLISH THIS?

# VALUES DISCUSSION

OUR VALUES CAN DIFFER FROM SETTING TO SETTING. FOR EXAMPLE, YOUR FAMILY MIGHT SEE A DIFFERENT SIDE OF YOU THAN FRIENDS, CO-WORKERS, OR AN AUTHORITY FIGURE. THINK OF THREE PEOPLE FROM DIFFERENT PARTS OF YOUR LIFE. HOW DO YOU THINK EACH OF THEM WOULD DESCRIBE YOUR VALUES? WHAT EVIDENCE DO THEY HAVE?