

Getting to Know Ourselves Better

WHAT ARE VALUES?

Our Values help us decide what is **important** to us in our lives.

Our Values help us decide what we **enjoy**, or what **fulfills** or **satisfies** us.

Our Values can help us decide what is our **purpose** in life.

Our Values help us **navigate** our life into what will make us **happy**.

Our Values help us understand **how we feel** about things or circumstances.

Values can change from time to time, depending on what we are going thru in our lives.

While Values are initiated from our environment, our culture, our parents, our family, our friends, our work, at the end, they actually come from within ourself. They don't need to be another's values, only our own.

For example: I like to talk to people and feel connected. Connectedness is an important value for me. My brother likes to learn a lot of different things, he reads a lot. An important value for him may be learning. I like to learn too, but I'd rather learn from being connected to people. This is an important distinction I hadn't realized until I had to think about it.

It can be difficult to understand what we value, no problem, the idea is just to do our best.

At this time in your life, please first IDENTIFY YOUR TOP 10 VALUES. This is not forever, only the ones you believe in TODAY. They can change at another time.

You can use the Values List on the next page for assistance, or come up with your own.

Take your time, reflect on what you value, and why you value. It may be confusing. There may be so many values we want to associate with ourself. Start picking out the ones that are meaningful first, and then narrow down to 10.

VALUES LIST:

ACCEPTANCE	ENTREPRENEURSHIP	KNOWLEDGE	RESOURCEFULNESS
ACHIEVEMENT	EQUALITY	LAUGHTER	RESPECT
ADAPTABILITY	EQUITY	LEADERSHIP	RESPONSIBILITY & ACCOUNTABILITY
ADVANCEMENT	ETHICS	LEARNING	RISK
ADVENTURE	EXCELLENCE	LISTENING	RITUAL
AFFECTION	EXCITEMENT	LOVE	SAFETY & SECURITY
ALTRUISM	EXPERIMENT	LOYALTY	SECOND CHANCES
ARTS	EXPERTISE	MAGNIFICENCE	SELF CONTROL
AUTHENTICITY	EXHILARATION	MAKING A DIFFERENCE	SELF EXPRESSION
AWARENESS	FAIRNESS	MASTERY	SELF LOVE
AUTONOMY	FAITH	MEANINGFUL WORK	SELF RESPECT
BALANCE	FAME	MINDFULNESS	SENSIBILITY
BEAUTY	FAMILY	MINISTERING	SENSUALITY
BELONGING	FAST PACE	MUSIC	SERENITY
CHALLENGE	FINANCIAL STABILITY	MONEY	SERVICE
CHANGE	FLEXIBILITY	MORALITY	SEXUALITY
COMMUNICATION	FREEDOM	MYSTERY	SLEEP
COMMUNITY	FRIENDSHIP	NATURE	SOCIAL CHANGE
COMPASSION	FUN	OBJECTIVITY	SOPHISTICATION
COMPETENCE	GLOBAL AWARENESS	OPENNESS	SPARK
COMPETITION	GRACE	ORIGINALITY	SPECULATION
COMPLETION	GRATITUDE	ORDER	SPIRITUALITY
CONNECTEDNESS	GROWTH	PASSION	STABILITY
COOPERATION	HARMONY	PATIENCE	STATUS
COLLABORATION	HEALTH	PEACE	STRENGTH
COUNTRY	HEALTHY BOUNDARIES	PERSONAL DEVELOPMENT	SUCCESS

COURAGE	HELPING ONESELF	PERSONAL EXPRESSION	TEACHING
CREATIVITY	HELPING SOCIETY	PLANNING	TENDERNESS
CULTURE	HONESTY	PLAY	THRILL
CURIOSITY	HUMOR	PLEASURE	TRAVEL
DECISIVENESS	HUMILITY	POWER	TRUST
DEMOCRACY	HUNGER	PRACTICALITY	TRUTH
DESIGN	IMAGINATION	PRIVACY	UNITY
DISCOVERY	IMPROVEMENT	PRODUCTIVITY	VARIETY
DIVERSITY	INCLUSION	PURITY	VULNERABILITY
ENVIRONMENTAL AWARENESS	INDEPENDENCE	PURPOSE	WEALTH
ECONOMIC SECURITY	INFLUENCING OTHERS	QUALITY	WINNING
EDUCATION	INNER HARMONY	QUIET	WISDOM
EFFECTIVENESS	INSPIRATION	RADIANCE	WONDER
EFFICIENCY	INTEGRITY	RATIONALITY	(WRITE YOUR OWN)
ELEGANCE	INTELLECT	RECOGNITION	_____
EMPATHY	INTERDEPENDENCE	RELATIONSHIPS	_____
ENLIGHTENMENT	INTUITION	RELIGION	_____
ENTERTAINMENT	INVOLVEMENT	REPUTATION	_____

First, Identify your Top 10 Values:

TOP 10 VALUES

1 _____

2 _____

3 _____

4 _____

5 _____

6 _____

7 _____

8 _____

9 _____

10 _____

Now, Pick your 5 Most important Values from this list (Go from 10 to 5)

TOP 5 VALUES

1 _____

2 _____

3 _____

4 _____

5 _____

Great, Which of these values do you **already have, write an H** next to it; which of these values do you **want, write a W** next to it.

For example:

Connectedness - H - I already feel I have it, yes, it can get better, but I have a good sense of how to get connected with people.

Integrity - W - I want to be seen as a person who does what he says, right now, I don't do that most of the time

Next, with the 5 Most Important Values. Think and write a little about them. Feel free to write as much as needed on another sheet (I have it -H, I want it - W), I am willing to do this to bring this into my life ... This helps think about taking action on our value. When we are willing to take action, even if it's a small step, we can understand better how we want to make that change happen.

For example: Integrity - W -I want it. It's important because I want to be seen as a person who does what he says. I'm willing to be more honest with my close friends

I _____ H / W

Is important to me because _____

I am willing to do this to bring this value into my life _____

II _____ H / W

Is important to me because _____

I am willing to do this to bring this value into my life _____

III _____ H / W

Is important to me because _____

I am willing to do this to bring this value into my life _____

IV _____ H / W

Is important to me because _____

I am willing to do this to bring this value into my life _____

V _____ H / W

Is important to me because _____

I am willing to do this to bring this value into my life _____

Awesome! Now that you've done that. Think of your academic interests, possibly what major you'd like to pursue. And write next to the value that might correlate with that major.

For example, Your Top 3 values, and if Economics (EC), Engineering (EN) are your possible interests, you may want to write next to the Value - EC or EN to correlate which value is associated with and possibly why.

I - Freedom

EC - study of Econ means financial freedom

II - Entrepreneurship

EC - the entrepreneur is a symbol of achieving that freedom

III - Imagination

EN - creating a system takes imagination