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.

Sources/ More Information

The Happiness Trap. Russ Harris.
www.actmindfully.com.au

Handout: Clarifying My Values

Write down your top five values below.

1)

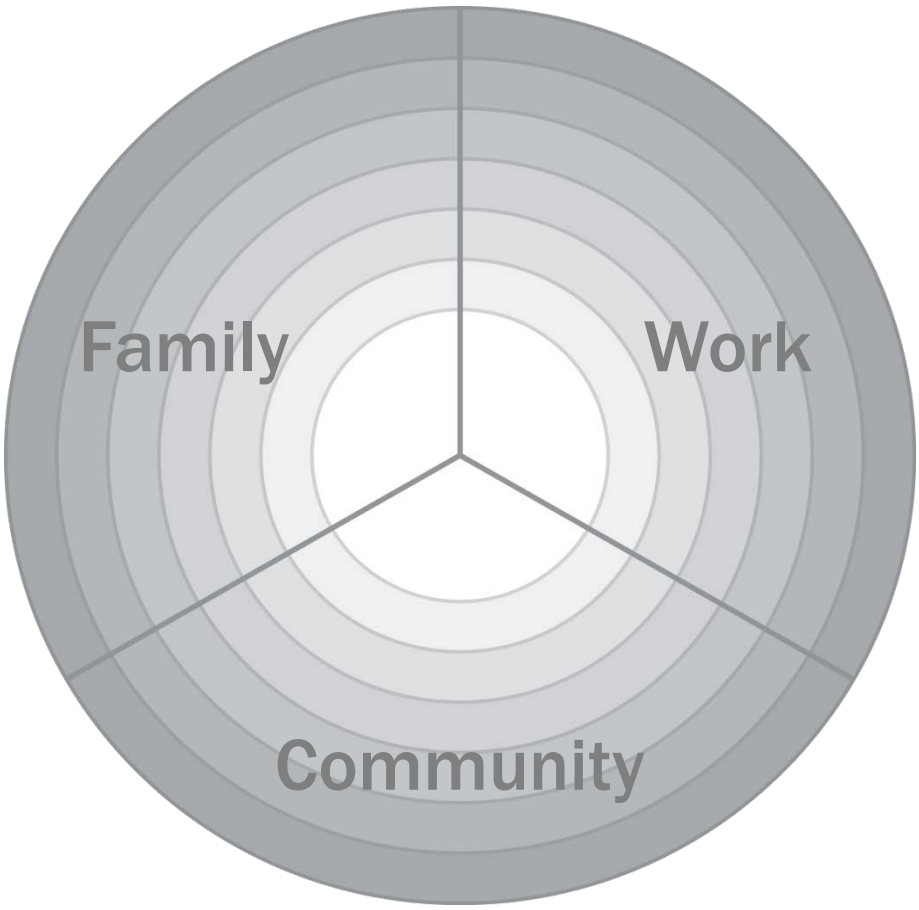
2)

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.



List of Values

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