

The following activity will not be graded. The purpose of this exercise is to help me get to know you a little bit!

Name _____

Circle the two or three values *most* important to you

- *creativity*
- *community/relationships with family and friends*
- *government or politics*
- *independence*
- *learning and gaining knowledge*
- *money, wealth, or status*
- *your social/cultural/racial identity*
- *honesty or integrity*
- *helping society*
- *career*
- *connection with nature/the environment*
- *athleticism, fitness*
- *spirituality or religion*
- *sense of humor/having fun*
- *Other? _____*

Based on your responses above, please do the following:

First, look at the values you picked as most important to you.

Next, think about times when these values were important to you.

Finally, describe why these values are important to you.

Focus on your thoughts and feelings—don't worry about spelling, grammar, or how well written it is.

List the top two reasons why the values you selected are important to you.

1.

2.

On a scale of 1–5 where 1 is highly disagree and 5 is highly agree, rate the following statements:

- 1. These values have influenced my life. _____
- 2. In general, I try to live up to these values. _____
- 3. These values are an important part of who I am. _____
- 4. I care about these values. _____