

HANDOUT 1: MY CORE VALUES

DIRECTIONS: Using this handout, list TEN things that are important to YOU on living your life. Take the time to reflect on the things that matter the most to you in life. The things you cannot live without. At this point, don't worry about a particular order, simply write them down as you think of them.

List your TEN values or things that are important to you:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

DIRECTIONS: Using your list of TEN values above, start with the bottom four **Blue boxes** write the values that are important to you, but there are three that are most important. The three **Orange boxes** above the bottom row, write three more values that you feel are next in importance to you. Again, use the values from your list above. For the last three values from your list above, will require deeper reflection in order to write them from very important (two **Yellow boxes**) to the most important (top **Green box**). Remember, these are your values. Take time to reflect and develop a rationale for how you chose to organize the last three values.

The diagram consists of four rows of rounded rectangular boxes arranged in a pyramid shape. The bottom row contains four blue boxes. The second row contains three orange boxes. The third row contains two yellow boxes. The top row contains one green box.