

ACTIVITY 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 boxes write the values that are important to you, but there are three that are most important. The three 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 boxes) to the most important (top box). Remember, these are your values. Take time to reflect and develop a rationale for how you chose to organize the last three values.

