

Exploring Values Mini Activity

Time: 30 minutes

Supplies: Paper, Markers (or can be done digitally)

Summary of activity: Learn how to identify values and then assess one's values and behaviors.

Values

Values refer to the set of informal rules that are internal to a person (often not written down). Values are unconsciously acquired through experience and learning. The values developed connect to what is felt to be the most important areas in life and connect to morals, ethics, and advocacy. Values underpin all that you do and quite often you are not aware that these underlying values are guiding your behavior. Also, these values you hold can become challenged if life presents a situation that upsets your patterns or preferences.

Values contribute to how you set life priorities and impact how you solve problems and go about decision-making. For example, if you value security, you might keep that part-time weekend job even after getting a nice weekly job.

Values are often passed down from your family or origin, through your school or church, and come from the shows that you watch, books you read and the society you are immersed in overall.

In order to explore your own values, think about the values of the people who have influenced you.

- 1) Parents & Siblings
- 2) Church
- 3) Teachers & Friends
- 4) Books & Shows
- 5) Society

Personal Assessment

Next, think of the values you “want” to have or think you have and spend some time looking at your behaviors.

Is there congruence between your supposed values and how you actually live?

For example, if you say you value family , but you work late during weeknights and only see family on Sundays, this might indicate you value work or security more.

Optional Next Steps

Keep a journal for a month to examine behaviors and choices. Assess each month to see if your behaviors and choices are lining up with what you identified as top values.

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