Prioritizing Your Values

Materials:

Values Worksheet

Time:

15-20 minutes

Overview:

To discover the importance of values and how we differ from others

Instructions:

Knowing our values is essential if we are to set realistic, meaningful goals and objectives.

Consider the following list of the 16 values.

First have the students pick their top five values. What are the top five things that are most important to them?

Next, out of those five have them pick out their top three. What two things can they cross out? What three things are most important to them?

Last tell them to pick the one most important thing to them on the list.

Make a list of the class’ number one values.

Debriefing:

- Why/How did you choose your most important value?
- Was it difficult to eliminate things to get down to one?
- What was the most difficult thing to eliminate?
- What was easy to eliminate?
- Do you need to change anything in your life now to fulfill these values?
- What are some goals that you have that will help you fulfill these values?