

VALUES SORTING

This activity is intended to explore values and determine how they help with decision making and how we walk through life. Talking about and exploring our values helps us be honest about who we really are, act in accordance with our internal feelings, and to identify when we or others are acting outside those values.

SUPPLIES NEEDED:



Journal



Writing Utensil



Values Sorting Worksheet

DIRECTIONS:

1

REVIEW VALUES

Take some time to review the Seven Grandfather Teachings. Reflect on these values and what they mean to you. How do they look in your daily life?

2

VALUES TABLE

Fill out the Values Table worksheet.

3

REFLECT

Select three of the Seven Grandfather Teachings from the Values Table worksheet that are most important to you currently in your life. Choose one you practice, one you would like to start practicing, and one that falls in between. Answer the questions on the second page of the worksheet.

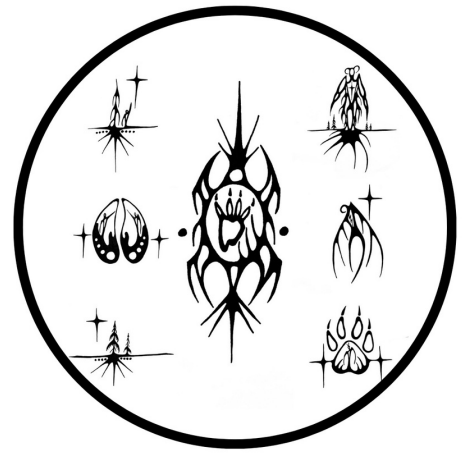


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EXPLORE YOUR VALUES: SEVEN GRANDFATHER TEACHINGS

Thinking of the Seven Grandfather Teachings, let's see which ones are most aligned with your value system, particularly in your relationships. Place an X where you think each of these values fit along the spectrum from most to least important to you.



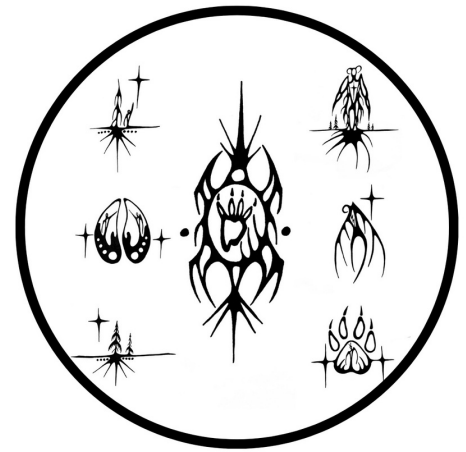
TEACHING/VALUE	VERY IMPORTANT	NEUTRAL	NOT AT ALL IMPORTANT
Love			
Respect			
Bravery			
Truth			
Honesty			
Humility			
Wisdom			
Others?			



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EXPLORE YOUR VALUES: SEVEN GRANDFATHER TEACHINGS



Select three of the teachings that are the most meaningful or important to you in your life, using an X mark which of these three teachings you practice the most consistently, which is the one you need to practice most, and which one falls somewhere in between.

TEACHING/VALUE	THE ONE YOU PRACTICE MOST CONSISTENTLY	THE ONE YOU WOULD LIKE TO START PRACTICING	THE ONE THAT FALLS IN BETWEEN
1)			
2)			
3)			

REFLECT ON THE FOLLOWING QUESTIONS:

What is the value you want to practice most?

What actions can you take to practice that value?

How do these actions make you feel about yourself?

How does acting in line with your values affect one of the meaningful relationships in your life?

How does not acting in line with these teachings affect one of the meaningful relationships in your life?



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