Conversation 4 - The Values Review

Introduction: As individuals, we all have varying values and belief systems. We come from differing backgrounds and places. This gives us a rich and beautiful diversity. But how do we incorporate values into our everyday work? How do we ensure our core values are the fundamental beliefs that guide behavior and action? Here's an exercise that will help.

Instructions: In the table below, put a checkmark by items that you feel are important to you. Check as many as you want.

Career	Respect	Cooperation	Popularity
Happiness	Freedom	Honesty	Fitting in
Service	Justice	Friendship	Pride
Courage	Fairness	Self-discipline	Loyalty
Love	Generosity	Responsibility	Community
Diversity	Compassion	Sharing	Progress
Perseverance	Beauty	Individuality	Spiritual / Faith
Reason	Patience	Prosperity	Wealth
Ambition	Creativity	Education	Family
Intelligence	Play	Belief	Tradition
Inclusion	Kindness	Other: _____	Other: _____

Now, narrow the checked items to your top 10. Underline but do not rank. Then look at your underlined words and narrow to your top 5. Circle these. Lastly, rank circled items from 1 (most important) to 5 (less important).

Questions to consider about your values: *(Jot a few ideas for each.)*

1. Why do we need to know, name, and talk about our core values?
2. Who or what influenced your top values? (Consider family, society, geography, events.)
3. Have your top values changed over your lifetime? Will they? What might cause that?

Questions to consider about other people and their values: *(Jot a few ideas for each.)*

1. What happens when you need to work with someone whose values differ from yours?
2. Have you ever suppressed or temporarily ignored your values to fit in? (Or get a job? Etc.)
3. Can you respect someone who holds a fundamentally opposite value from you? How might you do that?

Homework: Look around for something that represents what is important to you. Perhaps it is something in nature, a quote, a sign, a person, or a design. Reflect on how that represents one of your core values this week.