

Resilience from Our Roots- Exploring Identity-Grounded Values (Nelson, 2018).

Values are our deeply held beliefs that help us to know what's most important in life. Values are influenced by our families, friends, cultures, and communities of origin. Values can also be influenced by social institutions, like schools, the media or churches. As we go through life, our experiences may change our values. As a social worker, we work in a values-based profession. Look at the list below and circle your top 10 values.

- Doing things in groups
- Doing things by myself
- Respecting elders
- Getting an education
- Being trustworthy
- Following through with commitments
- Faith
- Obeying your parents
- Being humble/down to earth
- Learning my cultural traditions
- Making healthy decisions and choices
- Being on time
- Giving money to those in need
- Adapting to change
- Learning new things
- Winning
- Being a good friend
- Learning about others' cultures
- Telling the Truth
- Being positive
- Being hopeful
- Keeping things private
- Getting praise
- Being compassionate
- Respecting others
- Practicing self-discipline
- Having good character
- Fairness
- Growing as a person
- Freedom
- Unity
- Being confident
- Supporting friends
- Being confident
- Sharing
- Getting a job
- Working hard
- Being true to your word
- Telling the truth
- Praying, participating in ceremony or meditating
- Good problem-solver
- Treating people equally
- Being physically fit
- Recognizing others' accomplishments
- Planning for the future
- Having healthy relationships and friendships
- Trustworthiness
- Reaching out to others when I'm stressed
- Teamwork
- Being successful
- Following rules
- Belonging
- Thinking about others' needs and feelings
- Being thankful
- Being resourceful
- Being competitive
- Love
- Making money
- Being popular
- Standing against injustice and oppression
- Personal Choice
- Excellence
- Honesty
- Making time for family
- Helping my family out
- Being independent
- Making money
- Helping others
- Keeping things in the family
- Going to church
- Being open to different ways of life
- Self-expression
- Being non-judgmental
- Giving back to my community
- Saving money
- Being creative
- Being imaginative
- Being a good role model
- Only talking with my family when I'm stressed
- Being creative
- Supporting others to be successful
- Being courageous
- Being responsible
- Trying new things
- Being humble
- Communicating
- Being a leader
- Loyalty
- Having the best of everything
- Practicing caution
- Practicing traditions
- Helping people in need
- Quietness
- Patience
- Being smart

- 1) What stands out about your values?
- 2) What values are strongly congruent with social work?
- 3) Do any of your personal values conflict with social work?

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