

Resource 3 (Activity 2)

What I Value Most...

Step 1

From this list of values select the ten that are most important to you as part of your life.

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|-------------------------------------------|----------------------------------------|
| Being the best | Fame |
| Having close friends | Doing the 'right thing' in a situation |
| Being in charge | Excellence |
| Learning something new | Being competitive |
| Having fun | Being the cleverest |
| Having adventure in my life | Reputation |
| Having a family | Where I live |
| Playing music | Feeling that what I do is important |
| Affection (love and caring) | Responsibility |
| Helping other people | Work with others |
| Having privacy | Feeling safe |
| Drawing and doing artistic things | Truth |
| Respect from others | Self-respect |
| Making lots of money | Everyone being able to have their say |
| Honesty | Being awarded for what I have achieved |
| Excitement | Caring about the environment |
| Being allowed to decide things for myself | Having enough money to live |
| Others listening to what I say | People getting things done on time |
| Religion | Loyalty |
| Feeling like you fit in | Being in charge |
| Nature | Lots of free time |

Step 2: Elimination

Now that you have identified ten, imagine that you are only permitted to have five values. Which five would you give up?
