

Values Development Exercise

In this exercise you are asked to choose your top three values from the ten you originally chose above and to start to examine why these are so important to you. Completing this will help you think more about how these values influence your actions and understand why you may respond in a certain way if someone acts in a manner that goes against one of these values.

From the 7 values chosen, think about the three that are most important to you? Write them in the spaces below.

	Why do you believe that this value is important to you?	Recall a moment in your life when you really lived this value. What behaviors did you exhibit that support this value?	How might you react if this value was not being honored by others? Describe your feelings, thoughts and actions.
1.			
2.			
3.			