

Personal Values Exercise:

This is the exercise we did as a group during week 1. We will be reflecting on it and sharing a little bit to begin week 2.

Phase 1: *We spent about 5 minutes on each circle, try not to overthink each section, if you have to leave a few blank that is okay!*

- On a sheet of paper draw 5 large circles, label these circles **PURPLE**, **BLUE**, **PINK**, **YELLOW**, and **GREEN**. Make four bullet points in each circle (each circle will hold four answers)
- **PURPLE** – write down four physical objects, items, or products you feel you need to function on a daily basis (i.e. medicine, phone, car, coffee, internet, etc.)
- **BLUE** – write down four geographical locations that are especially important to you. This can be a specific place like “grandma’s house from when I was a kid” or a generic place like “the beach.”
- **PINK** – write down four people who have helped make you who you are today; for better or for worse. This can also include pets. You can only put one name down for each bullet point (unless you choose “kids” then they can count as one).
- **YELLOW** – write down 4 personal or professional goals that matter to you. This can include short and/or long-term, large or small goals.
- **GREEN** – write down four personal memories you want to always remember. Any four memories that are important to you; these can be positive or negative memories.

Phase 2: *This will be a series of reductions, each round you will cross off a certain number of items from your list. These can come from any of the circles, it does not matter if an entire circle gets scratched out.*

- Remove 5 from your list, make sure to scratch out any blank spaces first.

- Remove 4 items from your list
- Remove 3 items from your list
- Remove 2 items from your list
- Remove 1 item from your list
- You should have 5 items remaining from your circles.

Phase 3: Now we begin to discern the values that we attribute to each of the five remaining items. Focus on one at a time. Try and write one word that represents and captures the essence of each of the items. Why is each of these special to you?

i.e. one of my last five cards was a soccer field, the longer I reflected on it I realized that being competitive and working hard is a big part of who I am. I held on to the soccer field because it represented my competitive nature. So I chose “competition” as a value.

Here is a list of example values to help you:

- | | | |
|-----------------|----------------|---------------------|
| • Dependability | • Optimism | • Fun |
| • Loyalty | • Passion | • Determination |
| • Flexibility | • Spontaneity | • Optimism |
| • Commitment | • Respect | • Love |
| • Open-minded | • Friendship | • Fame |
| • Consistency | • Courage | • Responsible |
| • Honesty | • Education | • Wealth |
| • Efficiency | • Status | • Wisdom |
| • Creativity | • Perseverance | • Service to others |
| • Good humor | • Patriotism | • Environment |
| • Compassion | • Stability | • Creativity |
| • Authenticity | • Family | • Compassion |
| • Boldness | • Growth | • Reliability |
| • Peace | • Adversity | • Adventure |
| • Positivity | • Happiness | • Motivation |
| • Fitness | | |

Phase 4: We will begin our next gathering with sharing some of our own values.