



## Knowing Your Personal Values

*Personal values are the things that you decide are important to be you.*

### Objective

- Behavior
  1. Review list of values.
  2. Create their list of personal values.
- Cognitive
  1. Examine their list personal values.
  2. Increase understanding of personal values in good decision making.

### Materials

- Lists of Values.

### Method

Group will participate in a guided discussion led by the facilitator. The facilitator will ask questions to reveal the importance of a personal value system. The choice of specific values are explored and their effect on decision making.

### Instructions

The group should take out their list of “Values,” and choose the values from the list that are most important to them. The facilitator will lead a discussion on personal values and how they might influence decision making.

1. Question: How did your list of values become important to you?

2. Question How do you believe we develop a code of ethics or a value system for our ourselves?  
Answer: By internalizing messages received from important people in our lives.
3. What are some of your “should and should not’s, your “always and Nevers.”
4. Share your Personal Value List
5. Do you believe that your values can impact the way that we make decision? Explain how.

**Conclusion:**

Reiterate the basics:

1. It is important that you know your personal values.
2. Good decision leads to better choices
3. It is important to examine throughout your life your personal values to ensure that they still work as you evolves.



## Create Your Personal Values List (Adapted from James Clear)

*“Personal values are the things that you decide are important to be you.”*

Below is a list of core values. This list is not exhaustive, but it will give you an idea of some common core values (also called personal values). Select no more than five values to focus on—if everything is a core/personal value, then nothing is really a priority. Today we want to discover what is important to you!

• Authenticity	• Achievement	• Adventure
• Authority	• Autonomy	• Balance
• Beauty	• Boldness	• Compassion
• Challenge	• Citizenship	• Community
• Competency	• Contribution	• Creativity
• Curiosity	• Determination	• Fairness
• Faith	• Fame	• Friendships
• Fun	• Growth	• Happiness
• Honesty	• Humor	• Influence

• Inner Harmony	• Justice	• Kindness
• Knowledge	• Leadership	• Learning
• Love	• Loyalty	• Meaningful Work
• Openness	• Optimism	• Peace
• Pleasure	• Poise	• Popularity
• Recognition	• Religion	• Reputation
• Respect	• Responsibility	• Security
• Self-Respect	• Service	• Spirituality
• Stability	• Success	• Status
• Trustworthiness	• Wealth	• Wisdom

umility Detachment  
 Moderation Reliability  
 Determination  
 Trust Compassion Forgiveness  
 Purposefulness Service Understanding Joyfulness  
 Love Trustworthiness  
 Co-operation  
 Flexibility Assertiveness Orderliness  
 Gentleness Commitment  
 Courage Integrity Honesty  
 Caring Idealism Loyalty



## My Personal Values List

Name: \_\_\_\_\_

Date: \_\_\_\_\_

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_