Core Values

Activity 2-6

Format: Individual

Time Frame: 00:45

Description
Decision-making has its roots in our values system. Although we don't consciously link the two, they are nevertheless connected. This activity provides students with an opportunity to gain a deeper understanding of his or her value system and shed some light on how it affects the decision-making process.

Materials
- One deck of Values Cards (including blank cards) for each student

Instructions
1. Spread the value cards face up in front of you.
2. Choose five cards that most closely represent your core values.
3. If needed, use the blank cards to write any missing value that pertains to you (as one of your five).
4. Place the remaining cards face down in a discard pile.
5. Of the five values, select the one value you most closely identify with.
6. Be prepared to discuss your decisions with the class.

Instructor Notes
- Print one set of cards (including the blank card) for each student participating in the activity.
- Delete the Instructor Notes block if you choose to print and distribute this page to students.

ADVANCEMENT Growth Professional advancement Personal maturity	**BEAUTY** The appreciation of loveliness (i.e., enjoying art, nature, and work)
COOPERATION Communication Team effort Working together	**CREATIVITY** Freedom Imagination The desire for new ideas
DEDICATION A passionate belief in something	**FAITH** Believing in: • Yourself • a higher power • The goodness of life • The goals of your organization
FREEDOM Absence of necessity or coercion Liberation Independence	**HEALTH** Physical and mental wellbeing

HELPFULNESS Sense of concern for and outreach to the needs of others	**HONESTY** Fairness Straightforwardness Sincerity Truthfulness
INTEGRITY Moral and intellectual honesty	**JUSTICE** Fairness Balance Moral equality
KNOWLEDGE Seeking and learning new insights	**LIFE** Principle or force distinctive of animate beings
LOVE Personal warm feelings of caring and affection	**LOYALTY** Faithfulness to another person

MORALITY Ethical standards Conscience Sense of right and wrong	**OPENNESS** Willingness to try new things
PATIENCE Bearing pains or trials calmly Steadfastness in suffering or crisis	**PLEASURE** What you enjoy What delights you
POWER Ability to lead Direct Persuade Control	**PROFESSIONALISM** Commitment to quality Pride in your work
RECOGNITION To receive special attention To feel “important”	**RELIGION** Belief in a supreme being A spiritual relationship with others

RESPONSIBILITY Accountability Maturity Ability to respond	**SECURITY** Having the essentials you need to live
SENSITIVITY Awareness Responsiveness Approachability	**SOCIAL** Lots of fun Friends Companionship
SUCCESS Attainment of wealth Favor or eminence Achieving your goals	**TRUSTWORTHINESS** Dependability deserving of confidence
VITALITY Spirit Life Intuition	**WEALTH** Material income

WISDOM Mature understanding of life	**WORK** Feeling good about your job as challenging and rewarding
WORTHWHILENESS Acceptance and appreciation as a person – not a thing.	(Left Blank on Purpose)
(Left Blank on Purpose)	(Left Blank on Purpose)
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