Values writing

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

Read the following list of common values. Choose three that are personally most important. If something comes to mind that is not on the list, write it down.

Write about your top three values for 15 minutes. Explain why this value is most important to you and describe a time in your life when you had the opportunity to really express this value.

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| AcceptanceAdventureChallengeCollaborationCommitmentCommunityCompassionCourageCuriosityCreativityDiscipline | DiscoveryEfficiencyEnthusiasmEnvironmentEqualityEquityExcellenceFairnessFaith/ReligionFamilyFreedom | Friendship FunGenerosityGratitudeHappinessHard WorkHarmonyHealthHelping OthersHonestyHumor | Independence InnovationIntegrityInterdependenceLeadershipLoveLoyaltyMeaningful WorkMindfulnessOpennessPeace/Non-Violence | Personal GrowthProblem SolvingReliabilityResourcefulnessSelf-RelianceSimplicity/ThriftStrengthTraditionTrustWillingnessWisdom |