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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| Acceptance  Adventure  Challenge  Collaboration  Commitment  Community  Compassion  Courage  Curiosity  Creativity  Discipline | Discovery  Efficiency  Enthusiasm  Environment  Equality  Equity  Excellence  Fairness  Faith/Religion  Family  Freedom | Friendship  Fun  Generosity  Gratitude  Happiness  Hard Work  Harmony  Health  Helping Others  Honesty  Humor | Independence Innovation  Integrity  Interdependence  Leadership  Love  Loyalty  Meaningful Work  Mindfulness  Openness  Peace/Non-Violence | Personal Growth  Problem Solving  Reliability  Resourcefulness  Self-Reliance  Simplicity/Thrift  Strength  Tradition  Trust  Willingness  Wisdom |