

Independent Living Program Activity Card

Category: RELATIONSHIPS

Activity: Identify Your Core Values

Description: The objective of this assignment is to help you identify your core values. **What are values and why are they important?** Values are a set of underlying beliefs that often drive what you do and the choices you make. We are often not conscious of the values we have, or even how we got them. In addition, your own life experiences can shape your values. Over time, your values may shift, change and/or be reprioritized.

You may earn \$4.00 ILP dollars for completing this assignment.

Total Dollars Earned:

<p>\$</p>
<p>(ILP Use Only)</p>

Notes:

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Date: _____

_____ Youth Signature	_____ Date of Birth
_____ Print Name (Youth)	_____ Group Home (If Applicable)

<p>Receipt</p> <p>(ILP Use Only)</p>
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Identify Your Core Values

The Top 10 Reasons to Identify Your Values

Living your life 'in integrity' means that your words match your actions which match your beliefs. When you are living your life in harmony with your values, you naturally have more energy. Clarifying what really matters to you, knowing what you stand for, will set you free to live life to its fullest potential.

1. **If you don't know who you are, you can't be true to yourself** - Sounds obvious, but many of us go through life without taking the time to identify what truly matters to us.
2. **It makes decision-making easier** - When faced with a decision, look at your choices in light of your values. How does each choice support you in living your values? If both support your values, which value does it support? And which of those values is more important to you? Makes it easy, doesn't it?
3. **It helps you identify people, situations and things that don't support those values** - Sometimes people, situations or things don't make us comfortable. Very often, the negative emotions they evoke are caused by a value being threatened. Without understanding that, and without knowing which value they threaten, we use valuable energy defending or protecting ourselves. If you have a strong need to be true to yourself, look around. What situations evoke those feelings? In my experience, we only have a strong need to be true to ourselves when we're not being true to ourselves. The rest of the time, we just are.
4. **It helps you identify people, situations and things you do want in your life** - Being clear about what your values are allows you to proactively seek the people, situations and things that support those values. That gives you the freedom to replace the items you identified in #3. It puts you in charge of your life.
5. **It gives you an incredible sense of peace** - Clarifying your values and then living your life in harmony with those values provides you with an inner peace and tranquility that allows you to move confidently through life.
6. **It allows you to stop reacting, and start responding** - Whether we've identified our values or not, we always know when we're not being true to ourselves. This often creates a vague sense of uneasiness and we react defensively. When we are clear about what our values are, we respond to such events with clarity and we do it quickly!
7. **It's a great yardstick for creating goals [and it's easier to achieve goals that are based on values]** - When a goal is in harmony with your values, the natural energy around it provides a momentum that allows you to take the necessary action 'without effort.'

8. **It allows you to get rid of goals that aren't really yours** - Take a close look at the goals that have been around for a long time. You may find that they're really things you feel you 'should' want. Let them go. The guilt associated with not working on these goals is wasting energy you could be using to achieve what you really want.

9. **It allows you to be very clear about the standards you set for yourself** - Standards are behavior that we establish for ourselves. They are the expressions of our values in every day life.

10. **It allows you to be very clear about the boundaries you need to establish for others' behavior** - Boundaries are what other people cannot do to or around you. The behavior that is least acceptable to you is that which violates your values. Clarity around your values allows establishing and enforcing boundaries to be painless. You're not trying to change people, you're just clear about the behavior that's acceptable around you.

Identify Core Values - Develop a list of attributes that you believe identify who you are and what your priorities are. The list can be as long as you need. Once your list is complete, see if you can narrow your values to five or six most important values. Finally, see if you can choose the one value that is most important to you.

Below is a list of values that may include some that are important to you. You can mark as many as you want. Add any values that are important to you.

<input type="checkbox"/> Abundance	<input type="checkbox"/> Fame
<input type="checkbox"/> Admiration	<input type="checkbox"/> Fast Living
<input type="checkbox"/> Advancement	<input type="checkbox"/> Fast-paced Work
<input type="checkbox"/> Adventure	<input type="checkbox"/> Financial Gain
<input type="checkbox"/> Appreciation	<input type="checkbox"/> Financial Security
<input type="checkbox"/> Arts	<input type="checkbox"/> Forgiveness
<input type="checkbox"/> Authority	<input type="checkbox"/> Freedom
<input type="checkbox"/> Awareness	<input type="checkbox"/> Generosity
<input type="checkbox"/> Balance	<input type="checkbox"/> Gratitude
<input type="checkbox"/> Being acknowledged	<input type="checkbox"/> Having a Family
<input type="checkbox"/> Being admired	<input type="checkbox"/> Helpful
<input type="checkbox"/> Being admired intellectually	<input type="checkbox"/> Honesty
<input type="checkbox"/> Being admired physically	<input type="checkbox"/> Humor
<input type="checkbox"/> Being admired spiritually	<input type="checkbox"/> Independence
<input type="checkbox"/> Being applauded	<input type="checkbox"/> Influencing Others
<input type="checkbox"/> Being appreciated	<input type="checkbox"/> Inner Harmony
<input type="checkbox"/> Being appreciated intellectually	<input type="checkbox"/> Integrity
<input type="checkbox"/> Being appreciated physically	<input type="checkbox"/> Intellectual Challenge
<input type="checkbox"/> Being appreciated spiritually	<input type="checkbox"/> Involvement
<input type="checkbox"/> Being fair	<input type="checkbox"/> Job Tranquility
<input type="checkbox"/> Being feared	<input type="checkbox"/> Joy

<input type="checkbox"/> Being forgiven <input type="checkbox"/> Being genuine <input type="checkbox"/> Being ignored <input type="checkbox"/> Being independent <input type="checkbox"/> Being loved <input type="checkbox"/> Being loved intellectually <input type="checkbox"/> Being loved physically <input type="checkbox"/> Being loved spiritually <input type="checkbox"/> Being noticed <input type="checkbox"/> Being perceived for who you are <input type="checkbox"/> Being respected <input type="checkbox"/> Being respected intellectually <input type="checkbox"/> Being respected physically <input type="checkbox"/> Being respected spiritually <input type="checkbox"/> Being understood <input type="checkbox"/> Being unnoticed <input type="checkbox"/> Calm <input type="checkbox"/> Challenging Problems <input type="checkbox"/> Change and Variety <input type="checkbox"/> Collaboration <input type="checkbox"/> Communication <input type="checkbox"/> Community <input type="checkbox"/> Compassion <input type="checkbox"/> Competence <input type="checkbox"/> Competition <input type="checkbox"/> Creativity <input type="checkbox"/> Decisiveness <input type="checkbox"/> Detachment <input type="checkbox"/> Diligence <input type="checkbox"/> Duty <input type="checkbox"/> Efficiency <input type="checkbox"/> Emotion <input type="checkbox"/> Energy <input type="checkbox"/> Entrepreneurship <input type="checkbox"/> Environmental Preservation <input type="checkbox"/> Ethical Practice <input type="checkbox"/> Excellence <input type="checkbox"/> Excitement <input type="checkbox"/> Expertise <input type="checkbox"/> Faith	<input type="checkbox"/> Knowledge <input type="checkbox"/> Leadership <input type="checkbox"/> Location <input type="checkbox"/> Love <input type="checkbox"/> Loyalty <input type="checkbox"/> Mindfulness <input type="checkbox"/> Nature <input type="checkbox"/> Nurturing <input type="checkbox"/> Order <input type="checkbox"/> Patience <input type="checkbox"/> Perseverance <input type="checkbox"/> Personal Development or Growth <input type="checkbox"/> Physical Challenge <input type="checkbox"/> Pleasure <input type="checkbox"/> Potential (living up to my) <input type="checkbox"/> Power <input type="checkbox"/> Privacy <input type="checkbox"/> Public Service <input type="checkbox"/> Quality Relationships <input type="checkbox"/> Recognition <input type="checkbox"/> Responsibility & Accountability <input type="checkbox"/> Right Livelihood <input type="checkbox"/> Routine <input type="checkbox"/> Sameness <input type="checkbox"/> Self-respect <input type="checkbox"/> Serenity <input type="checkbox"/> Sexuality <input type="checkbox"/> Sharing <input type="checkbox"/> Similarity <input type="checkbox"/> Simplicity <input type="checkbox"/> Spiritual Life <input type="checkbox"/> Trust <input type="checkbox"/> Truth <input type="checkbox"/> Understanding <input type="checkbox"/> Vitality <input type="checkbox"/> Wholeness <input type="checkbox"/> Wisdom <input type="checkbox"/> Working alone <input type="checkbox"/> Working with others
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Top 5 or 6 Values (highlight the one that is most important to you)

1.	2.
3.	4.
5.	6.