**What do you value most?**

The purpose of this exercise is to help me get to know you little bit and to remind yourself of what is truly important to you.

From the following list, write the two or three values most important to you in your journal

• creativity

• community/relationships with family and friends

• political views

• independence

• learning and gaining knowledge

• money, wealth, or status

• your social/cultural/racial identity

• honesty or integrity

• helping society

• achievement in athletics, education, or career

• connection with nature/the environment

• athleticism, fitness

• spirituality or religion

• sense of humor/having fun

• Other? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Based on your responses above, please do the following:

* First, look at the values you picked as most important to you.
* Next, think about times when these values were important to you.
* Finally, describe in a few sentences why these values are important to you. Focus on your thoughts and feelings—don’t worry about spelling, grammar, or how well written it is.

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