

Values

ASSIGNMENT:

The following is an exercise that will help you sift and sort through your values and determine a priority system of those you hold most important. You will find on each of the three following pages three separate sets of four values and a short definition of each.

1. In each set of four values, identify which three are most important to you. Remember, values are those things which motivate you toward action. You may find yourself saying "they are all important to me", however you must pick three of each four. Perhaps on the other sets of four values you may struggle because you feel that only one of the four is important enough to cause you to act, however you must still pick three. Later in the process you will have a chance to come back and include some of those eliminated in these preliminary rounds. As you identify each one of the three in each set of four, fill in the circle "A".

You should have nine "A" circles filled in on each Section, 3 in each set of four for a total of nine per Section. For all three sections (pages) you will have a grand total of 27 "A" circles filled in.

2. Now you are ready to go to the "B" round. From the 9 "A" circles filled in from the previous round on each section or page, choose 5 from the entire section (page) that you sense are most important to you. **ONLY FIVE PER EACH OF THREE PAGES.** Fill in the "B" circles of your five choices on each section or page.
3. You have now reduced the values to five in each section (page) or a total of 15. They are marked with "B" filled-in. Now from these 15 sort out any 6 which you feel represent your most important values and fill-in the circles marked "C".
4. You have reduced the initial list of 36 values to the six you feel are most important. Along the way however you were asked to eliminate some that you may have had some difficulty in doing so because of their relative value to you First, Fill-in the circle "D" of each of the six you identified and filled-in "C". After you have done this, you can now go back through all those eliminated from the beginning, and bring back no more than four, marking or fill-in the "D" circle. When you finish you will have a total of ten values marked "D" (the six which survived the process initially plus four extracted from those eliminated in the process of rounds "A", "B" and "C").

You now have what may be the beginning of a set of values. It has been the process of identification that is most important at this point. If you were asked to take it a step or two further and eliminate others from the final list or even add in two or three more, it would be appropriate. It is the process of sifting, sorting, and thinking through the question "What is really important to me, enough to cause me to act and do something?" that is really important.

As you now move into the next part you will have a set of values you can work with in a clarification process.