

## Values Review and Clarification

- O Often valued  
 S Sometimes valued  
 R Rarely valued

Acceptance		Planning		Financial Independence	
Communication		Harmony		Working alone	
Economic security		Aesthetics		Challenge	
Fun		Variety		Creativity	
Support		Excellence		Humility	
Intellectual status		Security		Spirituality	
Patience		Location		Meaningful work	
Religion		Consciousness		Public service	
Knowledge		Vitality		Credibility	
Accountability		Affection		Stability	
Perseverance		Health and fitness		Working outdoors	
Gathering new knowledge		Love		Independence	
Efficiency		Excitement		Merit	
Reputation		Power and authority		Quality	
Community		Consistency		Forgiveness	
Taking risks		Self expression		Change and variety	
Persistence		Affiliation		Working with teams	
Enthusiasm		Contact with others		Status	
Generosity		Self Respect		Nature	
Leading others		Helping others		Free thinking	
Achievement		Willingness		Close relationships	
Respect		Fame		Dedication	
Compassion		Loyalty		Recognition	
Trust		Practicality		Innovation	
Advancement		Making decisions		Working with tools	
Truth		Simplicity		Integrity	
Environmental awareness		Privacy		Freedom	
Responsibility		Appreciation		Co-operation	
Persuading		Family		Relationships	
Learning		High earnings		Order	
Competence		Wisdom		Structure	
Growth		Courage		Dependability	
Understanding		Work under pressure		Commitment	
Adventure		Balance		Success	
Competition		Problem solving		Discipline	
Ethics		Honesty		Friendship	
Hands on work		Sophistication		Originality	
Physical challenge		Management		Reliability	
Responsiveness		Fast pace		Intellectual challenge	
Lifestyle		Craftsmanship			

# INTERACTIVE INTRODUCTIONS

*Choose a partner and take turns interviewing one another. Be attentive and listen.*

1. Name someone you admire. This person may be a figure in history or a person in your life. What is the core virtue this person practices? What attracts you to this virtue?
2. Name one of your own core virtues, one which is strong and well-developed in you. Say a few words about how you live it.
3. Name a virtue you need to work on, one that is under or over-developed in you. Say a few words about how it is needed in your life.
4. What is one of the biggest challenges in your life right now? What virtues would help you meet this challenge?
5. What is a source of joy in your life at this time?

## 6. Virtues Acknowledgement.

Interviewer, please give your partner a virtues acknowledgement by telling them a virtue you notice in them and specifically how you see it.

“I want to acknowledge you for the virtue of \_\_\_\_\_ and the way that you show it is \_\_\_\_\_”