

VALUES CLARIFICATION EXERCISE

1. Think of a time in your life from your recent or distant past when you experienced a deep sense of joy, excitement, fulfillment or passion. Describe to someone or write in the form of a paragraph the situation in detail, focusing specifically on what caused you to feel so joyful, passionate, fulfilled or excited.
2. Think of a time in your life from your recent or distant past when you experienced a great deal of anger, frustration, embarrassment or disappointment – maybe even sadness or pain. Describe to someone or write in the form of a paragraph the situation in detail, focusing specifically on what caused you to feel those strong negative feelings.

Based on the responses to these questions, what words best describe for you what your core values are, what is the most important in your life?

In the first exercise, those values were honored; in the second exercise, they were missing.

Brainstorm a list of values, then look at the list and see which words could be grouped together (e.g.: honesty/integrity; community/connection; fun/joy etc.).