

Values list



Overview of the activity

It is a tool to uncover and clarify personal core values. By identifying what truly matters to the youngster, this method empowers them to make informed life choices, boost motivation, and establish a strong foundation for setting meaningful goals.

Learning goal

Participants will:

- Better understand their values and the hierarchy they give them.
- Understand the impact of these values on their daily life.
- Understand how they could improve their life by applying these values.

Target group

Age range: 16-25

Group size: individual or from 2
o 10 participants

Duration

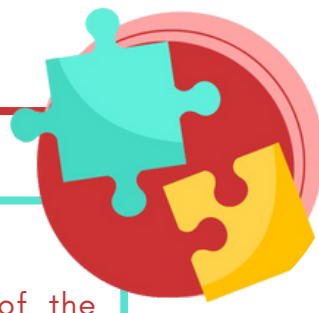
50 minutes

Format

- ☒ In-person ☒ Adaptable to digital format
- ☐ Included in learning platform

Materials

- A4 paper or devices with an internet connection
 - Pens
- ☒ Included in this activity:
- “Values list” worksheet
 - “Importance of values” worksheet



How to implement

Step 1. Introduction: present to the participants the objectives of the activity and ask them to think individually about what are their own values. Ask them to think about why it is important to know their values, how values guide decisions, influence self-image and affect how you interact with others.

Step 2. Sorting values: give to each participant a set of printed values (worksheet) that were previously cut, to put them into 2 categories: important and not important. In a second phase, ask them to choose 10 that are the most important for them and to prioritise them, to stick them to the worksheet attached.

Step 3. Reflection: based on the highest ranked values, ask the participants to create one or two statements that express how they want to live by these values. For example: "I value honesty and aim to communicate openly, being truthful with myself and others in all situations". Ask volunteers to share them.

Step 4. Conclusion: debrief the activity by asking to the participants how they felt, if it was easy to think about their own values or if they had difficulties to identify them. If it was the case, they can share why it was difficult. Conclude by reminding that the values can change and evolve overtime, according to the personal and external context. For example, the arrival of a baby in a family can totally change the way someone sees the world and the hierarchy of values.

Tips for use

Here are some final suggestions you can provide along the process:

- Start from the "real life" to think about your values.
- Reflect on these values regularly, at least every couple of months.
- Think about the values that are important to you, not the ones you think would be important or should be important to you according to others.

Tools & downloads

Tool

 *"Values list" worksheet*

 *"Importance of values" worksheet*



Values list

Integrity	Honesty	Respect	Responsibility	Compassion
Empathy	Kindness	Courage	Gratitude	Loyalty
Fairness	Justice	Tolerance	Patience	Humility
Perseverance	Generosity	Self-discipline	Resilience	Freedom
Authenticity	Accountability	Cooperation	Open-mindedness	Equality
Creativity	Curiosity	Dignity	Determination	Forgiveness
Peace	Self-respect	Altruism	Balance	Harmony
Innovation	Love	Family	Friendship	Growth
Money	Community	Spirituality	Sustainability	Inclusion
Success	Mindfulness	Wisdom	Passion	Leadership



Importance of values



IMPORTANT



NOT IMPORTANT

