Values Clarification

A value is an abstract judgment of what a person considers good, right, or worthwhile. Understanding what you value is an important step in self exploration. Below, identify one of your Signature Themes. Then, read through the list of values, and place a check mark next to those that you feel you value as a result of having that theme. Repeat the exercise for each of your other four Signature Themes.

Theme:

- Accomplishment
- Enjoyment
- Organization
- Accuracy
- Equality
- Peace
- Adventure
- Excellence
- Popularity
- Ambition
- Fairness
- Power
- Appreciation
- Family
- Productivity
- Autonomy
- Freedom
- Recognition
- Beauty
- Friendship
- Risk Taking
- Companionship
- Forgiveness
- Romance
- Comfort
- Growth
- Security
- Commitment
- Happiness
- Self Respect
- Competence
- Hard Work
- Service
- Control
- Health
- Spirituality
- Courage
- Honesty
- Success
- Creativity
- Independence
- Tolerance
- Dignity
- Integrity
- Tradition
- Directness
- Justice
- Trust
- Education
- Leadership
- Wealth
- Empowerment
- Open Mindedness
- Wisdom

Activity 4.2: Values Clarification
Facilitation Notes: Activity 4.2: Values Clarification

Learning Outcome:

- Evaluate the relationship between talent themes and personal values.

Estimated time: Approximately 25 minutes

Activity Description:

This exercise provides a basis to have a discussion regarding how values inform all behavior, including our careers. Students will most certainly have different values and in differing order. This particular exercise asks students to evaluate values through the lens of their themes. However, students will also bring values to this discussion from their past experience, including culture and upbringing.

Define the notion of values. A value is an abstract judgment of what a person considers good, right, or worthwhile. Understanding what you value is an important step in self exploration.

Ask your student to identify one of their Signature Themes. Then, have them read through the list of values and place a check mark next to those that they value as a result of having that particular talent theme. Ask the students to do this for each of their Signature Themes.

Debrief this activity by facilitating a discussion about the relationship between values and behavior. During this discussion, it will be valuable to discuss how the values of others affect our decision making. Some students may be following the advice of other significant others, including family and friends. This is also an opportunity to talk about the cost associated with pursuing certain careers and potentially conflicting values.