Values Exploration Activity

The Values Exploration Activity is an engaging and active way to explore and discuss the values that are important to us all. When completing this activity with a group, it’s important that each person has previously completed the Life Values Inventory assessment or has reflected on the values that are most important to them (from a list of 14 options).

Documented below, you’ll find:

- An overview of the 14 values identified by the Life Values Inventory (https://www.lifevaluesinventory.org/)
- Reflection questions to leverage with your team as a way to explore their values and assessment results
- Individual value signs to hang around a room for the activity
<table>
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<th>LIFE VALUES</th>
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| **ACHIEVEMENT**  
It is important to challenge myself and to work hard to improve. |
| **BELONGING**  
It is important to be accepted by others and to feel included. |
| **CONCERN FOR ENVIRONMENT**  
It is important to protect and preserve the environment. |
| **CONCERN FOR OTHERS**  
The wellbeing and the act of helping others are important. |
| **CREATIVITY**  
It is important to have new ideas, create new things, or be creatively expressive. |
| **FINANCIAL PROSPERITY**  
It is important to be financially successful. |
| **HEALTH & ACTIVITY**  
It is important to be healthy and physically active. |
| **HUMILITY**  
It is important to be humble and modest about my accomplishments. |
| **INDEPENDENCE**  
It is important to have a sense of autonomy with my decisions and actions. |
| **INTERDEPENDENCE**  
It is important to follow the expectations of my family, social group, team, or organization. |
| **OBJECTIVE ANALYSIS**  
It is important to use logical principles to understand and solve problems. |
| **PRIVACY**  
It is important to have time alone. |
| **RESPONSIBILITY**  
It is important to be dependable and trustworthy. |
| **SPIRITUALITY**  
It is important to have spiritual beliefs that reflect being a part of something greater than myself. |

Life Values Inventory, R. Kelly Crase PhD and Duane Brown PhD
Activity Discussion Questions

To facilitate this activity, you will ask participants two questions for each “type” of value (e.g. High Priority). As the facilitator, you get to select the question you want them to answer from a bank of questions (below).

Before starting the activity, you need to have placed the 14 values sheets around the meeting room. For ease in running the activity, you can find the 14 sheets at the end of this document (for printing).

For the first question, you will ask them to physically move to stand by the value that represents their answer. The second question is meant for them to discuss with a partner. You may choose to have people share out after each discussion, or may allow them to keep their discussions private with their partner.

Questions Specific to ‘High Priority’ Values

First Question Options (ask participants to respond by moving to stand by their answered value):
From your high priority values…
1) …what’s a value that you express the most?
2) …what’s a value that will still be among your top values a few years from now?
3) …which of these is a value that has a fear attached to it?

Second Question Options (ask participants to discuss with a partner or small group):
For the value you selected…
1) …what’s great and positive about having this value high in your ranking?
2) …what’s stressful about having this value high in your ranking?
3) …what were the influences that shaped the formation of this value for you?
4) …how would we know this value is high priority for you?
5) …how new or old does this value feel for you?
6) …how does your high priority value compare to others in your family, friends, community, or culture?
7) …what fears are attached to your high-priority value? How do you manage/cope with those fears?
Questions Specific to ‘Over-Attention’ Values

First Question Options (ask participants to respond by moving to stand by their answered value):
From your over-attention values…
1) …which over-attention value is causing you the most stress?
2) …what value are you hardest on yourself in terms of judgment?
3) …which value do you focus on because you feel like you “have to”?
4) …which of these values does your life need less of?

Second Question Options (ask participants to discuss with a partner or small group):
For the value you selected…
1) …why does the value cause you stress?
2) …how do you judge yourself? How do you react when the judgment is negative?
3) …what would happen if you didn’t focus on this value?
4) …if you had time back, which other value would you spend time on? Why?
5) …in what ways might one of these values be limiting you?

Questions Specific to ‘Under-Attention’ Values

First Question Options (ask participants to respond by moving to stand by their answered value):
From your under-attention values…
1) …which value is causing you the most stress?
2) …what value do you hope to affect the most in the next year?
3) …if you could only choose one, which value would you like to spend more time and energy on?
4) …which of these values did you used to act upon that you no longer do?
5) …which of these values does your life need more of?

Second Question Options (ask participants to discuss with a partner or small group):
For the value you selected…
1) …why is this value causing you stress?
2) …how do you plan on spending more time on this value?
3) …which value have you tried to spend more time and energy on and failed? What happened?
4) …what keeps you from acting upon this value? In what ways might one of these values be limiting you?
Achievement
Belonging
Concern for Environment
Concern for Others
Creativity
Health & Activity
Humility
Independence
Interdependence
Objective Analysis
Privacy
Responsibility
Spirituality