Value Cards

Directions:

1) Place the 3 green cards labeled "Very Important", "Somewhat Important" and "Not Important" on the table.
2) Quickly go through the deck of values and sort them according to how important that value is to YOU, today. It does not matter if it is something that you currently possess or do, or something you want to improve on – if it is very important, place it in that pile.
3) Do not sort the cards based on what you THINK someone else would expect of you. This is a personal activity, and there are NO right or wrong answers.
4) After sorting the cards, set aside the Somewhat Important and Not Important cards. Look only at the cards you placed in the Very Important category.
5) You will now choose 4 cards that represent the values that are most important to you, at this moment. This is something that does not define you for life. What is most important today may not be the same as what is most important 6 months from now.
6) Reflect for a moment on why those things are important and what they mean to you.

Discuss with your partner what you have learned about yourself.

What you need:

Deck Labels – We do these in a bright color and a small card size
Very Important; Somewhat Important; Not Important

Words that you might use: we use 30 words, one word per card (small card size) – opposite side can have your logo or whatever you'd like.

Clear expectations	Visualizing	Comfort
Problem solving	Power	Health
Service (to others)	Sincerity	Variety
Political activism	Adventure	Reading
Challenge	Self-Improvement	Leisure
Punctuality	Trustworthiness	Approval
Flair	Change	Routine
Solitude	Wisdom	Safety
Simplicity	Independence	Socializing
Working under pressure	Competition	Arts

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