

# VALUES EXPLORATION EXERCISE

Values are what is important and meaningful to you.  
 Values help guide you in life when you're faced with difficult decisions.

This is who I am.

This is what I stand for.

This is how I act.

## CHOOSING YOUR VALUES

From the list below, place a check mark beside the values that are most important to you and/or add your own values. How many did you select?

1. Put a check mark beside the values that you find important
  - a. If you're stuck, use the "NEED HELP?" section.
2. Is one of your values missing? Write in your own.
3. From the values you selected, narrow down and circle five values that are the MOST meaningful to you.

|   |                                     |                                      |   |
|---|-------------------------------------|--------------------------------------|---|
| <input type="checkbox"/> FAIRNESS       | <input type="checkbox"/> EXCELLENCE | <input type="checkbox"/> INCLUSION   | <input type="checkbox"/> Write your own |
| <input type="checkbox"/> ACCOUNTABILITY | <input type="checkbox"/> RESPECT    | <input type="checkbox"/> COURAGE     | <input type="checkbox"/> Write your own |
| <input type="checkbox"/> LEADERSHIP     | <input type="checkbox"/> HONESTY    | <input type="checkbox"/> IMPROVEMENT | <input type="checkbox"/> Write your own |
| <input type="checkbox"/> LOYALTY        | <input type="checkbox"/> POSITIVITY | <input type="checkbox"/> TEAMWORK    | <input type="checkbox"/> Write your own |
| <input type="checkbox"/> FUN            | <input type="checkbox"/> COMMITMENT |                                      | <input type="checkbox"/> Write your own |

### NEED HELP?

Ask yourself: Do these words mean something to you? Do they factor in when you make decisions?

Use the following prompts to help you.

Who do you admire and what do you think their values are? List them below. Do you share these values?

Think of your family, friends, teammates, coaches, and teachers. What do you think their values are? List them below. Do you share these values?

Think of a scenario where you were faced with a tough decision – which values did you use to guide your decision and your actions. List them below. Are these values meaningful to you?

### NEED MORE HELP? CONSIDER THESE EXAMPLES:

- You experienced unfair play and poor attitudes from opponents during a game. Do you line up to shake hands after the game? (Respect, Integrity, Leadership)
- You and a teammate are competing for the same starting position. Do you help them improve their skills? (Teamwork, Fairness, Inclusion, Respect)
- You know you were the last person to touch the ball before going out of play. Do you let the official know? (Fairness, Honesty, Integrity)