## Exploring Values

<table>
<thead>
<tr>
<th>Value</th>
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EXPLORING VALUES

Selecting your most significant values:

- Narrow your list of circled/written values down to your top 3 most significant values.
- A strategy to help you with this process is to compare two values and ask yourself, “if I could only satisfy one of these which would I choose?”

<table>
<thead>
<tr>
<th>Your most significant values:</th>
<th>How is this value expressed in your life? *how does it show up in your day-to-day?</th>
<th>Where does this value come from? *who/what influences this value?</th>
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Affirmation of Your Top 3 Most Significant Values

For each value, ask yourself:

- Am I proud of these three values?
- Am I comfortable and proud to tell my values to people I respect and admire?
- Do these values represent things I support, even if my choice isn’t popular?