

## **Connect and Reflect**

A Values Clarification Exercise

Identify someone whose company you enjoy—this might be a friend, family member, coworker, or even a mentor or coach. Reflect on a memory, whether recent or from the past, where you shared a meaningful moment with this person. It could range from a simple activity like playing a game to more intimate interactions such as hugging or having a meaning conversatio.

Immerse yourself in this memory. Visualize the scene, feel the emotions, and recall the sensory details—what you saw, heard, touched, tasted, and smelled. Reflect on what it felt like to engage in that activity with them, and cherish the emotions it brings up.

Next, observe this memory as if you were watching it on a TV screen. Focus on your actions and interactions: ☐ What were you doing and saying? ☐ How were you treating and responding to the other person? ☐ Which qualities were you exhibiting? Write about this memory in as much detail as possible:



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Now, Identify and check at least two or three words that describe the qualities you exhibited in the meaningful moment you wrote about from the list below:

	Accountability		Fun		Personal fulfillment
	Achievement		Future generations		Power
	Adaptability		Generosity		Pride
	Adventure		Giving back		Recognition
	Altruism		Grace		Reliability
	Ambition		Gratitude		Resourcefulness
	Authenticity		Growth		Respect
$\overline{\Box}$	Balance	$\overline{\Box}$	Harmony	$\Box$	Responsibility
$\overline{\Box}$	Beauty	$\overline{\Box}$	Health	$\Box$	Risk-taking
$\overline{\Box}$	Being the best	$\overline{\Box}$	Home	$\Box$	Safety
$\overline{\Box}$	Belonging	$\overline{\Box}$	Honesty	$\Box$	Security
$\Box$	Career	$\Box$	Hope		Self-discipline
$\Box$	Caring	$\Box$	Humility		Self-expression
	Collaboration		Humor		Self-respect
$\Box$	Commitment	$\overline{\Box}$	Inclusion		Serenity
	Community		Independence		Service
	Compassion		Initiative		Simplicity
	Competence		Integrity		Spirituality
	Confidence		Intuition		Sportsmanship
	Connection		Job security		Stewardship
	Contentment				Success
			Joy Justice		Teamwork
	Contribution				
	Cooperation		Kindness		Thrift
	Courage		Knowledge		Time
	Creativity		Leadership		Tradition
	Curiosity		Learning		Travel
	Dignity		Legacy		Trust
	Diversity		Leisure		Truth
	Environment		Love		Understanding
	Efficiency		Loyalty		Uniqueness
	Equality		Making a difference		Usefulness
	Ethics		Nature		Vision
	Excellence		Openness		Vulnerability
	Fairness		Optimism		Wealth
	Faith		Order		Well-being
	Family		Parenting		Wholeheartedness
	Financial stability		Patience		Wisdom
	Forgiveness		Patriotism		
	Freedom		Peace		
	Friendship		Perseverance		



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Consider what these reflections reveal about:
<ul> <li>□ The type of person you aspire to be.</li> <li>□ How you wish to treat yourself and others.</li> <li>□ The relationships you aim to cultivate.</li> <li>□ The ways you want to spend your time.</li> </ul>

Now, think about how you can apply these insights and values in the coming week. What social situations will you find yourself in? As you incorporate these values, take time to enjoy how it feels to act according to your values and notice the impact it has on your interactions and overall life. Look for every opportunity to apply these values and observe the positive effects they bring.