





# Connect and Reflect

## A Values Clarification Exercise

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:

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

