



Exploring your values





South London Scouts

Exploring your values

ACTIVITY: Define your values and morals



- ✿ A printout of the values cards at the end of this pack. (if you haven't got a printer you can write them out on separate squares of paper.)
- ✿ Scissors
- ✿ Pen or pencil
- ✿ Pad

A

Make a list of your influences

Think about who or what influences you. By this we mean the things that have an effect on you. Things like your character, feelings or behaviour.

Everyone and everything you come in to contact with influences you. The influences can have a positive or negative effect on you.

A family member

Most of us, parents and siblings have a huge impact on our lives.

A teacher

Is there a particular teacher who got you excited about learning, a subject area, or continuing your education?

A Friend

For good or bad, your close friends have a huge influence on your decisions and behavior. Do you have a close friend who has helped you succeed in school or scouting?

A Leader

Your Leaders teach leadership, responsibility and teamwork.

A member of your community

Do you have a mentor in the church or some other community organization? Community members often teach us to think outside of the narrow sphere of our families.

	<p>Other influences could be:</p> <table border="0"> <tr> <td>1. News in the media</td> <td>12. Your Scout Leaders</td> </tr> <tr> <td>2. Advertising in all media</td> <td>13. Colors and materials</td> </tr> <tr> <td>3. The TV you watch</td> <td>14. Information and impressions</td> </tr> <tr> <td>4. The video games you play</td> <td>15. What you see, read and hear</td> </tr> <tr> <td>5. Your school</td> <td>16. Music</td> </tr> <tr> <td>6. Your teachers</td> <td>17. Where you live</td> </tr> <tr> <td>7. Your parents</td> <td>18. Your experiences</td> </tr> <tr> <td>8. New technologies</td> <td>19. Your attitude to life</td> </tr> <tr> <td>9. Social media</td> <td>20. What you have achieved so far</td> </tr> <tr> <td>10. Seasons and weather</td> <td>21. What you eat and drink</td> </tr> <tr> <td>11. People you meet</td> <td></td> </tr> </table> <p style="text-align: right;">and more factors</p>	1. News in the media	12. Your Scout Leaders	2. Advertising in all media	13. Colors and materials	3. The TV you watch	14. Information and impressions	4. The video games you play	15. What you see, read and hear	5. Your school	16. Music	6. Your teachers	17. Where you live	7. Your parents	18. Your experiences	8. New technologies	19. Your attitude to life	9. Social media	20. What you have achieved so far	10. Seasons and weather	21. What you eat and drink	11. People you meet	
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B	<p>Print out and cut up (or write out), the 36 values cards. You can find them at the end of this pack.</p>
C	<p>Lay the cards out in front of you face up so they can see each of them. You will find a few blank cards that you can use as to write a word or value that they feel is important to you but is not represented among the 36 other values. We have provided a long list for you to look through.</p>
D	<p>Think about your influences and spend some time reflect on each value, challenge them to identify your top five values that best represent you as an individual.</p>
E	<p>Gather up the cards leaving only your chosen five "core values" face up in front of you.</p>
F	<p>Now put your chosen values in the order of importance to you. This is often the most challenging part. You may need to do this step in multiple sittings. After doing one round of ranking put it aside and revisit it later or the next day and see how it sits with you then. If needed, you can change the order if you want to.</p> <p>Use the 'my values' template to record your chosen 5 values, list them in order of importance.</p>

<p style="font-size: 48pt; font-weight: bold; color: #4CAF50; text-align: center;">G</p>	<p style="color: #673178;">Now, creativity comes into play. Turn your values into memorable phrases or sentences.</p> <p>This will help you articulate the meaning behind each of your chosen values and gives you the opportunity to make each value more personal and memorable.</p> <p>Here are a few tips for crafting your values statements:</p> <ul style="list-style-type: none"> • Use inspiring words and vocabulary. Our brains are quick to delete or ignore the mundane and commonplace. • Use words that evoke and trigger emotional responses. They will be more meaningful and memorable. • Play to your strengths in crafting your values. • Make your value statements rich and meaningful to you so they inspire you to uphold them. <p>For example, let's say you've identified a core value of health to represent other values, like energy and vitality. Your values statement might be: "Health: to live with full vitality and energy every day."</p>
<p style="font-size: 48pt; font-weight: bold; color: #4CAF50; text-align: center;">H</p>	<p style="color: #673178;">Now select the value that you feel you could improve upon the most, (the one that you feel needs the most work).</p> <p>Use the my values template to record why you feel it is your weakest value and list a few things you can do to improve.</p>
<p style="font-size: 48pt; font-weight: bold; color: #4CAF50; text-align: center;">I</p>	<p style="color: #673178;">Now select the word that represents your strongest value, (the value that you feel the most possess at this point in time).</p> <p>Use the 'my values' template to record why you feel it is your strongest value and list a few reasons why this is.</p>
<p style="font-size: 48pt; font-weight: bold; color: #4CAF50; text-align: center;">J</p>	<p style="color: #673178;">Now narrow your list down to just one card that represents your most important "core value".</p> <p>Use the 'my values' template to record why you feel it is your strongest value and list a few reasons why this is.</p>
<p style="font-size: 48pt; font-weight: bold; color: #4CAF50; text-align: center;">K</p>	<p style="color: #673178;">Review your list using the thoughts and feelings area of the template. For each of your values thing about:</p> <ul style="list-style-type: none"> • How it makes you feel? • Do you feel that it is consistent with who you are? • Is this value personal to you? • Do you feel this value is consistent with your identity (or inconsistent as if it belongs to someone else, like an authority figure or society and not you?) • Check your priority ranking. Do you feel like your values are in the proper order of importance? <p>Remember, nothing is final. You can always make any tweaks and changes as necessary.</p>

<p style="text-align: center; font-size: 48px; color: #4F81BD;">L</p>	<p>Are you living by your personal values? Now you have a prioritised list of your core values, let's see how well you're living them.</p> <p>Think about how well you are honouring each of your core values by scoring each one on a scale of 1 to 10, where 10 represents optimally living the value.</p> <p>Use the 'my values' template to record your scores you can repeat this exercise from time to time to check your progress.</p> <p>If your score is below 7 for any of your values, think about what changes you could make? What do you need to do to further honour this value?</p>
<p style="text-align: center; font-size: 48px; color: #4F81BD;">M</p>	<p>Here's where self-coaching comes into play. Define your goals. Create a plan and make it happen!</p> <p>Check-in with your personal values from time to time. Think about how they make you feel and the difference they make to you day to day</p>

Finally...

Having a defined list of personal core values on a sheet of paper is nice, but it doesn't change anything. To see a difference, you should try and live by your values. This can sometimes be easier said than done.

<p style="text-align: center; font-size: 48px; color: #4F81BD;">N</p>	<p>Use your values to set yourself goals.</p> <p>Having goals for things you want to do and working towards them is an important part of being human. The path towards your goals may not always run smoothly or be easy, but having goals, whether big or small, is part of what makes life good. It gives us a sense of meaning and purpose, points us in the direction we want to go and gets us interested and engaged, all of which are good for our overall happiness.</p> <p>Take a look at the big picture. Do you live according to your values? If not, don't worry — it's quite common for our lives to diverge from our values for any number of reasons.</p> <p>Here's how to get things back on track. For each of your values, make a list of things you could do to put those values into practice. For example, if you chose learning, you could go back to college and do that degree you've always dreamed of. Or you could commit to read a book every week on a subject that you care about. Or you could take online training courses or sign up for classes at your local adult education centre. There are so many possibilities.</p> <p>Don't be constrained by practical considerations at this stage. Just write down possibilities, even if you think you can't afford them or don't have time. Make a list of things you could do to live by your values.</p> <p>You should end up with a list of ideas and possible actions for each of your values. The next step is to make them into goals for the next week, month, year, and perhaps longer.</p>
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Now it's time to make sure you make your goals happen.

The best way to achieve your goals is to break them down into small chunks and plan for the short term future.

Take a look at your list of goals and pick 3 to 5 of them that you would like to complete over the coming months or year. Use the action plan at the back of the my values template to plan what you are going to do.

Remember to regularly review your progress. When you have achieved these goals pick 3 to 5 more and start again!

LIFE

**An appreciation and respect
for all living things**

COMPASSION

**Understanding the suffering of others
and wanting to do something about it**

FREEDOM

**The power to act, speak or think without
externally imposed restraints**

DEDICATION

**The act of binding yourself (intellectually
or emotionally) to a course of action**

CREATIVITY

**A high degree of innovation and
originality**

ACCOUNTABILITY

**Being obliged to answer for one's own
actions**

WORK

Deriving great value from your job

RELIGION

Belonging to an organized religion

HUMOR

The ability to laugh at oneself and find humour in all things

COOPERATION

Working together for a common purpose

TRUSTWORTHINESS

Dependability, deserving of confidence

ADVANCEMENT

Personal and professional growth

LOYALTY

Faithfulness to another person or group

WEALTH

Desire for substantial monetary income

SECURITY

Having the essentials you need to live and be safe

RECOGNITION

To receive special attention, to feel important

BEAUTY

An appreciation for and seeing the beauty in all things

PROFESSIONALISM

Commitment to quality; pride in your work

MORALITY

Desire for high ethical standards; a strong sense of right and wrong

PATIENCE

The capacity for enduring hardship or inconvenience

SPIRITUALITY

A way of living that emphasizes a constant awareness of the spiritual dimension of nature

SUCCESS

Attainment of professional position, favour or eminence; achieving your goals

RESPONSIBILITY

Being answerable to someone for something or being responsible for one's own conduct

POWER

Ability to lead, direct, persuade, control

RESPECT

Unbiased consideration and regard for the rights, values, beliefs and property of all people

HONESTY

A high regard for fairness, straightforwardness, sincerity, truthfulness

EMPATHY

Feeling concern for and understanding another's situation or feelings

INTEGRITY

The quality or state of being of sound moral principle; uprightness, honesty, sincerity

JUSTICE

Fairness, balance, equality

HEALTH

Physical and mental well-being

LOVE

Strong personal feelings of caring and affection

FAITH

A strong belief in a supernatural power or powers that control human destiny

HELPFULNESS

Sense of concern for and outreach to the needs of others

KNOWLEDGE

Seeking and learning new information and insights

WISDOM

The ability to apply knowledge, experience, understanding, common sense and insight

INDEPENDENCE

Freedom from control or influence of another or others, self sufficient

Here is a list of 230 personal values you may choose to add a couple to the card deck:

Integrity		
Accountability Candour Commitment Dependability Dignity	Honesty Honour Responsibility Sincerity	Transparency Trust Trustworthy Truth
Achievement		
Accomplishment Capable Challenge Challenge Competence Credibility Determination Development Drive Effectiveness Empower Endurance Excellence Famous	Greatness Growth Hard work Improvement Influence Intensity Leadership Mastery Motivation Performance Persistence Potential Power Productivity Professionalism	Prosperity Recognition Results-oriented Risk Significance Skill Skilfulness Status Success Talent Victory Wealth Winning
Creativity		
Creation Curiosity Discovery Exploration Expressive	Imagination Innovation Inquisitive Intuitive	Openness Originality Uniqueness Wonder

Feelings		
Acceptance Comfort Compassion Contentment Empathy Grace Gratitude Happiness	Hope Inspiring Irreverent Joy Kindness Love Optimism Passion	Peace Poise Respect Reverence Satisfaction Serenity Thankful Tranquillity Welcoming
Intelligence		
Brilliance Clever Common sense Decisiveness Foresight Genius Insightful Knowledge	Learning Logic Openness Realistic Reason Reflective Smart	Thoughtful Understanding Vision Wisdom
Spirituality		
Adaptability Altruism Balance Charity Communication Community Connection Consciousness Contribution Cooperation Courtesy Devotion	Equality Ethical Fairness Family Fidelity Friendship Generosity Giving Goodness Harmony Humility Loyalty Maturity Meaning	Selfless Sensitivity Service Sharing Spirit Stewardship Support Sustainability Teamwork Tolerance Unity

Strength		
Ambition	Ferocious	Self-reliance
Assertiveness	Fortitude	Temperance
Boldness	Persistence	Toughness
Confidence	Power	Vigour
Dedication	Restraint	Will
Discipline	Rigor	
Freedom		
Independence	Individuality	Liberty
Courage		
Bravery	Fearless	Valour
Conviction		
Order		
Accuracy	Decisive	Security
Careful	Economy	Stability
Certainty	Justice	Structure
Cleanliness	Lawful	Thorough
Consistency	Moderation	Timeliness
Control	Organization	
Enjoyment		
Amusement	Fun	Spontaneous
Enthusiasm	Playfulness	Surprise
Experience	Recreation	
Health		
Energy	Vitality	
Presence		
Alertness	Calm	Focus
Attentive	Clear	Silence
Awareness	Concentration	Simplicity
Beauty		Solitude