

PRE-WORK

VALUES AND AUTHENTIC YOUTH ENGAGEMENT

UNDERSTANDING INDIVIDUAL VALUES

Values are principles that a person believes are most important to them. Values help determine one's priorities in life and can influence decision making, ideas, beliefs and understanding of others.

Knowing your top core values as an individual helps you:

- be self-aware;
- define how you view happiness and life satisfaction; and
- assess when others' values are not aligned with your own.

BEFORE THE TRAINING

Please complete the exercise below. **You will not be asked to share your results.** What you share will be up to you.

You will receive a handout that shows a list of words representing values.

1. Review the list.
 - Select five values that are important to you. Circle or place a star by each one.
 - While so many values are important, please choose only five for the purpose of this session.
 - You do not need to prioritize the five values.
 - If you don't see words on the list that you want to use, you may write in your own value words at the bottom of the page.
2. Please bring your list of five chosen values and a way to document your discussions, like a journal, when you come to the session.