

Activities for Value-Seekers

To help you answer the question: “*What do you want from life?*” try these value-seeking activities.

1. Reflect on a time when you stood up for what you believed in

Remember a time when you fought for what you thought was right. Write about the experience by reflecting on these questions:

- *How did it feel to stand up for what you believed?*
- *What did you discover in that moment?*
- *How did that moment influence or change later events in your life?*

2. Ask a friend or family member for three words to describe you

In the chart below expand on each of the three words by writing out a "because" statement. Then turn your "because" statement into a value statement.

Word that describes me	"Because statement"	Value statement
<i>Example: generous</i>	<i>Example: I am generous because I like to buy great birthday presents.</i>	<i>Example: I value generosity and friendship.</i>
1.		
2.		
3.		

Create a values lifeline

Consider the chart below a timeline of your life that is separated in five-year increments. In the column for each period, list what mattered most to you during that time.

5	10	15	20	25	30	35