



Activity 1: Determining Your Values

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Observe: Complete the pyramid below with up to 10 Sorting Cards you identified in the card activity.

**Best
Describes
Me**

Questions to Explore

Evaluate:

1. As you review your top values, what resonated most? What surprised you?

2. Are these values new for you or have they been present for a while? Explain.

3. Put a "+" next to the values you are living more fully and a "-" next to those that you are not. Insights?

Evaluate (continued):

4. Which Values Types were most and least represented in your pyramid? Does this make sense to you?

Respond: (Pick one value and answer the following questions.)

5. What's one action you can practice today to live this value more fully?

6. Who can you ask for help and support?