



### Activity 3: Explore Values

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**Observe:** Complete the table below with the cards you identified from the card activity.

Observe: Use this table to identify areas for exploration		
Values Type	Value Statement	How can you live this value more fully in your day-to-day life? Be specific.
1	Universalism	
2	Benevolence	
3	Conformity	
4	Tradition	
5	Security	
6	Power	
7	Achievement	
8	Pleasure	
9	Stimulation	
10	Self-Direction	

### Questions to Explore

**Evaluate:**

1. As you think about the values you selected, what resonated with you most?

2. Did anything surprise you? What?

**Respond:**

3. As you look at your list of values, which value will have the greatest impact on you and others? Explain.

4. Who can you talk with to explore these ideas more in more detail?