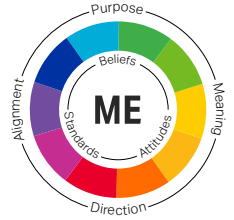




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## Activity 3: Envision Living My Values

Visit [R1LEARNING.COM](http://R1LEARNING.COM) to get Discovery Cards and Activity Worksheets

**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 ask for help and support?