



Activity 4: Explore the Values Model

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As you think about your understanding of the Values Model, answer the questions to explore to the right.

Values

What are my values –
am I living them?

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Values

What are my values –
am I living them?

UNIVERSALISM
BENEVOLENCE
CONFORMITY
TRADITION
SECURITY
POWER
ACHIEVEMENT
PLEASURE
STIMULATION
SELF-DIRECTION

Schwartz Values Model

Questions to Explore

1. How does it help you to know that there is a model describing Values?

2. What resonates most with you about the Values Model given your own experience?

3. How does the Values Model help you see alignment or gaps in your life?

4. How does the Values Model motivate you to explore your values and act to live them more fully?