

WHAT'S REALLY IMPORTANT TO YOU?

Part 1: Would You Rather?

Write your response to the following would you rather questions. Consider including a briefly rationale as to why you made that choice.

- Would you rather...never read another book or never hear another song?
- Would you rather...always get free good when you order or always get free plane tickets when you want to travel?
- Would you rather...always say everything on your mind or never be able to speak again?

Part 2: My Top Value

Write down what you think your top value is right now: _____

Part 3: Trash your Values!

Complete the Table below when prompted. Categories will be reviewed in the video.

MATERIALS	PEOPLE	QUALITIES/EMOTIONS	GOALS	INTERESTS/BELIEFS

WHAT'S REALLY IMPORTANT TO YOU?

Accountability
Achievement
Adaptability Adventure
Altruism
Ambition
Authenticity
Balance
Beauty
Being the best
Belonging
Career
Caring
Collaboration
Commitment
Community
Compassion
Competence
Confidence
Connection
Contentment
Contribution
Cooperation
Courage
Creativity
Curiosity
Dignity
Diversity
Environment
Efficiency

Equality
Ethics
Excellence
Fairness
Faith
Family
Financial stability
Forgiveness
Freedom
Friendship
Fun
Future generations
Generosity
Giving back
Grace
Gratitude
Growth
Harmony
Health
Home
Honesty
Hope
Humility
Humor
Inclusion
Independence
Initiative
Integrity
Intuition

Job security
Joy
Justice
Kindness
Knowledge
Leadership
Learning
Legacy
Leisure
Love
Loyalty
Making a difference
Nature
Openness
Optimism
Order
Parenting
Patience
Patriotism
Peace
Perseverance
Personal fulfillment
Power
Pride
Recognition
Reliability
Resourcefulness
Respect
Responsibility

Risk -taking
Safety
Security
Self-discipline
Self-expression
Self-respect
Serenity
Service
Simplicity
Spirituality
Sportsmanship
Stewardship |
Success
Teamwork
Thrift
Time
Tradition
Travel
Trust
Truth
Understanding
Uniqueness
Usefulness
Vision
Vulnerability
Wealth
Well-being
Wholeheartedness
Wisdom

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Part 4: How Are You Feeling?

Round 1: Get it Started—How are you feeling and why?



Round 2: "Help" from your Neighbor—How are you feeling and why?



Round 3: Under Pressure—How are you feeling and why?



Round 4: Almost There—How are you feeling and why?



Round 5: Digging Through the Trash—How are you feeling and why?



Round 6: The Grand Finale—How are you feeling and why?

