

In this exercise, you will be answering several questions about your ideas, beliefs, and life. There are no right or wrong answers. Credit will be awarded based on effort.

Question 1. Please read over the following list of values and think about each one. Then, select two or three that are most important to you.

- art
- athletic ability
- beauty
- confidence
- courage
- creativity
- curiosity
- empathy
- fairness
- family
- generosity
- gratitude
- happiness
- honesty
- imagination
- independence
- integrity
- justice
- kindness
- knowledge
- leadership
- liberty
- loyalty
- music
- originality
- patience
- perseverance
- politics
- productivity
- relationships
- religion
- responsibility
- sense of humor
- tolerance
- winning
- wisdom

Question 2. Consider times when the values you chose have been very important to you or might be very important in the future. In a few sentences, answer the question “Why are these values important you?” You may include real or hypothetical examples.

Question 3. If the values you selected played a role in your decision to take this class, please write a little bit about how.

Question 4. For each of the following statements, decide whether you: *strongly agree*, *agree*, *disagree*, or *strongly disagree*

- The values I selected have influenced my life.
- In general, I try to live up to the values I selected.
- The values I selected are an important part of who I am.
- I care about the values I selected.