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**Section:\_IT 1R2\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Course:** Understanding the Self\_\_\_\_

***Instruction:***

Below are some common core values (also called personal values).  Choose and encircle the top five that resonate most with you. Afterward, reflect on why these values are important for you and how it influence your daily lives and spiritual perspectives.

***Spiritual Self- Assessment Tool***

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Authenticity | Achievement | Adventure | Authority | Autonomy |
| Balance | Beauty | Boldness | Compassion | Challenge |
| Citizenship | Community | Competency | Contribution | Creativity |
| Curiosity | Determination | Fairness | Faith | Fame |
| Friendships | Fun | Growth | Happiness | Honest |
| Humor | Influence | Inner Harmony | Justice | Kindness |
| Knowledge | Leadership | Learning | Love | Loyalty |
| Openness | Optimism | Peace | Pleasure | Poise |
| Popularity | Recognition | Reputation | Respect | Reponsibility |
| Security | Self- respect | Service | Stability | Success |
| Status | Trustworthiness | Wealth | Wisdom |  |

***Reflection Questions:*** After completing the self-assessment tool, reflect on the following:

***Format:*** Times New Roman, 11 font size, 1.15 line spacing

* *How do my FIVE core values reflect my spiritual self?*

My five core values love, respect, friendships, self-respect, and responsibility reflect my spiritual self by guiding how I live with kindness, honesty, and care for others and myself. Love and respect help me treat people with compassion and dignity. Friendships remind me of the importance of connection and support in life. Self-respect shows that I value myself and try to live in a way that honors who I truly am. Responsibility reflects my desire to do what is right and take care of the people and tasks I’m trusted with. These values help me live with purpose and grow spiritually each day.

* *How do they guide my actions and decisions in life?*

My values of love, respect, friendships, self-respect, and responsibility guide my actions and decisions by helping me choose what is right and meaningful. Love leads me to act with kindness and care for others. Respect helps me treat everyone fairly and listen to different opinions. Friendships influence me to build strong, honest relationships and support those around me. Self-respect helps me make choices that protect my well-being and stay true to who I am. Responsibility pushes me to keep my promises, work hard, and do my part in any situation. These values help me live with integrity and purpose every day.