Assignment 2 HVPE

Personal Values

Select the Top 7 Personal Values

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| --- | --- | --- | --- |
| Accountability | Dialogue | Independence | Risk-taking |
| Achievement | Ease with uncertainty | Integrity | Safety |
| Adaptability Ambition Attitude  Awareness | Enthusiasm Entrepreneurial Environmental  Efficiency | Initiative Intuition Job security Leadership  Listening | Self-discipline Success Teamwork  Trust |
| Balance (home/work) | Ethics |  | Vision |
|  |  | Making a difference |  |
| Being the best | Excellence |  | Wealth |
|  |  | Open communication |  |
| Caring | Fairness |  | Well-being |
|  |  | Openness |  |
| Coaching Mentoring | Family |  | Wisdom |
| Commitment Community Involvement | Financial stability Forgiveness | Patience  Perseverance Professional Growth |  |
| Compassion | Friendships | Personal fulfillment |  |
| Competence | Future generations | Personal growth |  |
| Conflict Resolution | Generosity | Power |  |
| Continuous learning | Health | Recognition |  |
| Cooperation | Honesty | Reliability |  |
| Courage | Humility | Respect |  |
| Creativity | Humor/fun | Responsibility |  |

Values Development Exercise

In this exercise you are asked to choose your top three values from the ten you originally chose above and to start to examine why these are so important to you. Completing this will help you think more about how these values influence your actions and understand why you may respond in a certain way if someone acts in a manner that goes against one of these values.

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| **From the 7 values chosen, think about the three that are most important to you? Write them in the spaces below.** | **Why do you believe that this value is important to you?** | **Recall a moment in your life when you really lived this value. What behaviors did you exhibit that support this value?** | **How might you react if this value was not being honored by others? Describe your feelings, thoughts and actions.** |
| 1. Family | I think that family is the most important value because it has so much power that one can defeat the whole world. | Whenever I feel depressed or de-motivated my family is the one that helps me to come out of it. | I think the one who don’t honor family they must be insensitive and I will try to make them realize their true value. |
| 1. Health | Health is the most important out of all as if your health is good then only, we will be able to feel the other values. | Whenever I am ill, I always feel that it is very important. | I feel terrible when people do not value their health as it is the treasure of life. |
| 1. Independence | Independence is the most important value in every person’s life as it gives self-esteem and confidence in one’s life. | I really feel this value important on  August 15 and January 26. | I feel that one who do not value independence they do not deserve to be human. |