

VALUE EXERCISE

Directions

1. Take a few moments to follow the prompts and circle all the values that resonate with you.
2. If you notice you have words circled that are closely related, identify the word you feel the strongest connection to, and place a box around that word.
3. Now look at the Value words with Boxes around them and place them on your top 10 List. You might not have 10 words, that's okay, just write the words you do have.
4. The next step is to review the Top 10 List and ensure that this list is the best representation of who you are. If there are any words that you feel you need to add to the list to complete your Values, you can add those words now.
5. Now look at your List and place a checkmark next to the Values that get most of your attention.
6. The final step is to put an asterisk next to the Values that get the least amount of your attention.
7. So now you have your list of values that get most of your attention, and the values that get the least amount of your attention. Think about the values you want to give more energy to and how much better and more balanced you'll feel once you are practicing them. Underline these values and maybe even write them down and place them somewhere that you will look at daily, such as your bathroom mirror or on your fridge.
8. Now that you've done this exercise, have your teen do the same and then compare your Values and discuss similarities, differences, and especially the values that get the least amount of your attention that you want to focus more on.

LIST OF VALUES

Accountability	Collaboration	Dignity
Achievement	Commitment	Diversity
Adaptability	Community	Efficiency
Adventure	Compassion	Environment
Altruism	Competence	Equality
Ambition	Confidence	Ethics
Authenticity	Connection	Excellence
Balance	Contentment	Fairness
Beauty	Contribution	Faith
Being the best	Cooperation	Family
Belonging	Courage	Financial stability
Career	Creativity	Forgiveness
Caring	Curiosity	Freedom

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LIST OF VALUES

Friendship	Learning	Self-discipline
Fun	Legacy	Self-expression
Future generations	Leisure	Self-respect
Generosity	Love	Serenity
Giving back	Loyalty	Service
Grace	Making a difference	Simplicity
Gratitude	Nature	Spirituality
Growth	Openness	Sportsmanship
Harmony	Optimism	Stewardship
Health	Order	Success
Home	Parenting	Teamwork
Honesty	Patience	Thrift
Hope	Patriotism	Time
Humility	Peace	Tradition
Humor	Perseverance	Travel
Inclusion	Personal fulfillment	Trust
Independence	Power	Truth
Initiative	Pride	Understanding
Integrity	Recognition	Uniqueness
Intuition	Reliability	Usefulness
Job security	Resourcefulness	Vision
Joy	Respect	Wealth
Justice	Responsibility	Well-being
Kindness	Risk-taking	Wholeheartedness
Knowledge	Safety	Wisdom
Leadership	Security	

TOP TEN VALUES

Parent

Teen

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

What Values if any do you and your teen have in common?

What Values do you believe are clashing between you and your teen?

How might you react when you feel your Values are not being respected or ignored?

How might knowing your differences and similarities in Values help you to communicate and support each other better?
