

VALUES EXERCISE

To begin, pick the ten values from the list below that you connect with the most.

- 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
- Forgiveness
- Freedom
- Friendship
- Fun
- Future generations
- Generosity
- Giving back
- Grace
- Gratitude
- Growth
- Harmony
- Health
- Home
- Honesty
- Hope
- Humility
- Humor
- Inclusion
- Independence
- Initiative
- Integrity
- Intuition
- Joy
- Justice
- Kindness
- Knowledge
- Leadership
- Learning
- Legacy
- Leisure
- Love
- Loyalty
- Making a difference
- Nature
- Openness
- Optimism
- 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
- Success
- Teamwork
- Time
- Tradition
- Travel
- Trust
- Truth
- Understanding
- Uniqueness
- Usefulness
- Vision
- Vulnerability
- Wisdom

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Jot down those top 10 values here:

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Now, of your top 10 values, choose your top 5. Write them down below.

Ready? Now, of those top 5 values, pick your top 3. Don't fret too much — you're only picking the values that resonate the most for you today.

BONUS: Think about your top 1-3 academic interests. Go back to your list of 10 values, and annotate the values that connect to each one of those academic interests. For example, if your academic interests are Engineering and Creative Writing, you might write an "E" next to "Collaboration" and a "CW" next to "Self expression."