

## Values Exercise

Directions: Find a person who has the same color folder as you do and sit together for 10 minutes. Take turns answering the questions from the list below. Chose whatever questions you feel comfortable answering. Listen carefully to your partner and be prepared to comment on what you heard.

Name \_\_\_\_\_

Partner's Name \_\_\_\_\_

- What do you like to watch on TV?
- What activities do you pursue when you have completely free time with no obligations?
- What activities do you like to participate in just for fun?
- If you were free to schedule your working time any way you like within a 7 day \ week, what would your calendar look like?
- People who work with you think that you are.....
- What is the most important thing you learned this year.
- What are the easiest and hardest emotions for you to express and why?
- What is something that few people know about you?
- What do you value in a friend?
- What do you want to be doing in five years?
- What is one goal you have for next year?
- What is a motto you try to live by?
- What is the greatest challenge you are facing?
- What do you like most about yourself?
- When you look back on your life, what are you proudest of?
- What is the best decision you've made in your life? Why?