

Speech 2

NAME : _____ RELATIONSHIP : _____

Speech 3

NAME : _____ RELATIONSHIP : _____

NOW, UNDERLINE ANY COMMON THEMES OR IMPORTANT PHRASES.

Part 2 - What Do You Value?

Using your responses from Part 1 as inspiration, choose three of the following values that are most important to you (or the ones you hope to be most important to you one day). Rank each of them, with your most important value as #1.

VALUE 1: _____

VALUE 2: _____

VALUE 3: _____

- *Acceptance/Self-Acceptance*: to be at peace with myself, others, life, etc.
- *Adventure*: to actively explore novel or stimulating experiences
- *Assertiveness*: to respectfully stand up for my rights and request what I want
- *Authenticity*: to be genuine and real; to be true to myself
- *Caring*: to be kind toward myself and others
- *Community*: to surround myself with a close network of supportive people
- *Compassion*: to act kindly toward myself and others in pain
- *Connection*: to engage fully in whatever I'm doing and be fully present with others
- *Contribution/Generosity*: to give, help, assist, or share
- *Cooperation*: to be collaborative with others
- *Courage*: to be brave; to persist in the face of fear, threat, or difficulty
- *Creativity*: to be innovative
- *Curiosity*: to be open-minded and interested; to explore and discover
- *Dedication*: to be hardworking and industrious
- *Encouragement*: to reward behavior that I value in myself or others
- *Excitement*: to seek, create, and engage in activities that are interesting or stimulating
- *Fairness/Justice*: to be fair and just to myself or others
- *Faith*: to live as if God is who he says he is and will do what he says he will
- *Fitness*: to maintain or improve my physical and/or mental health
- *Flexibility*: to adjust and adapt readily to changing circumstances
- *Freedom/Independence*: to choose how I live and help others do likewise
- *Friendliness*: to be companionable or agreeable toward others
- *Forgiveness*: to be forgiving toward myself or others
- *Fun*: to be fun-loving; to seek, create, and engage in fun-filled activities
- *Gratitude*: to be thankful for and appreciative of myself, others, and/or God
- *Honesty*: to be truthful and sincere with myself and others
- *Intimacy*: to open up, share, and be vulnerable with others
- *Kindness*: to be considerate, nurturing, and caring toward myself or others
- *Love*: to live and act with love for myself and others
- *Mindfulness*: to be open to, engaged in, and curious about the present moment
- *Order*: to be orderly and organized
- *Resiliency*: to continue resolutely, despite problems or difficulties
- *Respect*: to treat myself and others with care and consideration
- *Responsibility*: to be mindful of and accountable for my actions
- *Skillfulness*: to continually practice and improve my skills and apply myself fully
- *Supportiveness*: to be helpful and available to others
- *Trust*: to be loyal, faithful, sincere, and reliable
- *Other*:

Part 3 - Prioritize Your Values

How would you characterize your three choices?

Value #1

- A) VERY ACHIEVABLE (OR ALREADY ACHIEVED)
- B) ACHIEVABLE WITH SOME WORK
- C) A BIG STRETCH TO ACHIEVE

Value #2

- A) VERY ACHIEVABLE (OR ALREADY ACHIEVED)
- B) ACHIEVABLE WITH SOME WORK
- C) A BIG STRETCH TO ACHIEVE

Value #3

- A) VERY ACHIEVABLE (OR ALREADY ACHIEVED)
- B) ACHIEVABLE WITH SOME WORK
- C) A BIG STRETCH TO ACHIEVE



Are you already living out some (or all) of these values? If so, what can you do to make sure you continue to keep your values front and center in your life?



Are there people, opportunities, or circumstances in your life that are distracting you from prioritizing your top three values? What would you need to do to reprioritize?