

# VALUES: WHAT IS IMPORTANT TO ME



Imagine that an uncontrollable fire has unexpectedly started to rage in the very back corner of your home.

You have to act quick. You have enough time to safely remove 5 things (all family = 1 total and all pets = 1 total) before the flames and smoke overtake the interior of your home and you must completely evacuate. Everything else is completely lost to the flames.

What do you rescue? In what order? And why?

## What do you Value in Life?

While this exercise can be stressful to imagine and work through, the goal of it is for you to conceptualize and prioritize what's REALLY important to you in your life and how much value you place on certain objects and why.

Your values are things that you believe are most important. Values help determine your priorities in life and influences the decisions you make. For example a person who values wealth might prioritize their career. A person who values family might try to choose a career than does not take them away from home.

### ACTIVITY ONE

What five (5) things would you take if you had to suddenly leave a burning home?

1. ....
2. ....
3. ....
4. ....
5. ....