

# Value Investigation

Think of a value that you have and describe it:

Now answer the following questions honestly, referring to “Seven Requirements for Values” when needed for clarification.

1. Have you freely chosen this value?
2. From among what alternatives? (List)
3. What are the consequences of choosing this value?
4. How recently have I acted on this value?
5. How has this value become a regular pattern in my life?
6. When did I most recently publicly affirm this value?
7. How do I prize or celebrate this value in my life?
8. How does this value help me grow as a person?