



## Activity 9.3

# Video – What Are My Values?

### *Objectives:*

- Explore how values affect decision making and promote values-based decision-making.

### *Materials:*

- Video: <https://www.decisioneducation.org/decision-focus-values>
  - Explains how identifying your values helps you get the most of what you want
  - Demonstrates how prioritizing values helps clarify your possible choices
  - Describes how some values are situational and others are not
- Handout: Decision Focus 04: Clear Values Activity

### *Steps:*

1. Watch the video together.
2. Have participants complete the handout.
3. Debrief together with the entire group and discuss:
  - a. What have you learned?
  - b. How would you do this with your students?

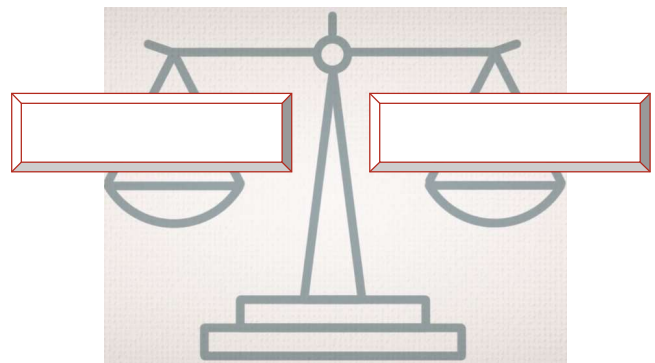
**FREEDOM**  
**WEALTH**      **FAMILY**      **RELAXATION**  
**FUN**      **COMMUNITY**      **SECURITY**      **TRAVEL**      **ROMANCE**  
**NOVELTY**      **PRIVACY**      **HEALTH**      **CREATIVITY**  
**SPIRITUALITY**      **FRIENDS**  
**FAME**



The values above are a starter list. **Complete these steps.**

1. Add any important missing values that matter *to you* in your life.
2. Circle the 8 values that have the highest priority to you.
3. Of the 8 circled, draw a star near the most important 4 values.
4. Of the 4 starred, draw a second star near the most important 2 values.
5. Write the final 2 values on the scale, then choose *the highest* priority value.

**Identify a decision situation where the two highest values would force a tradeoff.**



**Tradeoff Scale**