



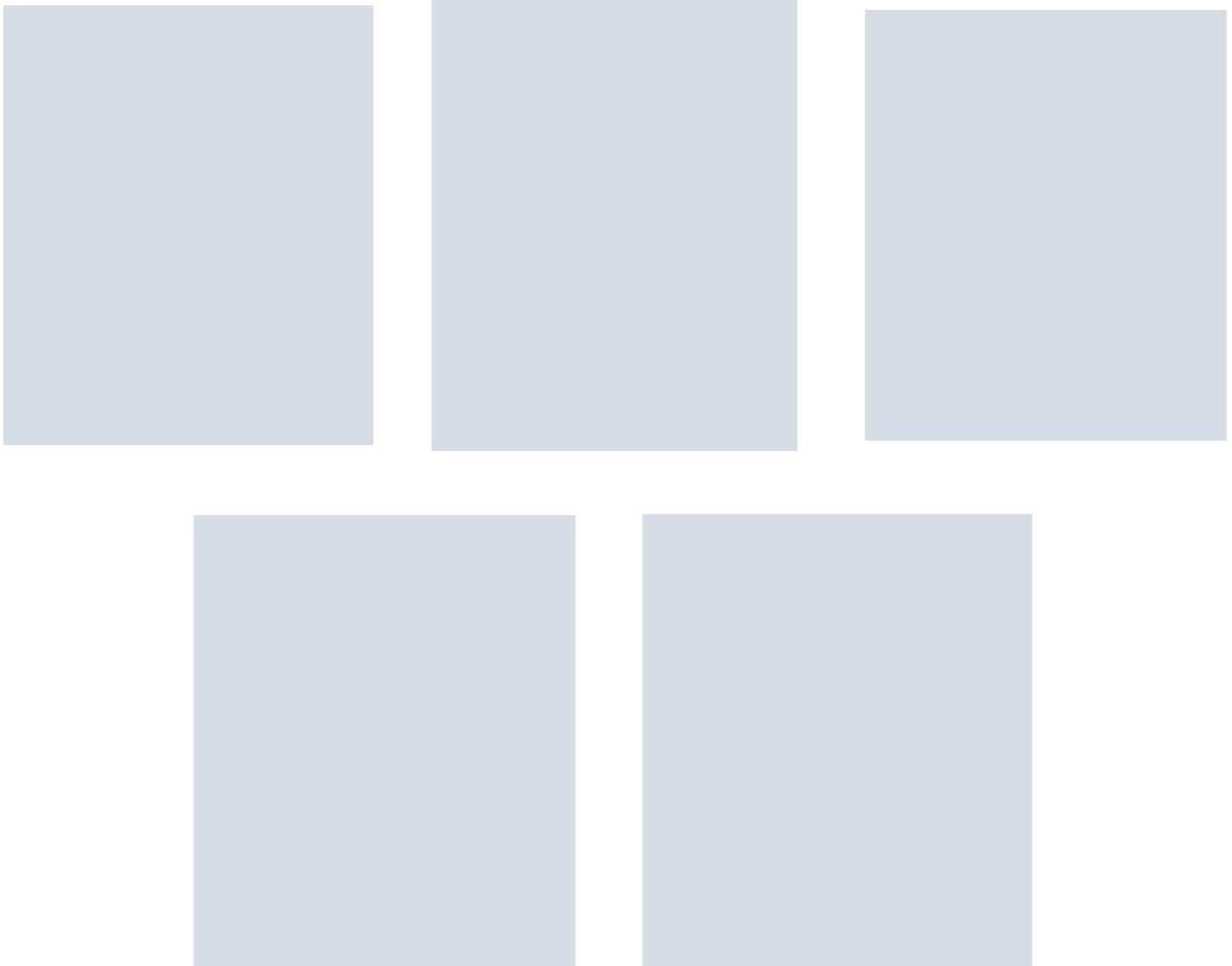
What are my core values?

If you're like most Carroll students, you've got a few deeply-held values—and some of them may be changing. Here's a tool to help you identify your current core values.

1. Jot down all the words from the list below that describe your current priorities. Which of these do you care about or think about often? Choose as many as you like—and if other words come to mind, jot them down as well. Don't overthink this. Just ask yourself, "Do I care about ___X___?"

Accuracy	Enjoyment	Kindness	Reliability
Adaptability	Equality	Knowledge	Respect
Authenticity	Ethical	Learning	Responsibility
Balance	Exploration	Liberty	Results
Beauty	Fairness	Love	Risk
Bravery	Faith	Loyalty	Satisfaction
Calm	Family	Mastery	Security
Certainty	Fame	Maturity	Service
Challenge	Freedom	Meaning	Solitude
Charity	Friendships	Moderation	Speed
Cleanliness	Fun	Money	Spirituality
Comfort	Generosity	Optimism	Spontaneity
Community	God	Order	Stability
Compassion	Grace	Originality	Status
Connection	Gratitude	Passion	Structure
Consistency	Greatness	Patience	Success
Contribution	Hard work	Peace	Support
Control	Harmony	Performance	Sustainability
Cooperation	Health	Persistence	Teamwork
Courage	Honesty	Personal Growth	Teenagers
Creativity	Honor	Pleasure	Timeliness
Curiosity	Humility	Perfection	Tolerance
Dedication	Imagination	Power	Traditions
Dependability	Independence	Prosperity	Travel
Discipline	Individuality	Purpose	Trust
Discovery	Integrity	Reason	Wealth
Efficiency	Intelligence	Recognition	Winning
Elderly folks	Joy	Recreation	Wisdom
Empowerment	Justice	Reflection	

2. Once you've got a list of words, group them into 3-5 categories. Use any criteria that make sense to you.



Five empty rectangular boxes arranged in two rows: three in the top row and two in the bottom row. These boxes are intended for students to group words into categories based on their own criteria.

3. Look at each category individually. From the words in that group, pick the ONE word that best names that cluster of values.

4. Now find a verb (action word) that further explains each of those value names.

Examples:

<i>verb</i>	<i>value name</i>
Care for	environment.
Earn enough	money.
Improve my	health.

5. These short value statements remind you what you care about—and how you can live your values. Post the statements where you'll see them often; they'll help you make choices that align with your core values.