RANKING OUR VALUES

First, review the list of values below. Then number the values from 1 to 15 in the order of importance to you at this time in your life. Number 1 is the most important and 15 is the least important. You will find that this list will change depending on the stage of life that you are in. If you are single, you may have certain priorities which will probably change if you get married or have a child. As you age, you may find that your priorities are different. In each stage of life, we tend to focus on different values as our needs change. Ask someone close to you to rank these values and see how you are the same and how you differ. What did you discover? Were you surprised? Why or why not?

Which are the 3 most important for you (those numbered 1,2,3)? Explain why.

Which are the 3 least important for you (those numbered 13, 14, 15)? Explain why.

____1__ INDEPENDENCE: the opportunity to do things on your own; have freedom to do as you believe best. The independence is the most to me because I feel like you cant rely on someone for the rest of your life and even if you can why would you do that. I grow up in a household where my mom relies on my dad for money, clothes, food etc. She feels like she need his approval before she does anything. So I don't want to depend on anything why that's why I wanted to go to college and live on my own so I can make a life for myself so I don't need to depend on anyone.

___15___ POWER: controlling the situation around you

The reason this is my least important is because you can't control everything around you. I can try to make the situation better or try to understand it but you cant control how certain situation turn out.

_____ LEADERSHIP: being able to influence others

_____EXPERTISE: being the best in some area

_____ SELF-FULFILLMENT: having the opportunity to develop your capabilities; realize your potential

_____ DUTY: doing what is expected of you

_____ NURTURING: contributing to the welfare of others

___14___ FRIENDSHIP: being liked by others; having companionship

I never try too hard for someone to love me. I try so we can connect on a good level but I will never go above or beyond for people that don't appreciate it.

__2____FAMILY: meeting the needs of family members (security, financial, emotional) I am a big family person. I love being around family I love making them happy or proud of me. Especially my parents. My parents are my best friends because they came as immigrants and they made something off them self and gave me and my 4 siblings everything we asked for.

_____HEALTH: taking care of yourself

_____SECURITY: not having to worry about the present or future income or welfare

__13____ PLEASURE: being happy and having fun

I really never think of myself or my own happiness. I get happy from making my family happy my love ones around me happy and that happiness enough for me.

_____ WEALTH: earning a great deal of money

_____ JUSTICE: dealing with somebody or something fairly

____3__ SPIRITUALITY: engaging in meaningful activity, personal growth, or blissful experience

I always want to make myself a better version of myself. I always try to make myself better wither with work, house work, paper work, school I always try to more and more.