

Know Your Values – A Values Clarification Exercise

Are you ready to exercise your free speech rights in ways that also prove your trustworthiness?

- Yes
- No

Consider the political landscape of the country. Take a minute to express yourself freely about how you see it. Please try to include reference to some specific and relevant fact.

Consider the political landscape of the state. Take a minute to express yourself freely about how you see it. Please try to include reference to some specific and relevant fact.

Please give a title to the issue(s) that you focused on above: _____

Choose the emotion that most describes how you feel regarding these issues.

- Joy
- Trust
- Fear
- Surprise
- Sadness
- Disgust
- Anger
- Anticipation

Which value that you hold most leads you to feel this way?

- | | |
|---|---|
| <input type="checkbox"/> Control | <input type="checkbox"/> Entrepreneurialism |
| <input type="checkbox"/> Financial security | <input type="checkbox"/> Beauty |
| <input type="checkbox"/> Belonging | <input type="checkbox"/> Truth |
| <input type="checkbox"/> Self-worth | <input type="checkbox"/> Intimacy |
| <input type="checkbox"/> Faith and creed | <input type="checkbox"/> Sustainability |
| <input type="checkbox"/> Confidence | <input type="checkbox"/> Fairness |
| <input type="checkbox"/> Wealth | <input type="checkbox"/> Peace |
| <input type="checkbox"/> Freedom | <input type="checkbox"/> Inclusiveness |
| <input type="checkbox"/> Equality | <input type="checkbox"/> Autonomy |
| <input type="checkbox"/> Human dignity | <input type="checkbox"/> Responsibility |

What is the meaning of that value as you understand it?

How would you like to see that value expressed in society?

At this point, you have created a clear understanding of your experience: You've stated the facts at hand. You've identified your emotion. You've identified a value being affected. You have translated your values into concrete preferences. We're going to talk in a minute about how to do something about translating your preferences into action, but before we turn to that, there is still one more step. It's time to connect your personal values to shared American values. Which of the following shared American values speaks MOST to you?

- Liberty
- Justice
- Equality
- Liberty and Justice for All
- Freedom
- Fairness
- Democracy
- Indivisibility
- Connectedness

Now think about the relationship between your personal value and your shared American value. What links them? Take a minute to express yourself freely. Perhaps they are both under threat? Perhaps you need to project one to protect the other? Perhaps they are different ways of saying the same thing?

What would you like to learn about the shared American value that you selected?

Now it's time to pair and share with a friend. What personal value and shared American value did each of you pick? Let's try to explain to our friend why we care about these values. Take 3 minutes each.

"Values Clarification Survey" by Danielle Allen (adapted with permission from original survey voice.likehumans.com by likehumans.com). See also at tinyurl.com/knowyourvalues