



Exploring 4-H at Home

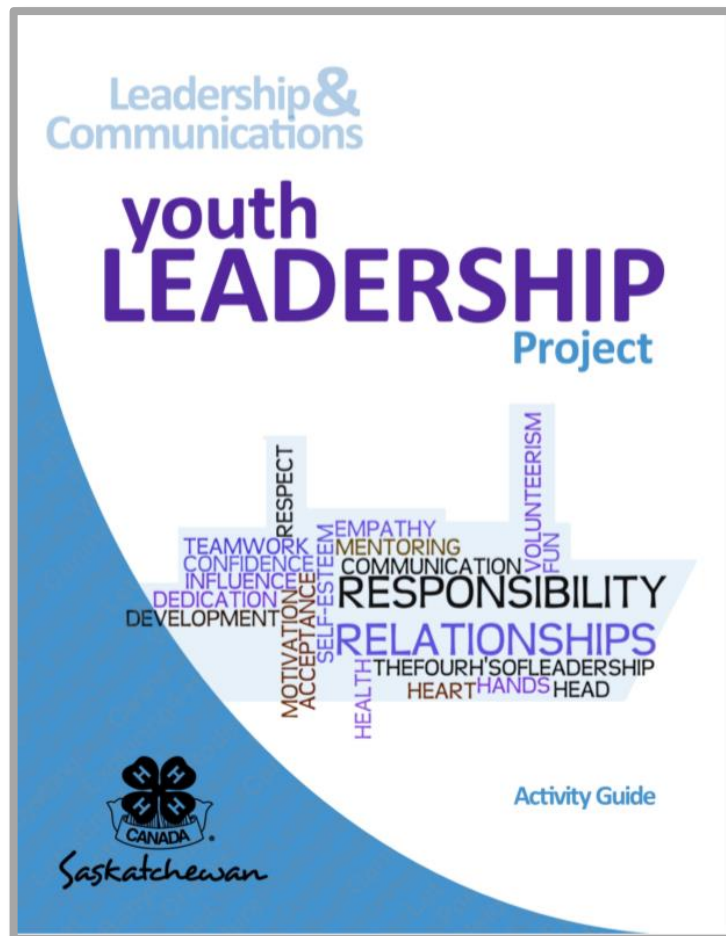


Community Engagement
and Communications

Pillar: Community Engagement and Communications

Project: Youth Leadership

Activity: Name Your Values (page 29-35)



Name Your Values

Key Concepts

- Values
- Self-Awareness
- Self-Esteem
- The Power of the Mind
- Scotomas

Materials

- An assessment for each member
- Pens/pencils
- Flipchart/markers

Values are those things that are important to you. You need to know what your values are when it comes time to make leadership and life goals. Otherwise, you might find that some decisions conflict with your values. The following values are defined for the purpose of this exercise:

- **Recognition:** do you want to be recognized for your leadership or your work? Do you want to be famous or known in your community/province/country?
- **Money:** is earning or having lots of money a motivator for you? Do you want a job that you earn a lot of money?
- **Power:** do you like to be in charge of others? Do you prefer to give orders rather than be told what to do?
- **Spirituality:** do your spiritual beliefs influence your lifestyle? How does that affect your leadership style?
- **Helping Others:** is helping others important to you? Do you aspire to make a difference to those around you?
- **Family:** do you want to live close to your family? Who do you consider to be your family?
- **Wellness:** is it important to you to take good care of yourself mentally and physically? Will you consider health issues when making leadership decisions?
- **Aesthetics:** is art, music and theatre important to you?
- **Creativity:** do you like to be creative when trying new things or doing the same things in different ways?
- **Belonging:** do you prefer being with other people to spending time alone? Do you avoid working alone?

10 Always True
7 Often True
5 Uncertain
3 Mostly False
0 Always False

Below and on the next few pages are 100 statements that deal with the ten values discussed earlier. Read each statement carefully. Then rate the statement as it applies to you.

Value Statements

1.	I have regular physical checkups.	10	7	5	3	0
2.	When I have children I want to take them to religious services regularly.	10	7	5	3	0
3.	I like going to music concerts.	10	7	5	3	0
4.	It is important to me to have friends and fit in with the crowd.	10	7	5	3	0
5.	I donate to worthwhile charities.	10	7	5	3	0
6.	I envy the way movie stars are recognized wherever they go.	10	7	5	3	0
7.	I plan to be financially able to retire at 50.	10	7	5	3	0
8.	I prefer to spend time at home with my family than going out with friends.	10	7	5	3	0
9.	I easily make decisions that involve other people.	10	7	5	3	0
10.	If I had the talent, I would like to write songs.	10	7	5	3	0
11.	I am close to at least one of my parents.	10	7	5	3	0
12.	I choose to actively participate in religious practices.	10	7	5	3	0
13.	I am willing to spend time helping and mentoring new members.	10	7	5	3	0
14.	I prefer to be the boss regardless of salary.	10	7	5	3	0
15.	I appreciate beauty.	10	7	5	3	0
16.	I would like to be on television regularly.	10	7	5	3	0
17.	I would like to help people with their problems as a counsellor.	10	7	5	3	0
18.	I would enjoy hanging out with celebrities.	10	7	5	3	0
19.	I have an annual dental checkup.	10	7	5	3	0
20.	I enjoy writing.	10	7	5	3	0
21.	I prefer a summer job to a paid vacation.	10	7	5	3	0
22.	I like to party.	10	7	5	3	0
23.	I think it would be fun to write a TV sitcom.	10	7	5	3	0
24.	I believe in a Higher Power.	10	7	5	3	0
25.	I would rather be a member of the executive than just a club member.	10	7	5	3	0
26.	I prefer to spend money for needed dental work than on a vacation.	10	7	5	3	0
27.	I enjoy giving presents to my family.	10	7	5	3	0
28.	I would rather teach poetry than math.	10	7	5	3	0

29.	I daydream about what I would do if I had the money.	10	7	5	3	0
30.	I like hosting parties.	10	7	5	3	0
31.	I am willing to help the sick or elderly.	10	7	5	3	0
32.	A career in acting or movies would give me satisfaction.	10	7	5	3	0
33.	I see a doctor when I am sick.	10	7	5	3	0
34.	I believe that it is important to donate time and/or money to my faith group.	10	7	5	3	0
35.	I enjoy family discussions at mealtime.	10	7	5	3	0
36.	I like attending art shows.	10	7	5	3	0
37.	I enjoy writing poetry.	10	7	5	3	0
38.	I like to be with other people most of the time.	10	7	5	3	0
39.	I like to make decisions for activities when I'm with friends.	10	7	5	3	0
40.	When I am on my own, I want to live in a big, expensive house.	10	7	5	3	0
41.	I try to set aside time for daily spiritual practice.	10	7	5	3	0
42.	I would try to provide a holiday meal for a family in need.	10	7	5	3	0
43.	I prefer to spend holidays with my family.	10	7	5	3	0
44.	I like to see my name in the newspaper.	10	7	5	3	0
45.	I would rather take an art class than a math class.	10	7	5	3	0
46.	I prefer not to spend an evening alone.	10	7	5	3	0
47.	I would rather be a school principal than a classroom teacher, regardless of pay.	10	7	5	3	0
48.	I like expensive things.	10	7	5	3	0
49.	I notice the difference between fine art and ordinary art.	10	7	5	3	0
50.	If I had persistent headaches, I would seek medical advice.	10	7	5	3	0
51.	I have a small group of close friends.	10	7	5	3	0
52.	When I have children I want them to have music lessons.	10	7	5	3	0
53.	It is important to me to pray before meals.	10	7	5	3	0
54.	I sometimes miss sleep to spend time with friends.	10	7	5	3	0
55.	I get plenty of sleep each night.	10	7	5	3	0
56.	I like to plan things.	10	7	5	3	0
57.	I prefer to be well known nationwide than highly respected by co-workers.	10	7	5	3	0
58.	I would get a sense of satisfaction from taking care of a sick person.	10	7	5	3	0
59.	I care what my parents think of my actions.	10	7	5	3	0
60.	I dream about earning a lot of money.	10	7	5	3	0

61.	I enjoy being the chairperson at meetings.	10	7	5	3	0
62.	It is exciting to develop and use original ideas.	10	7	5	3	0
63.	I believe in an afterlife.	10	7	5	3	0
64.	I try to be understanding when dealing with difficult people.	10	7	5	3	0
65.	If I were in the television field, I would rather be a celebrity than a writer.	10	7	5	3	0
66.	I enjoy decorating my bedroom.	10	7	5	3	0
67.	I like family picnics.	10	7	5	3	0
68.	I plan to have a job where I earn a much higher salary, than the average worker.	10	7	5	3	0
69.	I make healthy food choices.	10	7	5	3	0
70.	I influence my peers when they enroll in classes.	10	7	5	3	0
71.	I would like to be on the cover of a popular magazine.	10	7	5	3	0
72.	I read spiritual material regularly.	10	7	5	3	0
73.	I would enjoy creating new styles if I were in the clothing industry.	10	7	5	3	0
74.	I look forward to going out with friends.	10	7	5	3	0
75.	I like to be in charge when I am with a group of people.	10	7	5	3	0
76.	I like being financially independent.	10	7	5	3	0
77.	I feel I must comfort my friends if they are in trouble.	10	7	5	3	0
78.	I love my parents.	10	7	5	3	0
79.	I eat regular meals.	10	7	5	3	0
80.	I collect compact discs and MP3's.	10	7	5	3	0
81.	I have a close friend to talk to and confide in.	10	7	5	3	0
82.	I respect others' spiritual beliefs and practices.	10	7	5	3	0
83.	I enjoy purchasing clothing for my family.	10	7	5	3	0
84.	I would enjoy recognition from others wherever I go.	10	7	5	3	0
85.	I enjoy planning activities for others.	10	7	5	3	0
86.	I am a non-smoker.	10	7	5	3	0
87.	When I help others I feel good about myself.	10	7	5	3	0
88.	It is my dream to write a novel one day.	10	7	5	3	0
89.	If my job paid very well I would put up with poor living conditions.	10	7	5	3	0
90.	I belong to numerous organizations.	10	7	5	3	0
91.	I believe that meditation and prayer are powerful.	10	7	5	3	0
92.	I would like to see my picture in the school yearbook more than in the past.	10	7	5	3	0

93.	I like to organize group activities.	10	7	5	3	0
94.	I consider both beauty and practicality in a newly constructed building.	10	7	5	3	0
95.	I respect my parents.	10	7	5	3	0
96.	I like to design or make things that have not been made before.	10	7	5	3	0
97.	Some of the hobbies I would like to have are quite expensive.	10	7	5	3	0
98.	I enjoy classical music.	10	7	5	3	0
99.	I would never use drugs that could potentially hurt my body.	10	7	5	3	0
100.	I am kind and caring to animals.	10	7	5	3	0

Value Ratings Chart

Recognition	Money	Power	Spirituality	Helping Others
6. _____	7. _____	9. _____	2. _____	5. _____
16. _____	21. _____	14. _____	12. _____	13. _____
18. _____	29. _____	25. _____	24. _____	17. _____
32. _____	40. _____	39. _____	34. _____	31. _____
44. _____	48. _____	47. _____	41. _____	42. _____
57. _____	60. _____	61. _____	53. _____	58. _____
65. _____	68. _____	70. _____	63. _____	64. _____
71. _____	76. _____	75. _____	72. _____	77. _____
84. _____	89. _____	85. _____	82. _____	87. _____
92. _____	97. _____	93. _____	91. _____	100. _____
Total	Total	Total	Total	Total
Family	Wellness	Aesthetics	Creativity	Belonging
8. _____	1. _____	3. _____	10. _____	4. _____
11. _____	19. _____	15. _____	20. _____	22. _____
27. _____	26. _____	28. _____	23. _____	30. _____
35. _____	33. _____	36. _____	37. _____	38. _____
43. _____	50. _____	49. _____	45. _____	46. _____
59. _____	55. _____	52. _____	56. _____	51. _____
67. _____	69. _____	66. _____	62. _____	54. _____
78. _____	79. _____	80. _____	73. _____	74. _____
83. _____	86. _____	94. _____	88. _____	81. _____
95. _____	99. _____	98. _____	96. _____	90. _____
Total	Total	Total	Total	Total

The numbers of the 100 statements that you just rated are listed under the appropriate values in the chart above. For example, statements 6, 16, 18, 32 and so on, all relate to the value recognition; therefore, they are listed under Recognition. To determine your rating for each value, write the number that you circled for each statement on the blank next to the statement number. Then add the numbers in each column to get your total for each value.

