

# WHAT DO I VALUE?

Here's my other favorite brainstorming exercise and it'll help you figure out the second half of your essay in about five minutes. To begin, pick your top 10 values from the list below.

- |   |   |  |
|---|---|--|
| <input type="checkbox"/> community            | <input type="checkbox"/> expertise          | <input type="checkbox"/> competence            |
| <input type="checkbox"/> inspiration          | <input type="checkbox"/> order              | <input type="checkbox"/> practicality          |
| <input type="checkbox"/> money                | <input type="checkbox"/> privacy            | <input type="checkbox"/> creativity            |
| <input type="checkbox"/> intellect            | <input type="checkbox"/> self expression    | <input type="checkbox"/> excitement            |
| <input type="checkbox"/> status               | <input type="checkbox"/> stability          | <input type="checkbox"/> collaboration         |
| <input type="checkbox"/> financial gain       | <input type="checkbox"/> art                | <input type="checkbox"/> social change         |
| <input type="checkbox"/> laughter             | <input type="checkbox"/> autonomy           | <input type="checkbox"/> beauty                |
| <input type="checkbox"/> serenity             | <input type="checkbox"/> risk               | <input type="checkbox"/> ecological awareness  |
| <input type="checkbox"/> physical challenge   | <input type="checkbox"/> balance            | <input type="checkbox"/> quality relationships |
| <input type="checkbox"/> responsibility       | <input type="checkbox"/> self-discipline    | <input type="checkbox"/> travel                |
| <input type="checkbox"/> competition          | <input type="checkbox"/> courage            | <input type="checkbox"/> decisiveness          |
| <input type="checkbox"/> career               | <input type="checkbox"/> family             | <input type="checkbox"/> curiosity             |
| <input type="checkbox"/> fame                 | <input type="checkbox"/> empathy            | <input type="checkbox"/> spirituality          |
| <input type="checkbox"/> working with others  | <input type="checkbox"/> working alone      | <input type="checkbox"/> loyalty               |
| <input type="checkbox"/> freedom              | <input type="checkbox"/> humility           | <input type="checkbox"/> honesty               |
| <input type="checkbox"/> security             | <input type="checkbox"/> efficiency         | <input type="checkbox"/> independence          |
| <input type="checkbox"/> strength             | <input type="checkbox"/> intensity          | <input type="checkbox"/> supervising others    |
| <input type="checkbox"/> self-control         | <input type="checkbox"/> health and fitness | <input type="checkbox"/> recognition           |
| <input type="checkbox"/> hunger               | <input type="checkbox"/> meaningful work    | <input type="checkbox"/> accountability        |
| <input type="checkbox"/> personal development | <input type="checkbox"/> my country         | <input type="checkbox"/> democracy             |
| <input type="checkbox"/> trust                | <input type="checkbox"/> music              | <input type="checkbox"/> close relationships   |
| <input type="checkbox"/> faith                | <input type="checkbox"/> truth              | <input type="checkbox"/> religion              |
| <input type="checkbox"/> involvement          | <input type="checkbox"/> resourcefulness    | <input type="checkbox"/> respect               |
| <input type="checkbox"/> adventure            | <input type="checkbox"/> challenges         | <input type="checkbox"/> bravery               |
| <input type="checkbox"/> vulnerability        | <input type="checkbox"/> commitment         | <input type="checkbox"/> communication         |
| <input type="checkbox"/> adaptability         | <input type="checkbox"/> leadership         | <input type="checkbox"/> change and variety    |
| <input type="checkbox"/> friendship           | <input type="checkbox"/> helping others     | <input type="checkbox"/> compassion            |
| <input type="checkbox"/> excellence           | <input type="checkbox"/> influence          | <input type="checkbox"/> nature                |
| <input type="checkbox"/> job tranquility      | <input type="checkbox"/> wit                | <input type="checkbox"/> _____                 |
| <input type="checkbox"/> power                | <input type="checkbox"/> success            | <input type="checkbox"/> _____                 |
| <input type="checkbox"/> passion              | <input type="checkbox"/> patience           | <input type="checkbox"/> _____                 |
| <input type="checkbox"/> cooperation          | <input type="checkbox"/> listening          | <input type="checkbox"/> _____                 |
| <input type="checkbox"/> affection            | <input type="checkbox"/> diversity          | <input type="checkbox"/> _____                 |
| <input type="checkbox"/> wisdom               | <input type="checkbox"/> love               | <input type="checkbox"/> _____                 |
| <input type="checkbox"/> knowledge            | <input type="checkbox"/> fast-paced work    | <input type="checkbox"/> _____                 |
| <input type="checkbox"/> growth               | <input type="checkbox"/> nutrition          |  |



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# BRAINSTORMING THE FIRST HALF OF YOUR ESSAY: THE VALUES EXERCISE

Now pick your Top 5.

- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

Once you have those, pick your Top 3.

- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

And then, yes, pick your #1 value. Remember that you're not losing any of the others, you're just picking the most important value for you today.

- ☐ \_\_\_\_\_

Don't read ahead 'til you've done that.

Really.



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Finally, if you know what career you'd like to pursue--Engineering, for example--put the first letter of that career (E) beside five values of a great Engineer. Maybe you write an "E" next to collaboration, autonomy, and helping others, and in the blank you write in "working with my hands."

Once that's done, set these aside.

I'll tell you what to do with them in a little bit.



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