

Values and Inspiration – My Personal Values and Inspirations Handout

Our values dictate what we find inspirational and motivating. Knowing your values helps you understand how and what inspires you. It may even have an influence on *who* inspires you, allowing you to identify possible role models to emulate on your path to self-improvement and continued growth.

Instructions: List your top 3 instrumental values and the quotes you found inspiring from the *Personal Values and Inspiration – Values Handout* and *Personal Values and Inspiration – Quotes Handout*. Complete the activity first, then discuss with the person seated next to you. Compare the top three values and quotes with your interaction partner.

Top 3 Values

1		2		3	
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Top 3 Quotes

1	
2	
3	