








Values and Inspiration

	Objective: To establish links between one's values with sources of inspiration.
	Time Requirements: a. Preparation: 0-5 minutes. b. Activity: 10-15 minutes.
	Items: a. Values and Inspiration – Values Handout b. Values and Inspiration – Inspirational Quotes Handout c. Values and Inspiration – My Personal Values and Inspirations Handout
	Learning Outcomes: a. To develop an enhanced ability to be self-compassionate (EI Subskill 2: Managing Own Emotions) b. To develop an enhanced ability to recognize and appreciate key values in others (EI Subskill 3: Understanding Others' Emotions)
	Key Learning Point: What we value often relates to how we are inspired and motivated.
Self-Disclosure: ****	
Difficulty: Intermediate	

Instructions

- To begin this activity, ask participants to think of what their values are – how they would like to live their lives, and the behaviours that are desirable to them. It may be useful to distribute the Values and Inspiration – Values Handout first. Give participants 5 minutes to rank order which values are most important to them, with 1 = most important and 18 = least important.
- Distribute the Values and Inspiration – Inspirational Quotes Handout to participants. Ask participants if they see any particular quote as being especially relevant to their own values. For instance, if they value love for their family, then they may pick the quote by Mother Theresa, “Let us always meet each other with smile, for the smile is the beginning of love.” If participants already have a quote they personally like, they can use that quote. Give participants 5 minutes for this activity, allowing them to pick anywhere from 1 to 3 quotes.
- After participants have gone through the list of values and quotes, ask them to list their top three values and quotes on the Values and Inspiration - My Personal Values and Inspiration. Allow then 10 minutes for participants to discuss their values in pairs.

	Reflection Questions: a. What did this exercise tell you about your values, and how you are inspired? Did it also reveal something about your discussion partner that you did not realize before?
	Further Reading and References: a. Thrash, T. M., & Elliot, A. J. (2004). Inspiration: core characteristics, component processes, antecedents, and function. <i>Journal of Personality and Social Psychology</i> , 87(6), 957. doi: 10.1037/0022-3514.87.6.957 b. Rokeach, M. (1973). <i>The Nature of Human Values</i> (Vol. 438). New York: Free Press.