

Giving Back: Discover your values and put them into action through volunteering and donating

by Steven P. Ketchpel, PhD

Values-Discovery Worksheet Exercise

For additional information, see page 69 of *Giving Back*.

VALUES-DISCOVERY WORKSHEET

The Past

Where did you grow up? _____

What groups or organizations (aside from your family) were most influential in your upbringing? _____

When did you feel like you were first taken seriously? What was the organization or cause where you felt that your opinions were listened to, and you could influence the outcome through your efforts or leadership? _____

What activities did you do with your parents that you remember most fondly? _____

The Present

What groups are you proud of belonging to? _____

What do you do that brings you joy or expresses your creativity? _____

What family activities bring you closer together? _____

When you travel, whether in your own neighborhood or around the world, what groups do you see that are treated unfairly or need extra help? _____

The Future

What problems facing the world today would you most like to see solved? _____

What aspect of your heritage is most important to conserve for the future? _____

Are there any local groups doing a good job of preparing your neighborhood or town for the future? What problems are they addressing? _____

What one invention or discovery would improve your quality of life the most? _____

Top 3 Common themes:

Theme 1: _____	Theme 2: _____	Theme 3: _____
----------------	----------------	----------------