



### Top 3 – Values Exercise and Discussion

Directions – Answer and discuss: On your personal favorites list, what are your top 3 answers for the following?

#### ***What are your top 3, (or 3 favorite...?)***

1. Websites
2. Family members (Other than children)
3. TV/Internet Shows
4. Movies all time
5. Albums
6. Actors/Actresses
7. Sports players
8. Musical Performers
9. Meals
10. Friends
11. Sports to watch
12. Sports to play
13. Historical people (alive or dead)
14. Books
15. Places you've been
16. Places you want to visit
17. Jobs you would like to have if you could
18. Things to do on the weekend
19. Positive qualities about yourself
20. For answers 1-19 – What were the top 3 answers that you enjoyed thinking about the most?

#### **Values – Follow up Discussion – Focusing on what is important**

1. What are three negative qualities that you want to reduce or get rid of in your life?
2. Who are three people who you want to try to avoid in your efforts to try to improve your life?
3. What are three bad habits or negative behaviors you want to improve?
4. What are three positive qualities that you want to try to cultivate in your life and your personality?
5. Who are three positive people who you want to spend more time with or focus more on in your life?
6. What are three good habits or positive behaviors that you want to add or increase in your life?
7. What are three long term positive goals that you want to make a priority and an area of focus on in your life for the next few years?

**“Tell me what you pay attention to and I will tell you who you are.”**

– José Ortega y Gasset