

EXERCISE 2.3

What I Value

15–25 minutes

Listed here are words or phrases that express values. Feel free to add any that are especially meaningful to you.

Values

Acceptance
Access
Beauty
Commitment
Communication
Community
Compassion
Courage
Creativity
Democracy
Dignity
Diversity
Equality
Empathy
Excellence

Faith
Family
Freedom
Generosity
Harmony
Healing
Honesty
Honored Obligations
Innovation
Interdependence
Integrity
Justice
Joy
Knowledge
Leadership

Love
Opportunity
Peace
Preservation
Respect
Responsibility
Service
Simplicity
Stability
Transformation

Choose from this list your top five values. Now, even though it may be difficult, out of those five choose your top three and record them here.

Top three values:

1. _____
2. _____
3. _____

On the next page are words or phrases that describe issue areas and populations that you may care about as a contributor. The areas provided are only for inspiration. You may never have donated time or money to these areas of interest before; this exercise is simply to give you the chance to recognize what has meaning for you among things you could give to.

Issue Areas and Concerns

Ageism
Animals and Species
 Preservation
Anti-Semitism
Anti-Racism
Arts & Art Institutions
Biodiversity
Boys
Business Development
Catholic Charities
Children/Child Care
Civil Rights
Co-existence
Community Gardens
Computer Literacy
Corporate Responsibility
Cultural Heritage
Death and Dying
Demilitarization
Disability Rights
Disaster Relief
Drug & Alcohol Abuse
Domestic Violence
Economic Justice
Education

Elder Care
Employment Training & Job
 Creation
Environment/Environmental
 Justice
Electoral Reform
Faith-Based Community Service
Gay/Lesbian/Bisexual/
 Transgendered Civil Rights
Girls
Gun Control
Healthcare & Prevention
HIV & AIDS
Homelessness/Housing
Homophobia
Human Rights
Immigrant & Refugee Rights
 and Services
International Development
Jewish Causes
Legal Aid & Legal Services
Libraries
Literacy
Media
Medical Research

Islamic Causes
Native & Indigenous Peoples'
 Rights
Nutrition and Hygiene
Parks & Land Preservation
Peace/Conflict Resolution
Philanthropy & Volunteerism
Poverty
Prison Reform
Public Policy/Advocacy
Religion
Reproductive Rights
Science & Technology
Seniors
Spiritual Development
Sports & Recreation
Sustainable Development
Women's Rights
Youth Development

Choose from this list your top five areas, then your top three. List these here. If one of the three is of absolutely the highest priority, star it.

Top three issue areas and concerns:

1. _____
2. _____
3. _____

