ACM Interactivity 2019: “Bringing Our Values to Work” Activity
(inspired by/borrowed from www.mindtools.com)

**Step 1:** Identify the times when you were happiest.

**Step 2:** Identify the times when you were most proud.

**Step 3:** Identify the times when you were most fulfilled and satisfied.

**Step 4:** Determine your top values, based on your experiences of happiness, pride, and fulfillment.

Use this list of common personal values (below) to help you get started – and aim for about 5-10 top values.

If your value isn’t on this list, that’s ok. You can add your own.

- Accountability
- Accuracy
- Achievement
- Adventurousness
- Altruism
- Ambition
- Assertiveness
- Balance
- Being the best
- Belonging
- Boldness
- Calmness
- Carefulness
- Challenge
- Cheerfulness
- Commitment
- Community
- Compassion
- Competitiveness
- Consistency
- Contentment
- Contribution
- Control
- Cooperation
- Creativity
Curiosity
Decisiveness
Dependability
Determination
Devoutness
Diligence
Discipline
Discretion
Diversity
Effectiveness
Efficiency
Elegance
Empathy
Enjoyment
Enthusiasm
Equality
Excellence
Excitement
Expertise
Exploration
Expressiveness
Fairness
Faith
Family
Fidelity
Fitness
Focus
Freedom
Fun
Generosity
Goodness
Grace
Growth
Happiness
Hard work
Harmony
Health
Helping society
Honesty
Honor
Humility
Inclusion
Independence
Ingenuity
Inquisitiveness
Insightfulness
Intelligence
Intuition
Joy
Justice
Leadership
Legacy
Love
Loyalty
Making a difference
Mindfulness
Mastery
Merit
Obedience
Openness
Order
Originality
Patriotism
Perfection
Positivity
Practicality
Preparedness
Professionalism
Reliability
Resourcefulness
Restraint
Results-oriented
Rigor
Security
Self-actualization
Self-control
Selflessness
Self-reliance
Sensitivity
Serenity
Service
Shrewdness
Simplicity
Soundness
Speed
Spontaneity
Stability
Strategic
Strength
Structure
Success
Support
Teamwork
Temperance
Thankfulness
Thoroughness
Thoughtfulness
Timeliness
Tolerance
Traditionalism
Trustworthiness
Truth-seeking
Understanding
Uniqueness
Unity
Usefulness
Vision
Vitality

**Step 5: Prioritize your top values.**
If you can, number your top 3 or top 5 values in order of priority to you, with #1 being your top value.

It might help to visualize a situation in which you would have to make a choice. For example, if you compare the values of service and stability, imagine that you must decide whether to sell your house and move to another country to do valuable foreign aid work, or keep your house and volunteer to do charity work closer to home. Keep working through the list, by comparing each value with each other value, until your list is in the correct order.

**Step 6: Pair and share your values.**
Turn to a person next to you and share at least one of your values.
Take turns sharing as many values as you feel comfortable sharing, and ask each other questions about these values.

For example:
Was this activity confirming, surprising, or both?
Would other people be able to guess these are your top values?
Do your values show up more at home or at work?
How would you turn your value into an action? (E.g., If your value is generosity, what does that look like in action/practice?)
Do you feel comfortable living your values at work? Why or why not?
Do these values represent things you would support, even if your choice isn't popular?

**Step 7: Write down your values, anonymously.**
If you are open to it, please write down your top values on a piece of paper, fold it in half, and pass them to the person at the end of your row.

You do not need to include your name or any identifying information. We want this to be confidential.