

Session 4 - "Values"

Activity 2 – "How Are Your Values Reflected In Your Hopes and Dreams?"

Answer the following questions with as much honesty as possible. What values do you see reflected in your answers?

Describe your favorite childhood memory?

Name a person you admire a great deal?

If you could live anywhere in the world where would you choose to live? Would you live in Virginia? Would you live in another country? What kind of house, apartment, or villa would you live in? Would you live in the mountains, in a city, or on a beach?

If you could have any career you want someday what would it be? How much money would you make? What would you do on this job? Would you work for yourself or someone else?

Describe a perfect day? How would it begin? Who would be with you? Where would you go? How would it end?

Describe the perfect family?