What do I value?

Here's my other favorite brainstorming exercise and it'll help you figure out the second half of your essay in about five minutes. To begin, pick your top 10 values from the list below.

- [ ] community
- [ ] inspiration
- [ ] money
- [ ] intellect
- [ ] status
- [ ] financial gain
- [ ] laughter
- [ ] serenity
- [ ] physical challenge
- [ ] responsibility
- [ ] competition
- [ ] career
- [ ] fame
- [ ] working with others
- [ ] freedom
- [ ] security
- [ ] strength
- [ ] self-control
- [ ] hunger
- [ ] personal development
- [ ] trust
- [ ] faith
- [ ] involvement
- [ ] adventure
- [ ] vulnerability
- [ ] adaptability
- [ ] friendship
- [ ] excellence
- [ ] job tranquility
- [ ] power
- [ ] passion
- [ ] cooperation
- [ ] affection
- [ ] wisdom
- [ ] knowledge
- [ ] growth

- [ ] expertise
- [ ] order
- [ ] privacy
- [ ] self expression
- [ ] stability
- [ ] art
- [ ] autonomy
- [ ] risk
- [ ] balance
- [ ] self-discipline
- [ ] courage
- [ ] family
- [ ] empathy
- [ ] working alone
- [ ] humility
- [ ] efficiency
- [ ] intensity
- [ ] health and fitness
- [ ] meaningful work
- [ ] my country
- [ ] music
- [ ] truth
- [ ] resourcefulness
- [ ] challenges
- [ ] commitment
- [ ] leadership
- [ ] helping others
- [ ] influence
- [ ] wit
- [ ] success
- [ ] patience
- [ ] listening
- [ ] diversity
- [ ] love
- [ ] fast-paced work
- [ ] nutrition

- [ ] competence
- [ ] practicality
- [ ] creativity
- [ ] excitement
- [ ] collaboration
- [ ] social change
- [ ] beauty
- [ ] ecological awareness
- [ ] quality relationships
- [ ] travel
- [ ] decisiveness
- [ ] curiosity
- [ ] spirituality
- [ ] loyalty
- [ ] honesty
- [ ] independence
- [ ] supervising others
- [ ] recognition
- [ ] accountability
- [ ] democracy
- [ ] close relationships
- [ ] religion
- [ ] respect
- [ ] bravery
- [ ] communication
- [ ] change and variety
- [ ] compassion
- [ ] nature

- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

Brainstorming the First Half of Your Essay:
THE VALUES EXERCISE

Now pick your Top 5.

☐ _____

☐ _____

☐ _____

☐ _____

☐ _____

Once you have those, pick your Top 3.

☐ _____

☐ _____

☐ _____

And then, yes, pick your #1 value. Remember that you're not losing any of the others, you're just picking the most important value for you today.

☐ _____

Don't read ahead 'til you've done that.

Really.

Finally, if you know what career you'd like to pursue--Engineering, for example--put the first letter of that career (E) beside five values of a great Engineer. Maybe you write an "E" next to collaboration, autonomy, and helping others, and in the blank you write in "working with my hands."

Once that's done, set these aside.

I'll tell you what to do with them in a little bit.