15–20 minutes

Put a check mark beside the values below that resonate for you. Then circle the three that are most important to you.

- Community
- Compassion
- Courage
- Creativity
- Determination
- Diversity
- Empathy
- Equality
- Excellence
- Fairness
- Faith
- Family
- Freedom
- Generosity
- Good sense
- Hard work
- Harmony
- Healing
- Honesty
- Humility
- Independence
- Innovation
- Integrity
- Interdependence
- Justice
- Knowledge
- Leadership
- Love of comfort
- Love of others
- Loyalty
- Patience
- Peace
- Preservation
- Respect
- Self-Discipline
- Self-Respect
- Service
- Simplicity
- Spirituality
- Stability
- Teamwork
- Thrift
- Tradition
- Transformation
- Other: ____________
- Other: ____________
- Other: ____________

**Issue Areas and Concerns**

Following are words or phrases that describe issue areas and concerns that you may care about as a contributor. The areas listed 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. Put check marks next to those that have the most meaning for you. Then go through the list again and circle your top three.

- Aging
- Animals and species preservation
- Anti-Semitism
- Anti-Racism
- Arts and art institutions
- Biodiversity
- Boys
- Business development
- Catholic charities
- Children or child care
- Civil rights
- Coexistence
- Community gardens
- Computer literacy
- Corporate responsibility
- Cultural heritage
- Death and dying
- Demilitarization
- Disability rights
- Disaster relief
- Domestic violence
- Drug and alcohol abuse
- Economic justice
- Education
**Exercise 2.3**
Vision and Values, Cont’d

<table>
<thead>
<tr>
<th>Elder care</th>
<th>Immigrant and refugee rights and services</th>
<th>Poverty solutions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Electoral reform</td>
<td>International development</td>
<td>Prison reform</td>
</tr>
<tr>
<td>Employment training and job creation</td>
<td>Islamic causes</td>
<td>Public policy or advocacy</td>
</tr>
<tr>
<td>Environment or environmental justice</td>
<td>Jewish causes</td>
<td>Religion</td>
</tr>
<tr>
<td>Faith-Based community service</td>
<td>Legal aid and services</td>
<td>Reproductive rights</td>
</tr>
<tr>
<td>Gay, lesbian, bisexual, or transgendered rights</td>
<td>Libraries</td>
<td>Science and technology</td>
</tr>
<tr>
<td>Girls</td>
<td>Literacy</td>
<td>Seniors</td>
</tr>
<tr>
<td>Global climate change</td>
<td>Media</td>
<td>Spiritual development</td>
</tr>
<tr>
<td></td>
<td>Medical research</td>
<td>Sports and recreation</td>
</tr>
<tr>
<td>Gun control</td>
<td>Native and indigenous peoples’ rights</td>
<td>Sustainability and sustainable development</td>
</tr>
<tr>
<td>Health care and prevention</td>
<td>Nutrition and hygiene</td>
<td>Women’s leadership and civil liberties</td>
</tr>
<tr>
<td>HIV and AIDS</td>
<td>Parks and land preservation</td>
<td>Youth development</td>
</tr>
<tr>
<td>Homelessness and housing</td>
<td>Peace or conflict resolution</td>
<td></td>
</tr>
<tr>
<td>Homophobia</td>
<td>Philanthropy and volunteerism</td>
<td></td>
</tr>
<tr>
<td>Human rights</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Reflection:** Do you see a relationship between your top values and your top interest areas? Here are two examples:

1. My top three values are dignity, equality, and opportunity, and my top three issue areas are education, economic justice, and youth development. I believe that the opportunity for a good education, particularly for young people who are shut out of their full potential early on because of poor schools, is vital to dignity, equality, and, finally, economic justice for everyone.

2. My top three values are community, justice, and respect, and my top three issue areas are seniors, poverty, and homelessness and housing. The relationship I see is that in order for everyone to live in a just community, all seniors must have enough financial support, including good housing, to lead their lives with respect.

Write down the relationships you see among your own values and interests: