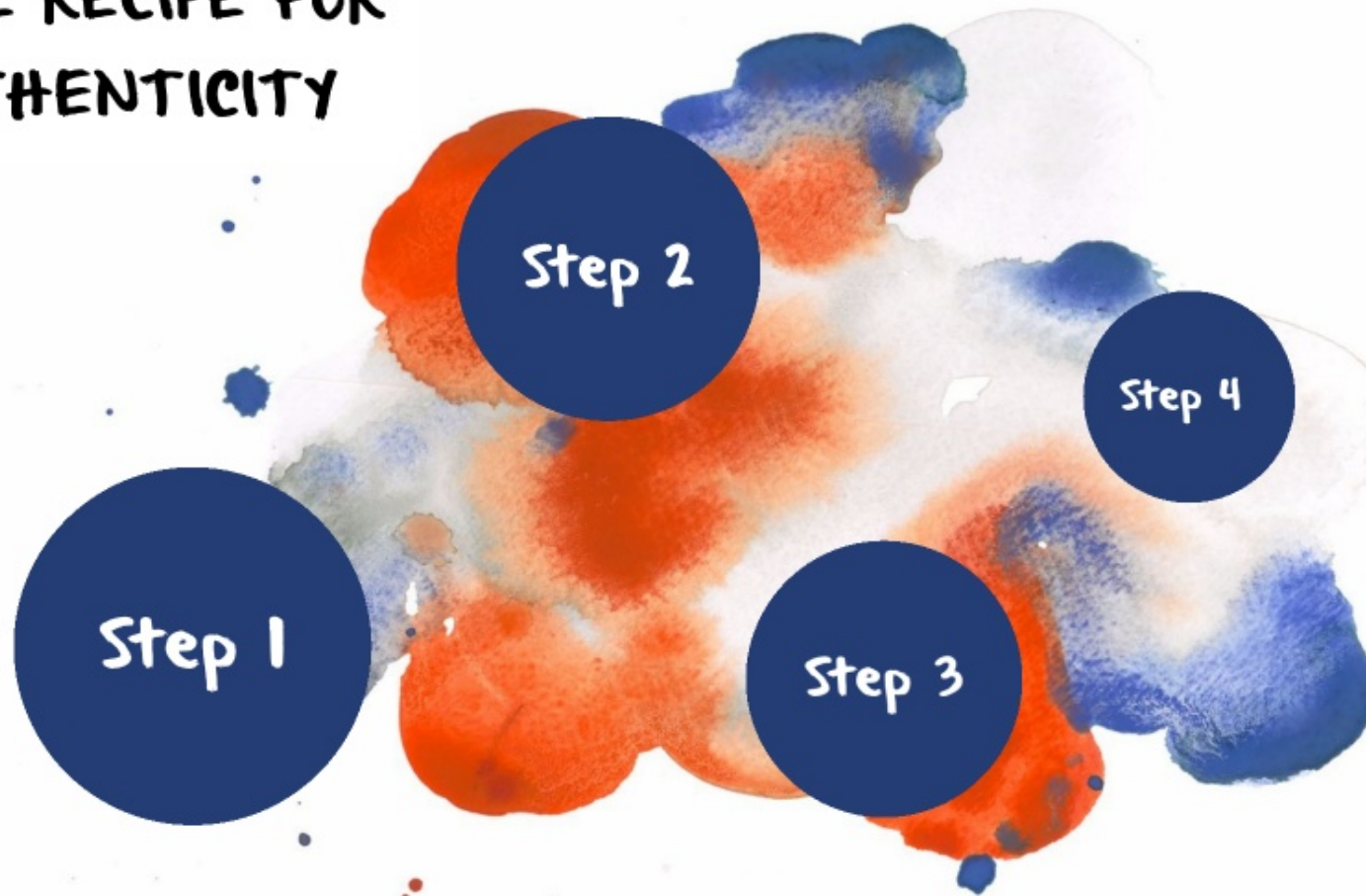


# THE RECIPE FOR AUTHENTICITY

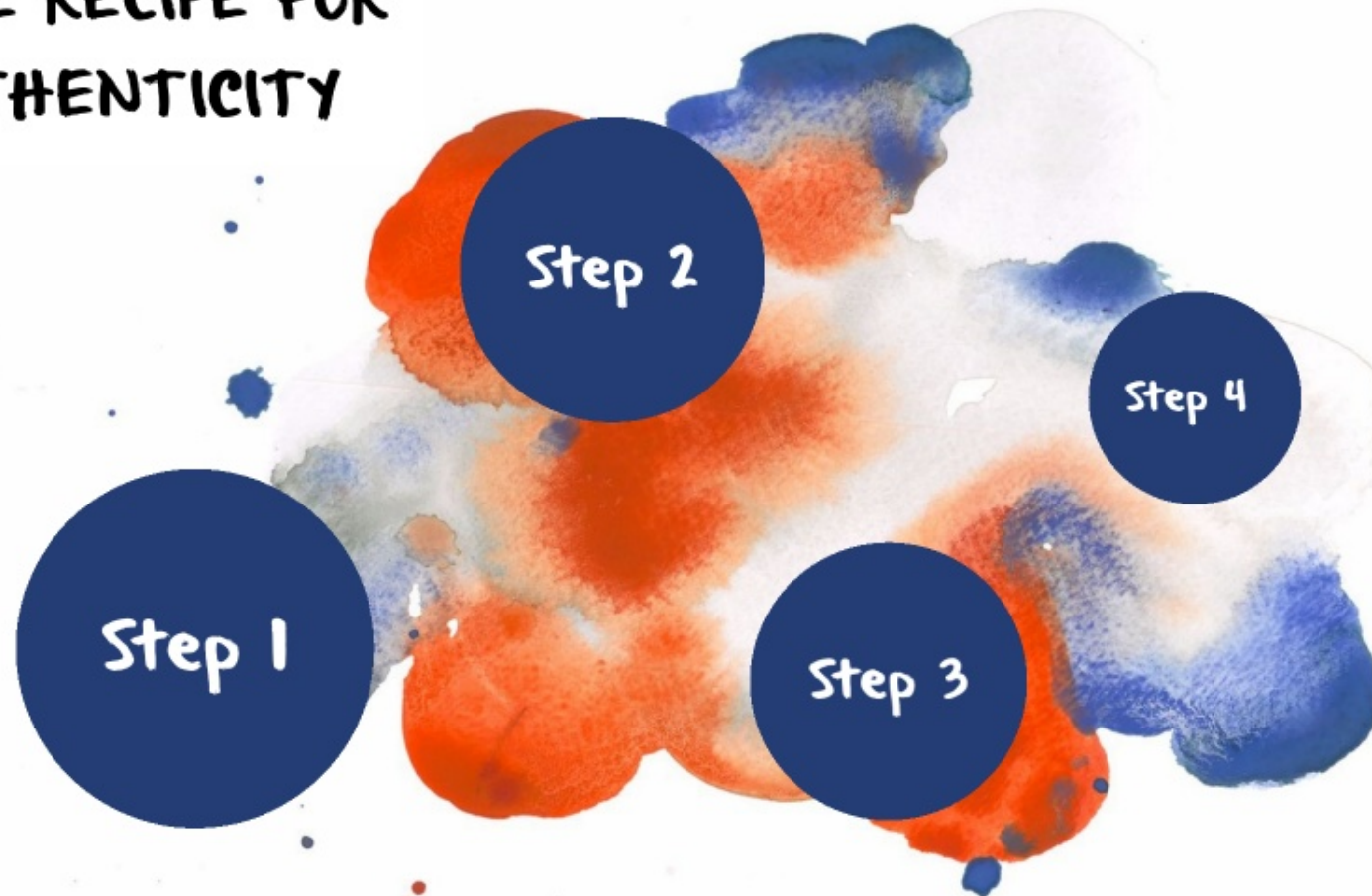




## Step 1

- Knowing your authentic self is to understand what you value
- Our values effect how we relate to and interact with others (our choruses, quartets, friends etc.)
- Authenticity is important because it allows us to freely express ourselves while giving others permission to do the same

# THE RECIPE FOR AUTHENTICITY



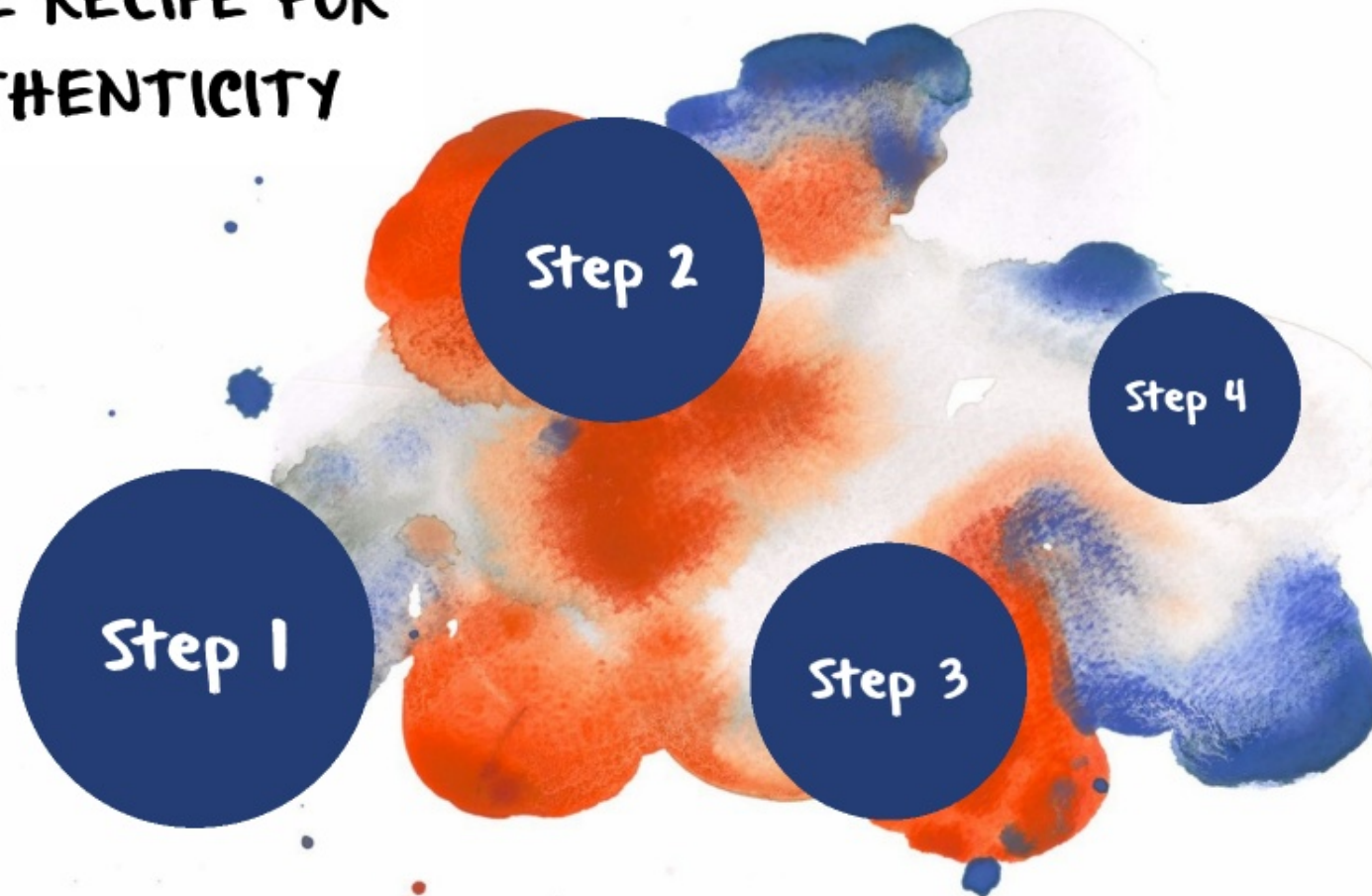




## Values Clarification

- There are no good or bad values, just ones that serve us and ones that don't.
- Values that serve us are ones that are in our control. For example, "Friendships" is a value that we can create, maintain, and work on.
- Values that aren't in our control make us unhappy, because there is nothing we can do to change it. "Winning", for example, is an unhelpful value because it completely depends upon the results of a judging panel. When our value as a human is placed in the hands of others, it creates frustration, unhappiness, and a feeling of being out of control.

# THE RECIPE FOR AUTHENTICITY



## Values Clarification

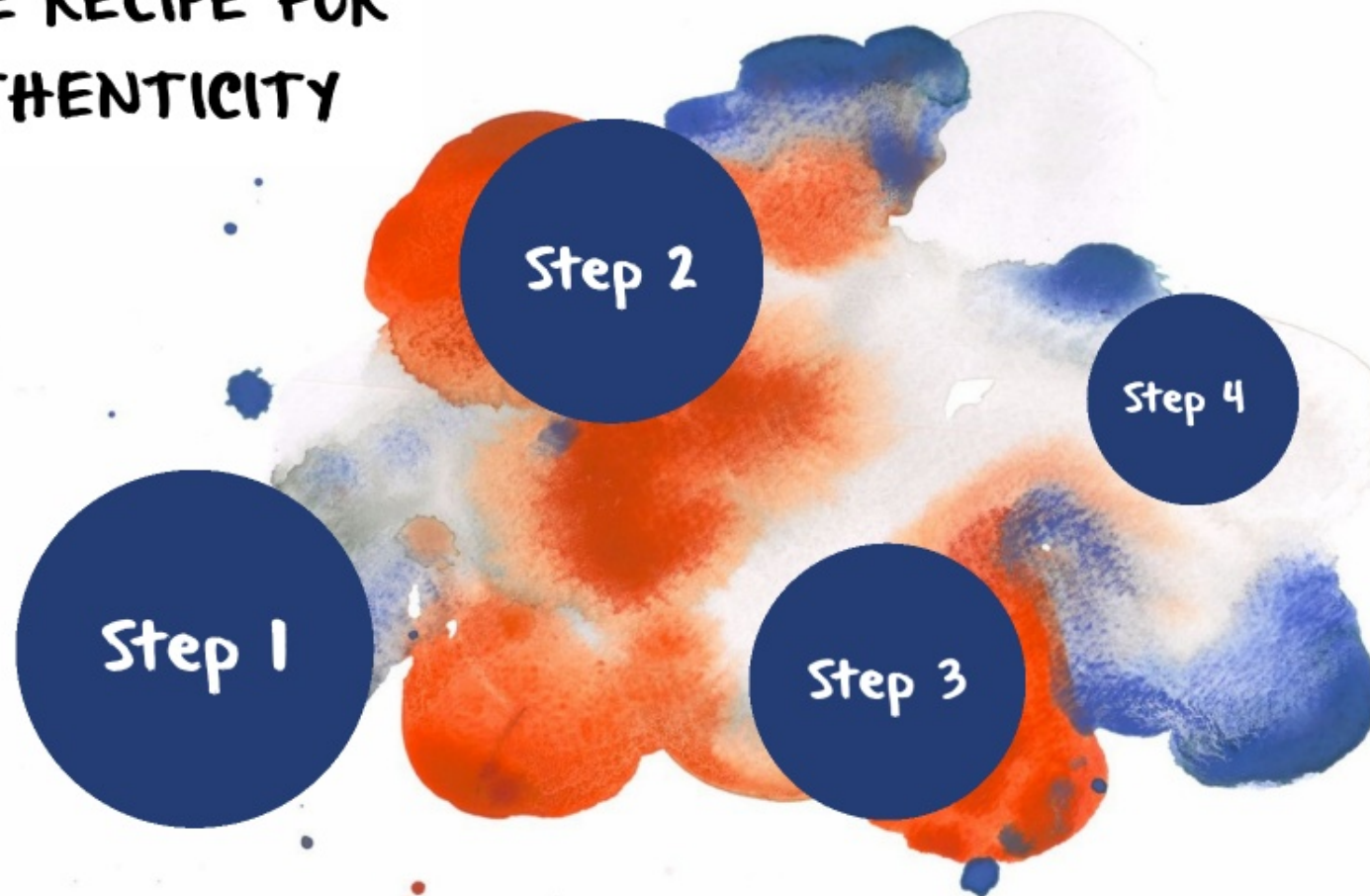
Your values are the beliefs that define what is most important to you. They guide each of your choices in life. For example, someone who values family might try to spend extra time at home, while someone who values success in their career may do just the opposite. Understanding your values will help you recognize areas of your life need more attention, and what to prioritize in the future.

Select the 10 most important items from the following list. Rank them from 1-10 with "1" being the most important item.

- |   |                                       |
|---|---------------------------------------|
| <input type="checkbox"/> Love           | <input type="checkbox"/> Honesty      |
| <input type="checkbox"/> Wealth         | <input type="checkbox"/> Humor        |
| <input type="checkbox"/> Family         | <input type="checkbox"/> Loyalty      |
| <input type="checkbox"/> Morals         | <input type="checkbox"/> Reason       |
| <input type="checkbox"/> Success        | <input type="checkbox"/> Independence |
| <input type="checkbox"/> Knowledge      | <input type="checkbox"/> Achievement  |
| <input type="checkbox"/> Power          | <input type="checkbox"/> Beauty       |
| <input type="checkbox"/> Friends        | <input type="checkbox"/> Spirituality |
| <input type="checkbox"/> Free Time      | <input type="checkbox"/> Respect      |
| <input type="checkbox"/> Adventure      | <input type="checkbox"/> Peace        |
| <input type="checkbox"/> Variety        | <input type="checkbox"/> Stability    |
| <input type="checkbox"/> Calmness       | <input type="checkbox"/> Wisdom       |
| <input type="checkbox"/> Freedom        | <input type="checkbox"/> Fairness     |
| <input type="checkbox"/> Fun            | <input type="checkbox"/> Creativity   |
| <input type="checkbox"/> Recognition    | <input type="checkbox"/> Relaxation   |
| <input type="checkbox"/> Nature         | <input type="checkbox"/> Safety       |
| <input type="checkbox"/> Popularity     | <input type="checkbox"/> _____        |
| <input type="checkbox"/> Responsibility | <input type="checkbox"/> _____        |



# THE RECIPE FOR AUTHENTICITY



## Discussion

- Share your top 5 values with a neighbor. Discuss which values you share. Which are different? Why?
- All of our decision making stems from what we value.
- Usually when we disagree with someone, its because they are expressing a different value than the one we have.
- Learning about each other's values will help you compromise when conflict arises.
- Being able to state your needs and hold to your values will help you stay true to your authentic self.
- Q&A



# THE RECIPE FOR AUTHENTICITY

