

**ACTIVITY:** Values Motivation Module

**GROUP TOPIC:** Self-Esteem

**OBJECTIVE:** To give patients an opportunity examine their values and motivation.

**MATERIALS:**

Handouts

Pencils/Markers

**GROUP DESCRIPTION:** Explain to the group that your values are your guides to daily living, influencing your thoughts, feelings and actions. Values also shape your personality and give your life purpose. Most importantly, your values motivate you and direct your self-esteem. They are reflected in your dreams, hopes, interests, and goals. The worksheets being given can help you identify and explore your dominant values and how they affect your lifestyle.

When the group is completely done with the inventory, have them share the final page (Values Exploration).

**POSSIBLE DISCUSSION QUESTIONS:**

1. What was your highest scoring value? Were you surprised that this score was the highest?
2. What was your lowest scoring value? Were you surprised that this score was the lowest?
3. Does this assessment cause you to want to make any changes?
- 4.
- 5.
- 6.

## DIRECTIONS

Your values are your guides to daily living, influencing your thoughts, feelings and actions. Values also shape your personality and give your life purpose. Most importantly, however, your values motivate you and direct your self-esteem. They are reflected in your dreams, hopes, interests and goals. The Values Motivation Inventory can help you identify and explore your dominant values and how they affect your lifestyle.

This inventory contains 72 statements. Read each statement and circle the number to the right that best describes how much you value each activity.

Circle 4 if the statement is **very important** to you

Circle 3 if the statement is **important** to you

Circle 2 if the statement is **somewhat important** to you

Circle 1 if the statement is **not important** to you

Create beautiful things

4

3

2

1

In the above statement, the circled 4 means that creating beautiful things is very important to the test taker. Ignore the TOTAL lines below each section. They are for scoring purposes and will be used later.

Turn to the next page and begin.

# VALUES MOTIVATION INVENTORY

Circle 4 if the statement is very important to you

Circle 3 if the statement is important to you

Circle 2 if the statement is somewhat important to you

Circle 1 if the statement is not important to you

## ACTIVITY

## RESPONSE

Create beautiful things	4	3	2	1
Find other ways to do things	4	3	2	1
Make products with my hands	4	3	2	1
Brainstorm creative, new ideas	4	3	2	1
Work on creative projects	4	3	2	1
Add beauty to the world	4	3	2	1

CREATIVITY TOTAL = \_\_\_\_\_

## ACTIVITY

## RESPONSE

Seek answers about the universe	4	3	2	1
Explore knowledge for it's own sake	4	3	2	1
Analyze information as part of my work	4	3	2	1
Investigate how and why things happen	4	3	2	1
Gather scientific information	4	3	2	1
Use powers of logic	4	3	2	1

TRUTH / KNOWLEDGE TOTAL = \_\_\_\_\_

## ACTIVITY

## RESPONSE

Appreciate natural beauty	4	3	2	1
Work outdoors	4	3	2	1
Enjoy outdoor activities	4	3	2	1
Work in natural settings	4	3	2	1
Work with plants and flowers	4	3	2	1
Work with animals	4	3	2	1

NATURE APPRECIATION TOTAL = \_\_\_\_\_

Go to the next page.

# VALUES MOTIVATION INVENTORY

Circle 4 if the statement is very important to you

Circle 3 if the statement is important to you

Circle 2 if the statement is somewhat important to you

Circle 1 if the statement is not important to you

## ACTIVITY

## RESPONSE

Exhibit moral behavior	4	3	2	1
Keep people safe	4	3	2	1
Make ethical decisions	4	3	2	1
Protect property from damage	4	3	2	1
Abide by ethical standards	4	3	2	1
Do things that challenge me physically	4	3	2	1

ETHICAL / MORAL TOTAL = \_\_\_\_\_

## ACTIVITY

## RESPONSE

Work on difficult mathematical problems	4	3	2	1
Solve mechanical problems	4	3	2	1
Work with things that need assembled	4	3	2	1
Develop new skills working with my hands	4	3	2	1
Use computers to complete my work	4	3	2	1
Understand maps or schematic drawings	4	3	2	1

MECHANICAL TOTAL = \_\_\_\_\_

## ACTIVITY

## RESPONSE

Do the same thing over and over	4	3	2	1
Use my hands to complete projects	4	3	2	1
Have a regular income	4	3	2	1
Do things according to a set procedure	4	3	2	1
Work with machinery and tools	4	3	2	1
Have instructions to follow	4	3	2	1

STABILITY TOTAL = \_\_\_\_\_

Go to the next page.

# VALUES MOTIVATION INVENTORY

Circle 4 if the statement is very important to you

Circle 3 if the statement is important to you

Circle 2 if the statement is somewhat important to you

Circle 1 if the statement is not important to you

## ACTIVITY

## RESPONSE

Attend to details	4	3	2	1
Make decisions for other people	4	3	2	1
Lead others	4	3	2	1
Supervise the work of others	4	3	2	1
Works as the boss rather than an employee	4	3	2	1
Plan things for other people	4	3	2	1

WORK ENVIRONMENT TOTAL = \_\_\_\_\_

## ACTIVITY

## RESPONSE

Be financially secure	4	3	2	1
Be well paid for my work	4	3	2	1
Make a lot of money	4	3	2	1
Get many job promotions	4	3	2	1
Get significant pay increases	4	3	2	1
Be able to buy what I want	4	3	2	1

FINANCIAL SUCCESS TOTAL = \_\_\_\_\_

## ACTIVITY

## RESPONSE

Care for family and friends	4	3	2	1
Spend time with family and friends	4	3	2	1
Be generous to those I love	4	3	2	1
Have time to develop personal relationships	4	3	2	1
Be sympathetic to those I love	4	3	2	1
Help friends and family	4	3	2	1

PERSONAL RELATIONSHIPS TOTAL = \_\_\_\_\_

Go to the next page.

# VALUES MOTIVATION INVENTORY

Circle 4 if the statement is very important to you  
 Circle 3 if the statement is important to you  
 Circle 2 if the statement is somewhat important to you  
 Circle 1 if the statement is not important to you

## ACTIVITY

## RESPONSE

Help people in crises	4	3	2	1
Listen to people	4	3	2	1
Do social service work	4	3	2	1
Help people meet their needs	4	3	2	1
Help people with careers & employment concerns	4	3	2	1
Volunteer to help others	4	3	2	1

SOCIAL CONTRIBUTION TOTAL = \_\_\_\_\_

## ACTIVITY

## RESPONSE

Receive recognition for my efforts	4	3	2	1
Know important people	4	3	2	1
Gain prestige	4	3	2	1
Be famous	4	3	2	1
Be looked up to or admired by others	4	3	2	1
Be recognized as the best in my field	4	3	2	1

POWER / PRESTIGE TOTAL = \_\_\_\_\_

## ACTIVITY

## RESPONSE

Use my creativity	4	3	2	1
Use my intellect	4	3	2	1
Face a variety of challenges	4	3	2	1
Have freedom to try new ideas	4	3	2	1
Use all my talents	4	3	2	1
Be challenged in all I do	4	3	2	1

CHALLENGE TOTAL = \_\_\_\_\_

Go to the scoring directions on the next page.

## SCORING

Values are those things we believe are of greatest importance in our lives, and they are different for all people. Your values affect all your lifestyle decisions and help you identify and begin to engage in activities that increase your self-esteem. The Values Motivation Inventory is designed to measure the specific values that are important in your life.

Add the numbers you've circled for each of the twelve sections on the previous pages. Put that total on the line marked TOTAL at the end of each section. Then, transfer your totals for each of the twelve sections to the lines on the Values Description Guide on the next page. The higher the total number for each section, the more important those aspects are to you in making life choices and in achieving life satisfaction.

## UNDERSTANDING YOUR VALUES SCORES

By examining your values, you will begin to engage in activities that you care deeply and passionately about. By understanding your values, you will begin to make decisions based on what you want rather than what others want for you. Finally, you will approach life in a more energetic and zestful manner.

**LOW** — Scores between 6 and 11 indicate that you do not value these types of activities. These types of activities will not motivate you or help to maintain your motivation.

**AVERAGE** — Scores between 12 and 18 indicate that you value these types of activities about the same as most people who take the VMI.

**HIGH** — Scores between 19 and 24 indicate that you value these types of activities very much. These are the activities that are most important to you. They will motivate you and help you to maintain your motivation.

# VALUE DESCRIPTION GUIDE



## 01 CREATIVITY TOTAL = \_\_\_\_\_

People scoring high on this scale enjoy work that is self-expressive. They have cultural and artistic interests. They appreciate and enjoy music and the arts. They value activities in which they are able to demonstrate their creative talents. They desire to make items that add beauty to the world. They enjoy having the time and opportunity to appreciate the beauty in art, people, nature and their environment.

## 02 TRUTH/KNOWLEDGE TOTAL = \_\_\_\_\_

People scoring high on this scale are interested in learning the truth about the natural and physical world. They discover, collect, and analyze information through scientific research and apply this knowledge to people and society. They seek the truth to questions about the universe and about the nature of man. Their search for knowledge and the truth is intellectual.

## 03 NATURE APPRECIATION TOTAL = \_\_\_\_\_

People scoring high on this scale are interested in activities having to do with natural resources. They usually enjoy activities that take place in an outdoor setting and work to preserve the beauty of nature. They enjoy activities dealing with plants and animals in a natural setting. They have a tremendous appreciation for the beauty of nature.

## 04 ETHICAL/MORAL TOTAL = \_\_\_\_\_

People scoring high on this scale are interested in protecting people and property against crime. They enjoy activities in which they help with the enforcement of laws and rules. They are interested in maintaining their moral, ethical, and / or religious standards without conflict. They are able to accept the values, goals and standards of others.

## 05 MECHANICAL TOTAL = \_\_\_\_\_

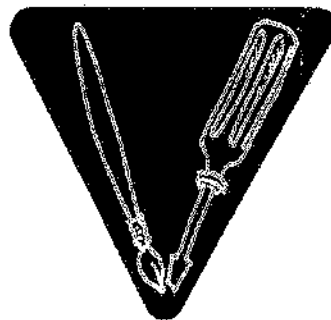
People scoring high on this scale enjoy activities that enable them to use their mechanical aptitude in applying mechanical principles. They are interested in how things are constructed. They enjoy using their hands and like activities involving crafts and trades.

## 06 STABILITY TOTAL = \_\_\_\_\_

People scoring high on this scale enjoy activities that provide stable income and monetary benefits. They value financial security over everything else. They want to feel safe and have all the essentials they need. They enjoy activities that allow them to operate machines, use their hands to manufacture goods, and use hand-tools. They prefer concrete situations and do well in organized activities.



# VALUE DESCRIPTION GUIDE



## 07 WORK ENVIRONMENT TOTAL = \_\_\_\_\_

People scoring high on this scale are organized and are attentive to details. They enjoy activities that require great accuracy and typically involve numbers and/or money. They can use computers to complete tasks. They enjoy activities in which they can lead others. They want to organize and manage tasks and activities.

## 08 FINANCIAL SUCCESS TOTAL = \_\_\_\_\_

People scoring high on this scale are interested in acquiring and accumulating money or other material objects through the use of personal persuasion. Whether accumulating monetary wealth for themselves or for others, they value selling products to make a profit. They are interested in improving their financial position and obtaining things that money can buy.

## 09 PERSONAL RELATIONSHIPS TOTAL = \_\_\_\_\_

People scoring high on this scale are interested in caring for and sharing with other people close to them such as family and friends. They are sympathetic, generous, and loyal to the people they love. They enjoy having extra time to devote to developing and maintaining personal relationships.

## 10 SOCIAL CONTRIBUTION TOTAL = \_\_\_\_\_

People scoring high on this scale seek to improve humanity by helping people with their spiritual, mental, social, physical, and vocational concerns. They enjoy assisting other people, usually on a one-on-one basis. They enjoy activities that allow them to provide service to other people. They want to feel useful and accomplish things that will benefit others.

## 11 POWER/PRESTIGE TOTAL = \_\_\_\_\_

People scoring high on this scale enjoy activities that allow them to plan the work others do. They enjoy guiding others, solving problems, and making decisions. Persons scoring high on this scale want to be famous and well known. They enjoy public life and desire the respect of others. They enjoy the ability to influence and control others. They thrive on getting others to follow their preferred course of action.

## 12 CHALLENGE TOTAL = \_\_\_\_\_

Persons scoring high on this scale love challenging opportunities. They want to use their talents, intelligence, training and education to the fullest. They enjoy challenges rather than routine. They tend to enjoy being involved in a variety of different activities at one time.

Go to the exploration activity on the next page.

# VALUES EXPLORATION



Using the worksheet below, list your four most important values. To do this, list the value in which you scored the highest in the first block where it says Value #1. Then do the same with your three next highest value categories. Then use the second column to list one or more activities related to these values that you would like to learn more about. Feel free to use a separate sheet of paper to list additional activities you would like to explore.

Example:

VALUES	ACTIVITIES RELATED TO MY VALUES
Value #1 Social Contribution	Volunteering at the hospital
	Helping others learn to read
	Doing committee work

VALUES	ACTIVITIES RELATED TO MY VALUES
Value #1	
Value #2	
Value #3	
Value #4	