**Values Exercise**

**Overview:** People hold different values, based on either their DNA or their past experiences. These values influence their political beliefs. Hence, people with different experiences may hold different values as important and therefore hold different beliefs. The good news is that while people may hold different political beliefs, they often hold similar values, only consider some values more important than others. The **purpose of this exercise** is to try to identify the values which influence your beliefs, consider what values may influence people who think differently from you, and perhaps find some overlap in values.

Below are four major issues that divide the country today, along with an example of the statements regarding them.

On page 2, is a list of values that people hold on a wide variety of issues, subjects or events.

**To do before the Zoom call:** Please review the list of issues and stances and consider what value(s) you hold regarding the issue and what value(s) a person who holds a different viewpoint believes is an important reason for holding that viewpoint.

Be ready to contribute your selection(s) in the Values Exercise portion of the Zoom meeting.

**Major Issues**

**Covid-19 pandemic precautions**

* Blue perspective – it is serious, wearing a mask protects you AND others. Value:
* Red perspective –Covid-19 is like the flu, being mandated to wear a mask is an infringement of my liberties. Value:

**Economic slowdown**

* Blue perspective – a serious stimulus is needed. People, industries, states and local governments need to be propped up. Value:
* Red perspective – we have already done enough to boost the economy, maybe too much. Value:

**Racial Justice vs. “Law and order”**

* Blue perspective – we need to live up to the ideal that “all are equal before the law”, police officers disproportionately use violence against blacks. Value:
* Red perspective – police officers need support, the violence accompanying protests need to be dominated by official force. Value:

**Climate change**

* Blue perspective – climate change is real, caused by man’s release of carbon dioxide from burning fossil fuel and it is urgent we do something about it to prevent enormous future changes in the earth as we know it. Value:
* Red perspective – it’s a hoax, climate is always changing. Value:

**Core Values List**

* Family
* Freedom
* Security
* Loyalty
* Intelligence
* Connection
* Creativity
* Humanity
* Success
* Respect
* Invention
* Diversity
* Generosity
* Integrity
* Finesse
* Love
* Openness
* Religion
* Order
* Advancement
* Respect
* Joy/Play
* Forgiveness
* Work Smarter and Harder
* Excitement
* Change
* Goodness
* Involvement
* Faith
* Wisdom
* Beauty
* Caring
* Personal Development
* This Too Shall Pass Attitude
* Honesty
* Adventure
* Kindness
* Teamwork
* Career
* Communication
* Learning
* Excellence
* Innovation
* Quality
* Commonality
* Contributing
* Spiritualism
* Strength
* Entertain
* Wealth
* Speed
* Power
* Affection
* Cooperation
* Love of Career
* Friendship/Relationship
* Encouragement
* Pride in Your Work
* Clarity
* Fun-Loving
* Charisma
* Humor
* Leadership
* Renewal
* Home
* Be True
* Contentment
* Friendship
* Courage
* Balance
* Compassion
* Fitness
* Professionalism
* Relationship
* Knowledge
* Patience
* Change
* Prosperity
* Wellness
* Finances
* Gratitude
* Grace
* Endurance
* Facilitation
* Effectiveness
* Fun
* Fame
* Justice
* Appreciation
* Willingness
* Trusting Your Gut
* Giving People a Chance
* Patience
* Forgiveness
* Self-Respect
* Abundance
* Reciprocity
* Enjoyment
* Entrepreneurial
* Happiness
* Harmony
* Peace

**https://soulsalt.com/list-of-values-and-beliefs/**