

IN THE EVENT OF FIRE.

Discovering your Values

Intent of this Exercise..

- ✓ *To find your values in life.*
- ✓ *Find what are your priorities and why.*

Introduction:

Quiet down. Relaxation exercises may help.
Opening group prayer.

Setting:

To be done in small groups of 4 to 6.

Procedure

1. Fantasize; imagine that your house is on fire.
2. You have only a few minutes to salvage your most prized possessions. Write down a list of the first ten items you would grab. Be very practical, honest and realistic in your choice. E.g. guitar, money. Photos, etc.
3. Next, go over the list of articles you would like to save and rate them in order of importance.
4. Next, select the five items in your list that you would like to save first in order of importance. Write against each of them why they are so valuable to you; for instance economic value, sentimental value, health value, etc.
5. Now meet in small groups of 4 to 6, and share with your companions the list of your five dearest articles, and explain the background reasons for your choice. This may help you to discover which are the important things – *your values* – in your life, for instance; I chose my guitar because..... I chose my mother's picture because...
6. Group partners, by for asking for clarifications and through interaction, kindly, help each other to discover their real values in life. *All discussion, arguing, preaching and moralizing must be avoided*
7. Now imagine that you have to part with your precious articles, and distribute them among your group members. Tell them what you would give to whom and why; for instance; John, I would give my guitar to you because you love music. Mary, I would give you my mother's photo because you are very caring and loving. I know that you would take good care of her, etc..
8. End the session together, in a close circle and celebrate your experience in song and prayer.,

