



Equity Starts Here Challenge

North Carolina Community Action Association

DAY 4: WHAT ARE YOUR VALUES?

At the core of every opinion and belief you hold is a value. Everyone has a series of values they hold such as family, faith, inclusivity, independence, ambition, thrift, success, among others. Although our values direct every decision we make and opinion we hold, most of us are unaware of what those values are! If we don't understand what drives us, we are unable to explain why we hold the beliefs we have.

Today, discover your values! Use this list of values from Brene Brown as a reference. Pick your top 10. Then narrow those down to your top one or two. It's hard to do but knowing your top value will open your eyes to everything you think and believe.

Now that you know your values, take some time to understand how they influence the way you think and feel.

Today, select one or more of the following to read or view:

- [6 Steps to Discover Your Core Values – Indeed](#) (article)
- [How to have better political conversations – TEDxMarin](#) (video)
- [Are You Living by Your Values? Here Are 3 Ways to Tell – Ritu](#) (article)
- [Personal Growth: How to Align Your Values and Your Life – Psychology Today](#) (article)

Discussion and Pondering Questions:

- Now that you know your values, can you see how your political opinions are influenced by them?
- Are you currently trying to make a decision? How do your values influence your decision-making process?
- Do you feel you are living within your values?
- What does it mean to be true to your values?
- What is one way you practice your values every day?

Don't forget to share your thoughts with your inner circle today! If you post on social media, be sure to use the hashtag *#EquityStartsHereChallenge*