

Community Core Values

Adapted by Margaret David to support Alaska Native Core Values from the Healthy Native Community Fellowship (2012) Guide to Community Wellness Planning. Healthy Native Communities Partnership, Inc: Shiprock, NM. <http://hncpartners.org>

Helpful Materials

Community Core Values Handout for each participant

Number of Participants

This activity will work with any size of group.

Amount of Time

30 minutes

“This activity gives people a chance to see what their community values; a chance for people to talk about how to work together as a community.”

Wellness choices and health behavior are often influenced by what we value. The following activity is designed for participants to reflect upon what is important to them. Additionally, this activity has been used to bring people together. Often, even within a large group of people they value the same two to three things.

Initially, participants look over the list of community values and see what’s missing. Ask the group to share any values they would like to add to the list that are important to them.

Participants are then invited to put a star next to all the values that are meaningful to them.

Next, participants are asked to narrow their personal values to five. Cross off the less important values and circle the more important values. Remember, you’re not throwing away the values you cross off; you’re simply narrowing down the list to determine your *core* values.

Finally, choose your top 2 core values. From your list of 5 values, choose the 2 values that are the most important to you.

Depending upon the size of the group, 2 discussion options are listed below.

Option 1: Invite participants to work together in groups of 3-5 people. Each person within the group shares the top 2 values they chose and why. After each person has shared their values, the group engages in a conversation to choose the top 1-2 core values for their group.

Option 2: After everyone in the larger group has chosen their top 2 core values, ask for a volunteer to share one of their core values. Then ask everyone who had that value as one of their top 2 choices to stand. Look around the group and call on someone who is not standing to stand and share one of the top 2 core values they identified. Ask everyone who had that value in their top 2 choices to stand. Continue until everyone is standing. Often within a group everyone is united by one or two core values.

Thank people for participating and sharing their values.

To summarize this activity, invite participants to discuss the following questions:

- How do values influence health and wellness?
- What did you learn from this activity?
- How might you use this activity?





Community Core Values

* Put a star next to the values that are important to you, including any you added.

Peace

Spirituality

Understanding

Happiness

Hard Work

Success

Patience

Power

Strength

Identity

Integrity

Sustainability

Empathy

Faith

Love

Truth

Responsibility

Wisdom

Humility

Sharing

Balance

Harmony

Honor

Wealth

Family

Knowledge

Respect

Compassion

Humor

Cooperation

Subsistence

Learning
