

THE
MANSFIELD
FOUNDATION

Explore Your Interests and Values

Values

Choose three values that matter most to you or write in other values of your choice. Values are those principals that are important to us; those things we give worth to.

When thinking about our values, the following questions might be helpful in learning what is most important to us.

1. What experiences and people have been important in shaping your core values and interests?
2. What do you notice about your values when making decisions, such as life, career, free time, lifestyle, donations, and spending?
3. When you hear of world events or witness an injustice, what moves you most? What have you been most troubled by? Most delighted?

acceptance
beauty
commitment
communication
community
compassion
courage
creativity
democracy
dignity
diversity
equality
faith
family

freedom
harmony healing
honesty
interdependence
integrity
justice
joy
knowledge love
opportunity
peace
preservation
respect

responsibility
service
simplicity
transformation

Top three values

Mine are: _____

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Interests

Select the top three issues that are of most interest or concern to you. If one is clearly more significant to you, put a star next to it:

- | | | |
|---------------------------|---------------------------|-------------------|
| Access to education | elder care/seniors | women's rights |
| ageism | environment | youth development |
| AIDS | financial aid for college | _____ |
| animals | GLBT civil rights | _____ |
| anti-Semitism | health care/medical | _____ |
| anti-racism | research | _____ |
| arts & culture | Scholarship resources | _____ |
| children/child care | homelessness/housing | _____ |
| civil rights | leadership development | _____ |
| community gardens | literacy | _____ |
| community development | peace/conflict resolution | _____ |
| corporate responsibility | philanthropy/volunteerism | _____ |
| disabilities | poverty | _____ |
| disaster relief | public policy/advocacy | _____ |
| domestic violence | religious freedom | _____ |
| drug & alcohol abuse | reproductive rights | _____ |
| economic justice economic | seniors | _____ |
| self-sufficiency | sports | _____ |
| education | special education | _____ |

Top three issues

Mine are: _____