**Learning Activity**: Personal Core Values

**Module:** Health Care Ethics

**Competencies**: 1. Describe dimensions of values as they impact healthcare.

**Recommended Resources:** Background Information: PowerPoint Competency 1 Personal and Healthcare Values

PowerPoint for Course: Healthcare Ethics 2014

**Potential Uses:** Written Paper

**Activity:**

***PURPOSE:*** *To help you determine and clarify some of the bases for your own beliefs and values which affect your behaviors and to familiarize yourself with a decision making model to use in ethical situations.*

**DIRECTIONS:** Using a separate piece of paper, respond to the listed items as directed, limiting your answer to one page per item. Most answers will require a minimum of one paragraph.

1. Identify 2 value messages you heard while growing up. Briefly describe their impact on your behavior.  
Example: *Whatever you do, do it well*; *Honesty is the best policy*; *Treat others like you would like to be treated*

2. Select 20 personal care values from the list below that you feel most represent your deepest motivators, your personal passion, and the major ideas that guide you most in life. Select the words that are most important to you and that really define who you are. If you have a core value or belief that is not on the list, go ahead and add it.

A. Elimination

i. Now that you have identified 20, imagine that you are only permitted to have 10 values. Which ten would you give up? Cross them off.

ii. Now imagine that you are only permitted five. Which ones would you give up? Cross it off.

iii. Finally cross off four of your five values. Which is the one item on the list that you care most about?

B. Explain why this one value is the most valuable for you?

3. Answer and explain 3 of the following questions addressing your top 5 values.

A. Do you believe that life is precious, whatever the situation?

B. Do you believe that adequate health care is a right? For everyone?

C. Do you believe that knowingly withholding life support is wrong?

D. How do you define euthanasia?

E. Do you believe patients have the right to refuse treatment, even if that refusal will hasten death?

F. In your opinion, what is more relevant: life itself or quality of life?

G. Does a person’s age influence how aggressively he or she is treated?

**Personal Core Values List**

Accessibility

Accomplishment

Accountability

Accuracy

Achievement

Adventure

Aspiration

Attitude

Authenticity

Authority

Autonomy

Beauty

Challenge

Change

Chastity/Purity

Cleanliness

Collaboration

Commitment

Communication

Community

Competence

Competition

Concern

Conformity

Courage

Conviction

Cooperation

Creativity

Customer

Decisiveness

Democracy

Determination

Discipline

Discovery

Diversity

Duty

Education

Efficiency

Faith

Fame

Family

Fate

Fitness

Flair

Force

Freedom

Free will

Fun

Generosity

Giving/charity

Global view

Goodness

Gratitude

Hard work

Harmony

Heroism

Heritage

Honesty

Honor

Hope

Humor

Inclusiveness

Influence

Inner peace

Innovation

Improvement

Integrity

Intuition

Involvement

Joy

Justice

Knowledge

Leadership

Learning

Leisure

Love-romance

Money

Non-violence

Nurturing

Openness

Opportunity

Optimism

Patriotism

Peace

Perfection

Performance

Persistence

Personal growth

Philosophy

Pioneer spirit

Pleasure

Popularity

Positive attitude

Power

Practicality

Preservation

Prestige

Pride

Privacy

Prosperity/wealth

Punctuality

Purity

Quality

Rationality

Recognition

Regularity

Rehabilitation

Reliability

Resourcefulness

Respect

Responsibility

Responsiveness

Results-oriented

Risk-taking

Self-reliance

Seriousness

Service

Sexuality

Simplicity

Sincerity

Skill

Solidarity

Speed

Spirit-in-life

Stability

Standardization

Status

Strength

Style

Success

Support

Systemization

Teamwork

Tolerance

Tradition

Tranquility

Trust

Truth

Utility

Variety

Well-being

Wellness

Wisdom

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