Defining Values
Principles, standards, or qualities considered worthwhile or desirable by the person or group who holds them. It appears to be beneficial to break down the term ‘value’ into six sub-categories, as follows: ethics, aesthetics, doctrinal, innate, passive, and optional. The ethics category divides values under the premise of right/wrong or good/bad. Aesthetics, on the other hand contains divisions based on the parameters of pleasing/displeasing. Doctrinal values are categorized by political, social, or religious separations. Innate values are simply instinctual, like survival, for example. Passive values are those that are upheld, but not based on personal experience. Optional values can be described as values that need only be practiced occasionally. (Adopted from wikipedia.com)

Maintaining Values
As you can imagine, maintaining your personal values can be quite challenging. Whether you are dealing with old friends or new faces, your personal values can easily be put to the test. It is in these moments that you will learn not only which of your values are truly important to you, but which people in your life are truly supportive of you. Don’t be afraid to remain true to what you believe in. Be strong!

Changing Values
While it is important to stay true to yourself and the values that define you, it is also perfectly logical that one’s values might transform over time. Exposing yourself to unfamiliar groups of people, traditions, and lifestyles may open your eyes to values you had not previously considered. Don’t be afraid to turn over a new leaf. Embrace it!

Implementing Values: Making an Impact
So, now what? I’ve established all of these great values, but what do I do with them? Or more importantly, what can I do with them? The answer: put your values into action! There are an infinite number of ways this can be done. A few of them can be found in the boxes to the right.

Values in Action: How to put my values to use
On the Seattle University campus alone there is an abundance of ways.
- Join a club; find a club whose mission is similar to one of your values
- Take a class; find a course that examines the true meaning behind one of your values
- Make a difference; make your value known

TOOL OF THE MONTH
- LEADERSHIP LIBRARY-
Stop by the Center for Student Involvement and check out our library! We have books, handouts, and guides relating to any and every aspect of leadership imaginable. See what Leadership Development has to offer you. Feel free to ask our friendly office staff for assistance.

SU SPOTLIGHT:
LUNCHES WITH LEADERS
THURSDAY, NOVEMBER 02
THANK YOU TO FATHER SUNDBORG FOR JOINING US!