**INSTRUCTIONS FOR VALUES EXERCISE.**

**Purpose:** This is just a short, fun exercise to get students to think about what is important to them. In my experience this exercise is more likely to garner a meaningful response than if you just ask them what their values area.

**STEP 1:** Explain to all students that they are to pretend that lawyers have been abolished. No one is allowed to be a lawyer anymore. As a result they need to choose another career path. Their options are:

- A Gardener

- A Politician

- A Teacher

- A Pilot

- A Scientist.

**STEP 2:** Allocate a corner /table of the room to each of the options and ask the students to go to the option that they would choose.

**STEP 3**: Once all students are in their groups in the room, ask them to discuss with others in the group why they chose this option. What was it about the job that attracted them? What was it about the job that resonated with something that is important to them?

**STEP 4:** Once the students have had a short discussion, ask each group to provide a brief report to everyone in the room on the reasons why they chose the job.

**STEP 5:** Once this has been done, challenge the students to think about how they could apply these reasons to their law studies? What could do they do to ensure that they meet these things that are important to them? (Depending on the vibe in the room you can ask people to share or not)

In the discussion you could mention any of the following interesting notes about values:

1. Values are just what is important to you.
2. They are personal.
3. They can change over time.
4. Feeling like you are staying true to your values and feeling like you are being supported and in an environment that allows you to make progress towards your values is very important to personal wellbeing.
5. Feeling like you are making progress towards your values is very motivating – i.e. I will do this boring task because I know that it helps me progress to something that is important to me.
6. Having values and a career in law are not inconsistent – it is very possible to have a successful career in law and remain true to your values (in fact this could be the definition of a successful career!)
7. If they want to look into their values through an reputable online survey (as opposed to a facebook survey) they can go to the questionaires on <https://www.authentichappiness.sas.upenn.edu/>

**STEP 6: Answer these questions anonymously on a piece of paper.**