

We've all heard about the BIG game... or The BIG test... or The BIG college application, ...the one that will define our season, our semester, or our future. If you win the BIG ONE you're hot stuff, and if you lose, there is only disappointment, and the phrase, "There's always next time."

But what if I told you the BIG game is actually a small event within an even BIGGER game that's going on? What if the BIGGEST game is the one that really deserves your attention? In fact, it's so critical because there is no "next time"? You only get one shot at this BIGGEST game. The Biggest game is the game of LIFE, and here's the deal: It lasts longer, is more important, and has more opponents than a normal competition.

The stakes are huge! If you lose this game called LIFE the lessons are painful, your relationships are all drama, and there's no second place trophy. In this game the question is not what are you getting, but what are you BECOMING?

Yet so many students take their eyes off this game in order to chase little trophies, false friends, and cheap thrills. We're talking about what's REALLY important. There's nothing wrong with having good grades, a high batting average, or a college scholarship. But while you're working toward those goals what kind of marks are you getting on these questions:

**Are you always honest? Do you accept responsibility? Are you respectful to everyone?
Are you becoming the kind of person a younger student could look up to?**

So while you're running around from class to class, and from soccer to dance, playing all the little games, -- check your internal scorecard to see if you're on track to win the most important game of all....Life!

LEARNING OBJECTIVE: Student will understand the role of one's core values and articulate their application in his/her life.

INSTRUCTIONS: Answer the questions on page two of the handout after viewing the video.

DISCUSSION:

A person's core values can be defined as the guiding principles used to make life's decisions. They act like a compass to point the way toward choices and behaviors that are consistent with your sense of right and wrong.

A person committed to their core values will not compromise their actions for convenience, for money, or for popularity. The first step is declaring one's core values. Second step is prioritizing them. Third step is understanding the implications of living up to these principles and to "walk the talk." Where are you not "walking your talk?"

Win the Biggest Game Worksheet

Circle your top five personal core values and then rank order them.

Accuracy ____
 Adventure ____
 Appearance ____
 Authenticity ____
 Collaboration ____
 Commitment ____
 Competitiveness ____
 Creativity ____
 Directness ____
 Elegance ____
 Empowerment ____
 Enthusiasm/Passion ____
 Excellence ____
 Freedom to choose ____
 Growth/Learning ____

Harmony ____
 Health/Fitness ____
 Honesty ____
 Humor ____
 Independence ____
 Integrity ____
 Joy/Fun ____
 Justice ____
 Leadership ____
 Love/Nurturing ____
 Orderliness ____
 Peace/Tranquility ____
 Personal Power ____
 Humility ____
 Hard work ____

Recognition ____
 Resilience ____
 Respectfulness ____
 Results ____
 Risk Taking ____
 Security ____
 Service ____
 Spirituality ____
 Sports/Recreation ____
 Success/Achievement ____
 Tradition ____
 To be Known ____
 Trust ____
 Winning ____
 Vitality/Zest ____

2
 What does the phrase “losing at life” mean to you? What does it look like?

3
 In what way could you do a better job of being true to your top two core values?