



People in their 20s have identified 11 values they say make the short list:

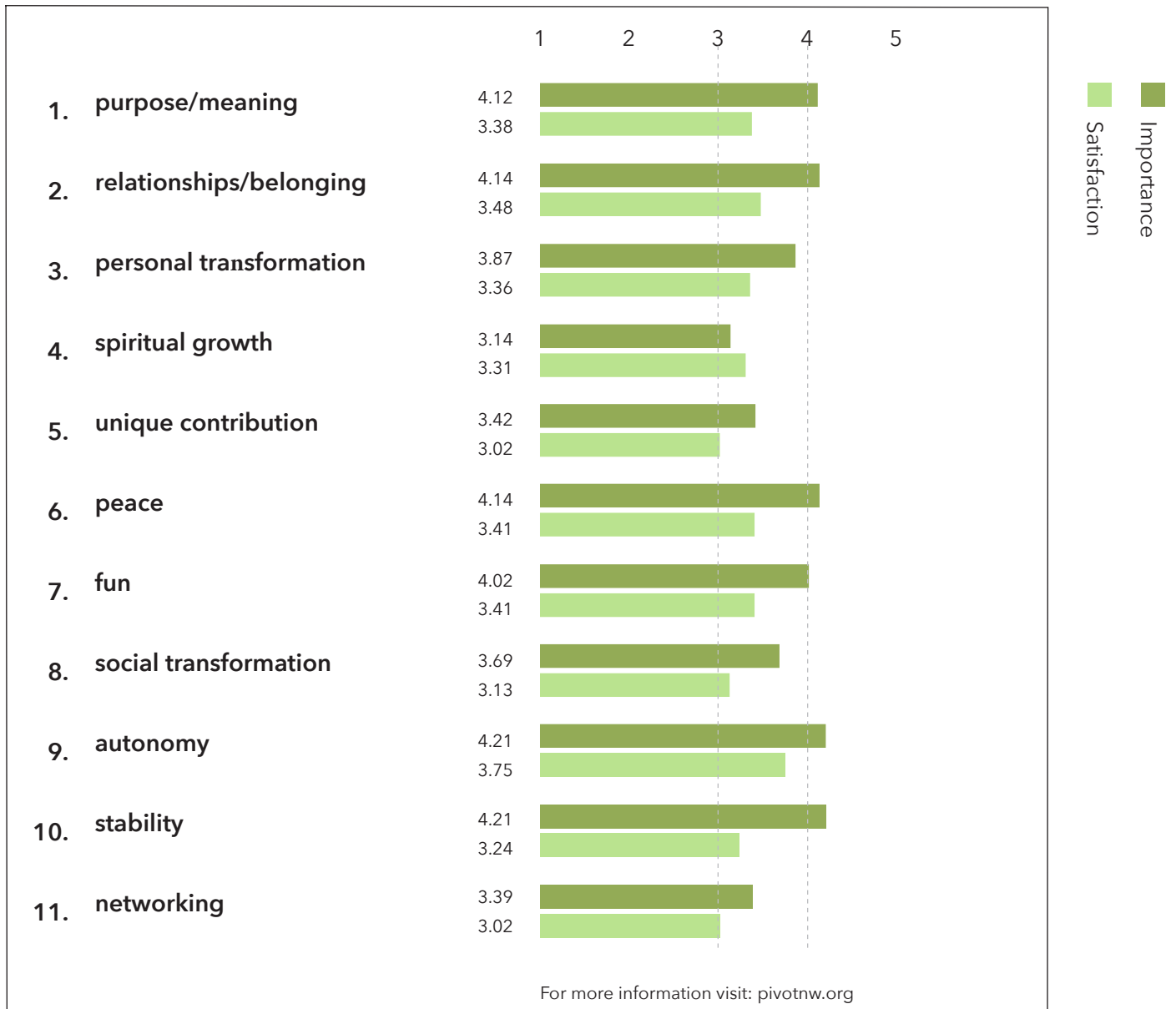
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|---|--|
| <p><b>1. Knowing Why I'm Here<br/>(purpose/meaning)</b><br/>I know why I'm here, who I'm designed to be, and where I'm going.</p>   | <p><b>7. Having Fun<br/>(fun)</b><br/>I feel free to be creative, inventive, take risk, and just have fun.</p>   |
| <p><b>2. Loving Others &amp; Being Loved<br/>(relationships/belonging)</b><br/>I unconditionally love and feel deeply loved by others. I feel accepted in my community.</p> | <p><b>8. Being Part of Something Bigger<br/>(social transformation)</b><br/>I help those in need, advocate for justice, and am part of something bigger than myself.</p> |
| <p><b>3. Stretching Myself<br/>(personal transformation)</b><br/>I develop my body, mind, and spirit so that they are in harmony.</p>                                       | <p><b>9. Being My Own Person<br/>(autonomy)</b><br/>I have independence, make my own decisions, and have become my own person.</p>                                       |
| <p><b>4. Growing Spiritually<br/>(spiritual growth)</b><br/>I constantly grow closer toward truth. I engage in spiritual practices and rely on a higher power/God.</p>      | <p><b>10. Building a Strong Foundation<br/>(stability)</b><br/>I feel secure in my job and finances, and am committed to reputable people and organizations.</p>         |
| <p><b>5. Contributing in a Meaningful Way<br/>(unique contribution)</b><br/>What I offer to my community energizes me, is irreplaceable, and is deeply appreciated.</p>     | <p><b>11. Expanding My Connections<br/>(networking)</b><br/>I am connected with social networks that provide community and opportunity.</p>                              |
| <p><b>6. Finding Peace<br/>(peace)</b><br/>I listen to my heart, take time for self-care, and fully love and accept others as well as myself.</p>                           |  |

**If you could only choose one value from this list that you could fulfill, which one would it be and why?**



## Are 20-somethings getting what they value?

A survey of 296 young adults (23-29 years old) was conducted to identify how important and how satisfied they were with each of the following values. Here are the results:



How satisfied are you in your top rated value or your efforts toward it?

What would you be willing to sacrifice to be completely satisfied in that value?