

**NAME:** Values Auction

**SOURCE:** Unknown

**INTENTION:** This is a good activity to activate a group and help them explore and prioritize values.

**MATERIALS:**

1. White board and marker

**SCRIPT:** (Written instructions for Group Leader)

Place a table on a white board

<i>Name</i>	<i>\$100 (starting)</i>	<i>Purchases</i>	<i>Values Being Auctioned</i>
Roy	\$30 (remaining)	Intimacy	Intimacy
Mary	\$ 50	Health	Family
Kim	\$70	Compassion	Friends
De Shawn	\$20	Family, Friends	Health
			Compassion
			Leisure
			Education
			Spirituality
			Helping Others
			Work

**Everyone will begin with \$100. On the far right you will see listed the values that are up for auction. I start at the top of this list and offer each item for the group to bid on. I will accept bids in \$10 increments (simplifies math). If you win a bid I will subtract your bid from what you have left in the bank and list that item under your purchases. It is helpful to plan ahead. If the value you really want is near the bottom and you spend all your money right away, you won't have much bidding power left to get what you really want.**

Hint: This group works best with an enthusiastic and playful auctioneer.

**DISCUSSION:** Possible questions or topics to address

- Did you get what you wanted?
- What was something that you didn't get that you really wanted?
- How many people wanted more than \$100?
  - Life is similar in that you don't have unlimited resources like time, money, energy...
- In the last month how much of your resources have been spent on your values?
  - What have you been spending your resources on?
- Anybody holding on to a value that comes at a very high cost?
  - Think about relationships with family or friends, work, leisure...
  - Is this cost affordable (sustainable)?
  - What is the cost of change?