



**#SELF-ACADEMY**  
with Irina Romanenko



## **УРОК 4. ЦЕННОСТИ**

**ТЕМА 1.  
ТЕКУЩИЙ  
СЦЕНАРИЙ**

**Online course Master of Games**  
**Topic 1. Current Scenario**  
**Lesson 4. Values**



## Subject

In this lesson, we continue to dismantle the roof of the "house" of our psyche. We will talk about values and value priorities. As the assignments for the lesson, you will formulate your value priorities at this point in your life.

## Values

The main questions you will need to answer in this lesson are:

- What do I believe?
- What are my values?
- What are my value priorities now?

Watch the video lesson and do the exercises in the Assignment for the lesson.

## Video

[Playlist. Theme 1](#)

## Assignment

Exercise 1: Current values.

Write down your values on a piece of paper. Use the list of values below. Add values to this list, if you think the list is not complete. Your task is to rank your values by priority from most important to least important:

- Love;
- Money;
- Children;
- Parents;
- Friends;
- Health;
- Freedom;
- Self-realization.



## To do:

- 1) Make a list of your current values by priority. Upload the answer file to the Facebook group. Copy the link to the file in the group into the answer window for this lesson. In the name of the file, indicate the topic, lesson and your name.
- 2) Describe how you felt when you did the exercises.
- 3) Write what you liked, what can be improved in this lesson.
- 4) Rate the lesson from 1 to 10.