



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

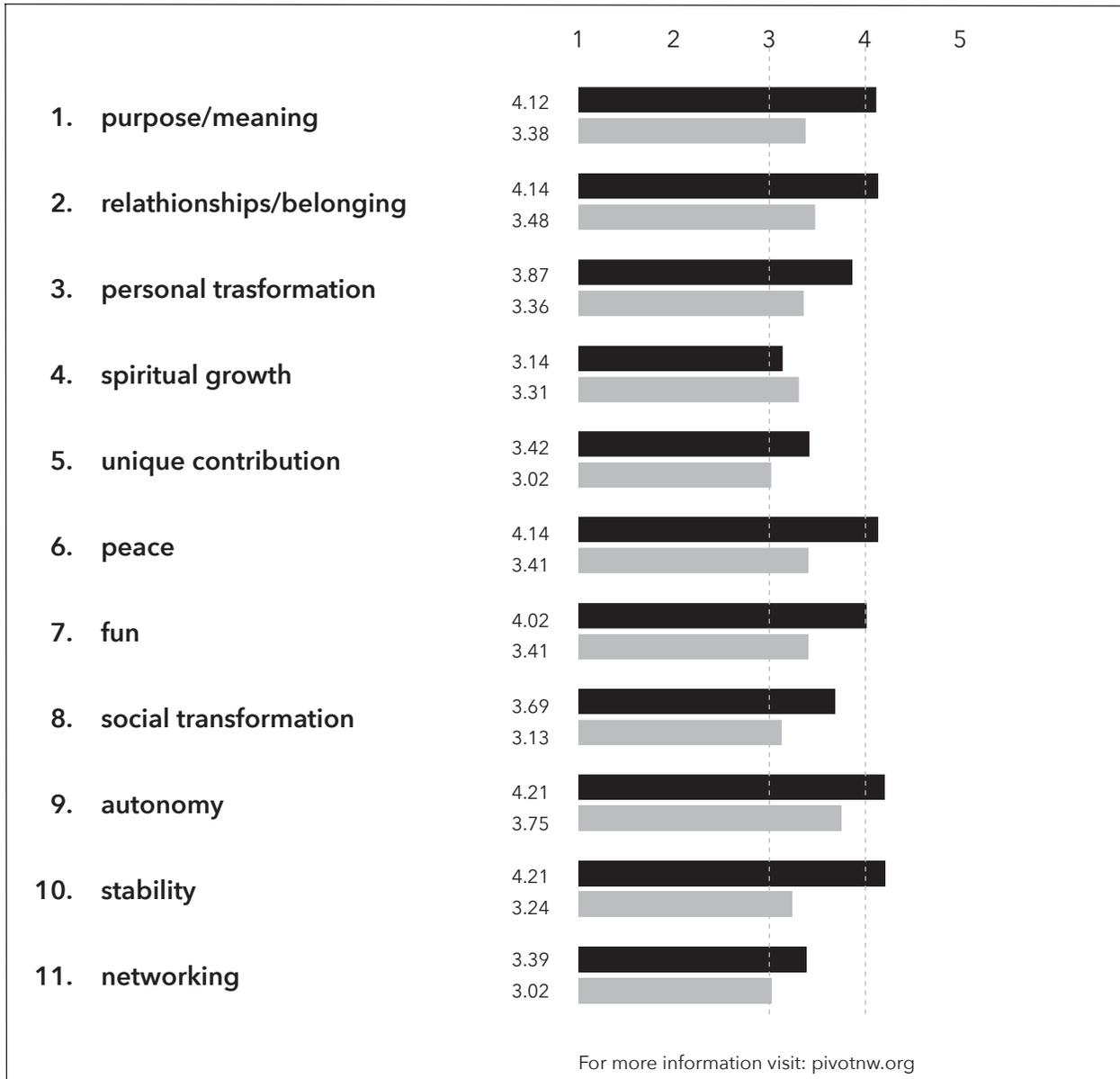
- 1. Knowing Why I'm Here (purpose/meaning)**
I know why I'm here, who I'm designed to be, and where I'm going.
- 2. Loving Others & Being Loved (relationships/belonging)**
I unconditionally love and feel deeply loved by others, I feel accepted in my community.
- 3. Stretching myself (personal transformation)**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

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?