

College Essay Montage Structure – Brainstorm Values

What do I value?

Exercise: Select the 10 values you connect with most. Of those 10, choose 5. Then your top 3. Write them down somewhere. Then go to the next step.

- | | | | |
|---|--|--|---|
| <input type="checkbox"/> community | <input type="checkbox"/> challenges | <input type="checkbox"/> adventure | <input type="checkbox"/> self expression |
| <input type="checkbox"/> inspiration | <input type="checkbox"/> commitment | <input type="checkbox"/> vulnerability | <input type="checkbox"/> stability |
| <input type="checkbox"/> money | <input type="checkbox"/> leadership | <input type="checkbox"/> adaptability | <input type="checkbox"/> art |
| <input type="checkbox"/> intellectual status | <input type="checkbox"/> helping others | <input type="checkbox"/> friendship | <input type="checkbox"/> autonomy |
| <input type="checkbox"/> financial gain | <input type="checkbox"/> influence | <input type="checkbox"/> excellence | <input type="checkbox"/> risk |
| <input type="checkbox"/> laughter | <input type="checkbox"/> wit | <input type="checkbox"/> job tranquility | <input type="checkbox"/> balance |
| <input type="checkbox"/> serenity | <input type="checkbox"/> success | <input type="checkbox"/> power | <input type="checkbox"/> self-discipline |
| <input type="checkbox"/> physical challenge | <input type="checkbox"/> patience | <input type="checkbox"/> passion | <input type="checkbox"/> courage |
| <input type="checkbox"/> responsibility | <input type="checkbox"/> listening | <input type="checkbox"/> cooperation | <input type="checkbox"/> family |
| <input type="checkbox"/> competition | <input type="checkbox"/> diversity | <input type="checkbox"/> affection | <input type="checkbox"/> empathy |
| <input type="checkbox"/> career | <input type="checkbox"/> love | <input type="checkbox"/> wisdom | <input type="checkbox"/> working alone |
| <input type="checkbox"/> fame | <input type="checkbox"/> fast-paced work | | <input type="checkbox"/> humility |
| <input type="checkbox"/> working with others | <input type="checkbox"/> nutrition | <input type="checkbox"/> independence | <input type="checkbox"/> efficiency |
| <input type="checkbox"/> freedom | <input type="checkbox"/> competence | <input type="checkbox"/> supervising | <input type="checkbox"/> intensity |
| <input type="checkbox"/> security | <input type="checkbox"/> practicality | others | <input type="checkbox"/> health and fitness |
| <input type="checkbox"/> strength | <input type="checkbox"/> creativity | <input type="checkbox"/> recognition | <input type="checkbox"/> meaningful work |
| <input type="checkbox"/> self-control | <input type="checkbox"/> excitement | <input type="checkbox"/> accountability | <input type="checkbox"/> my country |
| <input type="checkbox"/> hunger | <input type="checkbox"/> collaboration | <input type="checkbox"/> democracy | <input type="checkbox"/> music |
| <input type="checkbox"/> personal development | <input type="checkbox"/> social change | | <input type="checkbox"/> truth |
| <input type="checkbox"/> trust | <input type="checkbox"/> beauty | <input type="checkbox"/> nature | <input type="checkbox"/> resourcefulness |
| <input type="checkbox"/> faith | <input type="checkbox"/> ecological awareness | <input type="checkbox"/> expertise | <input type="checkbox"/> respect |
| <input type="checkbox"/> involvement | <input type="checkbox"/> quality relationships | <input type="checkbox"/> order | <input type="checkbox"/> bravery |
| <input type="checkbox"/> spirituality | <input type="checkbox"/> travel | <input type="checkbox"/> privacy | <input type="checkbox"/> communication |
| <input type="checkbox"/> loyalty | <input type="checkbox"/> decisiveness | <input type="checkbox"/> close | <input type="checkbox"/> change and variety |
| <input type="checkbox"/> honesty | <input type="checkbox"/> curiosity | relationships | <input type="checkbox"/> compassion |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ | <input type="checkbox"/> religion | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ | <input type="checkbox"/> knowledge | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ | <input type="checkbox"/> growth | <input type="checkbox"/> _____ |