



Assignment 2: Your Home and Your Personal Values



Partner Family Name: _____

Date: _____

If money and location were not limited, **describe your “perfect” home**. If you need help with this vision, you can use the following questions or look through magazines, Apps like Pinterest, etc. There are no right or wrong answers, even in knowing what you do about the Habitat for Humanity homeownership program.

- *What does your home look like? (colors, style, height, width, interior, exterior, landscaping...)*
- *What location (city, country, near shopping or schools, near public transportation, etc.)*
- *What is the “flow” of your home? What is important to you about this flow?*

Physical House Description:



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Draw a picture of your home:

Now, let's consider what you will enjoy while in your home.

- *How much time will you spend in your home? What are your favorite home activities?*
- *Do you have traditions that you will carry forward or create in your home?*
- *Pet ownership? Gardening? Traveling?*

Describe what is important to you about your home:



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In your understanding of the Habitat for Humanity homeownership program, what qualities, activities, or parts of your vision do you imagine you will be able to create in your Habitat home?

Did anything surprising come up for you in this visioning exercise?

Please share anything else that is important to you regarding your home:

Do you have any concerns, objectives, or items you feel most concerned about in to do in preparation for homeownership? There are no right/wrong answers. These are specific to each Partner Family. List any concerns below so that we can work together to help you address them.



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To answer the following questions, you should have already watched the video:

https://www.youtube.com/watch?v=Lp_GOrM16Xc

What is your answer to the presenter's first question: What is the most important thing in my life?

Document your "emotions list" (from the video) below:

What are your core values (as discovered from the activity and reading prior to the assignment)? List them (again) here:

An example of how to use your knowledge of your core values in a compassionate communication style is described below.

1. Observation: What happened? Observe without evaluating (like a video camera)
2. Self-talk: What are you telling yourself about what happened?
3. Feelings and Values: Connect with your internal feelings and values or needs
4. Settle: Take time to feel the feelings and deeply connect with the needs. When there is a deeper connection with feelings and needs, there is an internal shift that occurs that can soften and/or help relax you.
5. Request: Is there a do-able request of yourself or someone else that would meet your needs? For example, you can use
"When I (see, hear, notice) _____, I feel _____ because I value _____ . Would you be willing to _____ ? (a do-able request)



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Using this example, put it into practice in your life. Describe a personal experience (whether you actually communicated this way or not does not matter. That you know HOW to communicate this way is helpful).

1. What happened? List the event using non-judgmental or blaming words.
2. What are you telling yourself about what happened? (for example, “she sounded mean because she doesn’t like me”)
3. What are your related feelings and values in this situation?
4. Take a moment to think about your feelings. What part of this situation is bothering you? Why is it bothering you? Can you ask for something specific that would help you feel better?
5. State your request:

When I see/hear/notice _____,
I feel _____
because I value _____.

Would you be willing to _____?

Re-read your request. Does it sound do-able? Is it non-judgmental?



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