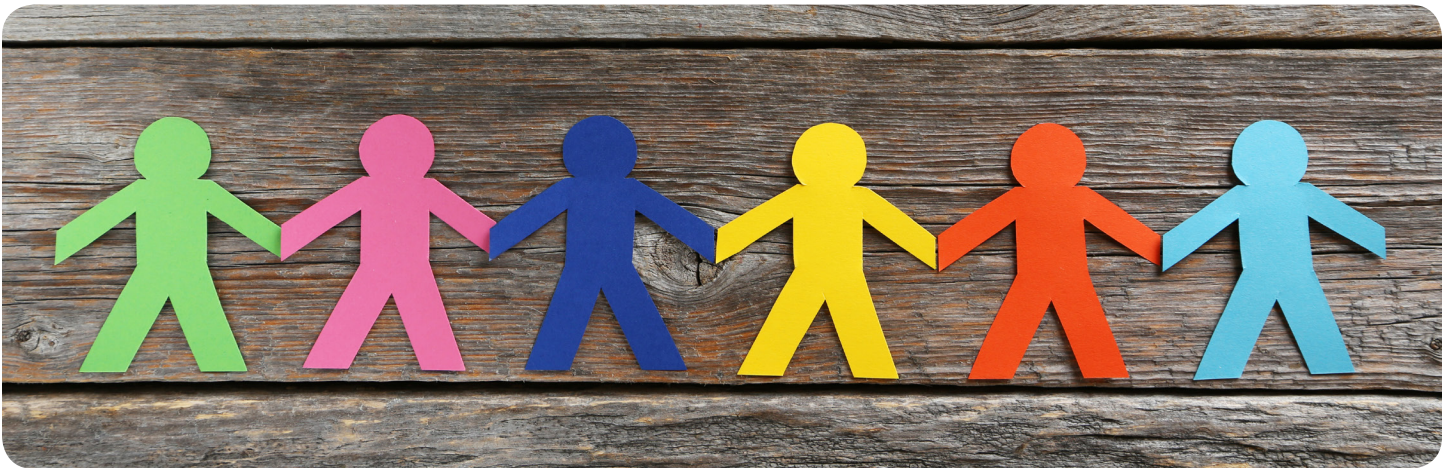# THE VALUE OF COMMUNITY

There is no such thing as "me particles and you particles."

Watch the attached video link, then complete the questions and self-awareness assessment.

(https://www.youtube.com/watch?v=eKz2R61YUV0)

In what ways can you and your team fight against a community based on 'obligation'? (ie. We are a community because we are forced together) Brainstorm and gather a list of thoughts below:

DEFINTION OF 'A VALUE'- "A Value is something you think is more important than anything else."

If the above definition is true, in what ways should we place community as one of the pivotal values of caregiving: ultimately becoming more important than money, more important than happiness and more important than our feelings? There is a necessary battle between the ways we feel vs. our values. I may not want to go to the community potluck because I am FEELING tired, frustrated or am upset. But if I truly VALUE community: community takes precedent over the way I am feeling and helps shapes my words, actions and reactions.

Spend a few minutes talking about the idea of "valuing community".

1 What makes sense with this idea?

2 Are there specific ideas that cause you frustration? If so why?

3 What are some ways as a team or community, that we are able to strengthen Community as a core value?