



### ACTIVITY

Play video of song and lyrics *If I Had a Million Dollars* by the Bare Naked Ladies.

- [https://www.youtube.com/watch?v=B4L3ls\\_6UYg](https://www.youtube.com/watch?v=B4L3ls_6UYg)

Winning the lottery and imagining what to do with all the money is something many folks daydream about at least once in a while. How many of the things mentioned in the song would you care about? Would you choose to spend that money on Dijon ketchups?

It might seem a bit silly to some but when you listen to the lyrics, what do think their purchase choices reveal about them? They mention buying a fur coat, but not **a real fur coat, that's cruel**. What do you think they're saying they value?

Below you'll find a list of some commonly held values. Read through the list then revisit the attached lyrics to the song you listened to earlier.

As a class, identify some of things the writers seem to care about and the values that the lyrics allude to and write them on a whiteboard or piece of paper.

#### LIST OF VALUES

Kindness	Integrity	Acceptance	Focus
Courage	Success	Life	Wisdom
Curiosity	Compromising	Gratitude	Optimism
Teamwork	Structure	Expressiveness	Diversity
Adjusting	Blessing	Perseverance	Leadership
Reliability	Strength	Determination	Happiness
Growth	Friendship	Loyalty	Responsibility
Tradition	Thoughtfulness	Balance	Goodness
Faith	Open-mindedness	Commitment	Honesty
Support	Curiosity	Intelligence	Harmony
Humility	Being Respectful	Truth	Knowledge
Cheerfulness	Grace	Generosity	Tolerance
Love for family	Empathy	Trust	Spirituality
Fun	Patience	Hard work	Sense of community
Justice & fairness	Confidence	Courage	Being true to yourself
Generosity	Politeness	Responsibility	Respect
Nature	Time	Thoroughness	Humour
Determination			





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Identifying values can be a bit tricky and it helps to practice!

Think of someone that you admire and see if you can identify some of the values you believe they might have based on what you've seen of their behavior and the choices they've made.

Feel free to add any values that seem to be missing on the list provided.

After trying to identify values of those around you, it's time to focus on what you care about. Trying to determine our values can be a bit challenging in the beginning. When trying to determine what really matters to us, it helps to reflect a little.

Think about the times in your life when you felt good and proud of how things were going.

- What about these moments made you happy?
- What about these moments made you feel proud?
- What is important to me?
- What do I strive for?
- What motivates me?
- What do I like and what do I dislike?
- How do I make decisions? What values do I consider?

Place a dot beside the words on the list that stand out for you.

Of course, obstacles will present themselves in every life. Are you feeling good about how you're responding to them? What is it about the challenges you are facing that might be pointing out something you care about and value? For example, if you've experienced frustration when you're unable to go out and socialize what is it that's missing that you value? Maybe it's *Community*? Or the *Support* of friends? If new thoughts have surfaced, place a dot beside any values that you may not have identified earlier.

You will likely have quite a few values marked. Try narrowing down your list to a top 10 and write them in any order on a separate piece of paper. If you're struggling with reducing the list to a top 10 it might help to think about which value would have the biggest impact on your decision making.

For example: If you were trying to decide which was more important to you - SPEED vs THOROUGHNESS it might help to apply it an everyday scenario:

*Would it be more important to you to get an assignment handed in on time even if it isn't quite done or would it be more important that you completed the assignment and turned it in a bit late?*





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Not all answers will come easily, some values will have greater importance in different scenarios. The point of this exercise is to help you become a bit more aware of the things you truly *value*. These values are *your* values! Different people will have different values (and reasons for them), because our experiences are all so different. With that in mind, we can anticipate that as we continue to grow and evolve our list may also grow or evolve. What's most important is that you stay true what matters to you.

***Are you ready for a challenge?***

Take some time to write about any or all of the values you identified as being important to you. Moving forward, what steps can you take to live a life that reflects your values?

***Not up for that challenge today? Here's another challenge to consider:***

The lyrics to the song, *If I Had a Million Dollars* are on the next page. Try rewriting some or all of the lyrics in blue so your values are expressed. Be sure to share them with your classmates. You might have values in common with someone that might surprise you!

If you're up for an even bigger share, send your lyrics or record your version and send it to us at [project11@tnse.com](mailto:project11@tnse.com). we'd love to hear it!





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#### IF I HAD A MILLION DOLLARS

*Songwriters: Robertson Lloyd Edward Elwyn / Page Steven Jay*

*Recorded by the Bare Naked Ladies*

#### Lyrics

If I had a million dollars (If I had a million dollars)

Well I'd buy you a house

I would buy you a house

And if I had a million dollars (If I had a million dollars)

I'd buy you furniture for your house

Maybe a nice chesterfield or an ottoman

And if I had a million dollars (If I had a million dollars)

Well I'd buy you a K-Car

A nice reliant automobile

And if I had a million dollars I'd buy your love

If I had a million dollars

I'd build a tree fort in our yard

If I had a million dollars you could help It wouldn't be that hard

If I had a million dollars

Maybe we could put a little tiny fridge In there somewhere

We could just go up there and hang out

Like open the fridge and stuff

And there'd all be foods laid out for us

Like little pre-wrapped sausages and things

They have pre-wrapped sausages

But they don't have pre-wrapped bacon

Well can you blame them

Yeah

If I had a million dollars (If I had a million dollars)

Well I'd buy you a fur a coat

But not a real fur coat that's cruel

And if I had a million dollars (If I had a million dollars)

Well I'd buy you an exotic pet

Yep like a llama or an emu





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And if I had a million dollars (If I had a million dollars)

Well I'd buy you John Merrick's remains

Oh all them crazy elephant bones

And if I had a million dollars I'd buy your love

If I had a million dollars

We wouldn't have to walk to the store

If I had a million dollars

And we'd take a Limousine cause it costs more

If I had a million dollars

We wouldn't have to eat Kraft dinner

But we would eat Kraft dinner

Of course we would we'd just eat more

And buy really expensive ketchups with it

Thats right all the fanciest Dijon ketchups mmm mmm

If I had a million dollars (If I had a million dollars)

Well I'd buy you a green dress

But not a real green dress that's cruel

And if I had a million dollars (If I had a million dollars)

Well I'd buy you some art

A Picasso or a Garfunkel

If I had a million dollars (If I had a million dollars)

Well I'd buy you a monkey

Haven't you always wanted a monkey

If I had a million dollars I'd buy your love

If I had a million dollars (If I had a million dollars)

If I had a million dollars (If I had a million dollars)

If I had a million dollars

I'd be rich

Source: Musixmatch

