

LIVING YOUR VALUES: A CLARIFICATION TOOL

Values are the inner compass that guide our choices, relationships, and sense of fulfillment.

They're not who we wish we were or who we think we should be—they reflect who we truly are when we're most alive, most engaged, most ourselves.

When people get clear on their values, decisions become easier. Energy becomes focused. Life feels more aligned.

But values can be hard to name. Lists can push people into their heads or lead to choosing what sounds good rather than what's true. Using experiences and scenarios can help identify some of your key values.

How to use this tool

This tool includes **3 reflection exercises** to help you surface values from your lived experience.

Before coming to the first residency, please review the following reflection exercises and jot down some notes.

You don't have to get it 'right': Some values will emerge quickly; others will surface over time. Feel free to explore using strings of words (eg. integrity/honesty/walk-the-talk.). We will discuss this tool and your values further when we meet together.

1 PEAK MOMENTS

Reflect on a brief, meaningful moment when you felt proud, fulfilled, or energized.

- What was happening?
- Who was there?
- What made that moment meaningful?
- What values were being honoured?

LIVING YOUR VALUES: REFLECTIONS

2 SURPRESSED VALUES

Explore a time you felt frustrated, upset, or shut down. These moments often reveal values that were not being honoured.

- What upset you about that experience?
- What value might have been violated?
- If you flip the frustration, what value does it point to?

3 MUST-HAVES

Identify the non-negotiables-the essential elements you need to feel whole and fulfilled.

- What must be present in your life?
- What energizes or centers you?
- What drains you when it's missing?

What are 3 - 6 key values emerging from your reflections?
