

## **Values: A Reflective Exercise**

This journaling activity invites you to notice, name, and reflect on what matters most to you. Allow space for exploration — not every answer will come quickly or clearly. Listen deeply to your own responses.

### **1. Deep Listening in Conversation**

- What kinds of conversations make you feel most alive or engaged?
- When others listen to you, what themes, passions, or convictions tend to surface?
- What might someone say you “really value”?
- Notice when you are surprised or hesitant — could there be a value hidden underneath?

### **2. Powerful Questions to Evoke Values**

- What makes you come alive?
- When have you felt, “This is what I was made for”?
- What moves you — to tears, to anger, or to action?
- What do you hope your legacy will be?
- If time and money were no obstacle, how would you invest your energy?
- What’s one difference you want to make in the world?

### **3. Observed Behavior**

- How do you spend your time, money, and energy?
- What patterns or inconsistencies do you notice between your actions and your stated priorities?
- Where do your choices reflect your values — and where might they be out of alignment?

#### **4. Observed Responses – Consider what are you doing when you experience:**

- Peak moments of joy or clarity (Flow)
- Moments of deep satisfaction (Flow)
- Emotional low points or frustration (Value that's not being honored)
- Thought drift: Where does your mind go in quiet moments?

#### **5. Environmental Clues**

- Look around your personal spaces — home, workspace, car, playlists, décor.
- What do these surroundings say about what's important to you?
- What qualities or values do they reflect?

#### **6. Metaphors and Story**

- What stories, images, movie scenes etc. deeply resonate with you?
- What do these reveal about your identity, aspirations, or core values?
- How might your personal “story” mirror your guiding values?