My values

Choose the few that would still matter if no one ever knew.

Date _____

HOW TO USE THIS

1. Sort the deck
   The cards are on page 2
2. Choose your few
3. How much room last week gave your values
4. One small step, and coming back

MY FEW Three to five is a good number.

1

My value _____

What it means to me _____

_____

One small step for this week _____

When or where will you do it? _____

How much room did last week give you to live this?

0 1 2 3 4

no room — plenty of room

2

My value _____

What it means to me _____

_____

One small step for this week _____

When or where will you do it? _____

How much room did last week give you to live this?

0 1 2 3 4

no room — plenty of room

3

My value _____

What it means to me _____

_____

One small step for this week _____

When or where will you do it? _____

How much room did last week give you to live this?

0 1 2 3 4

no room — plenty of room

4

My value _____

What it means to me _____

_____

One small step for this week _____

When or where will you do it? _____

How much room did last week give you to live this?

0 1 2 3 4

no room — plenty of room

5

My value _____

What it means to me _____

_____

One small step for this week _____

When or where will you do it? _____

How much room did last week give you to live this?

0 1 2 3 4

no room — plenty of room

The value cards

There are no right piles. "Not for me right now" is an honest answer, and it's allowed to change.

☐ Matters a lot ☐ Matters some ☐ Not for me right now

caring and fairness

Looking after people, near and far, and the world you share.

☐☐☐ **kindness:** I treat people gently, and I count myself as one of those people.

☐☐☐ **caring:** I look after people who need me, like a child, a parent getting older or a friend who's ill.

☐☐☐ **closeness:** I share my inner world with the people I love, and I listen when they share theirs.

☐☐☐ **loyalty:** I stand by my people when things get hard.

☐☐☐ **honesty:** I tell the truth, and I think about how it will land.

☐☐☐ **forgiveness:** I let go of grudges when I'm ready, including the ones I hold against myself.

☐☐☐ **generosity:** I share what I have, whether that's time, attention, food, money or skills.

☐☐☐ **gratitude:** I notice what others give me, and I say thank you.

☐☐☐ **fairness:** I play fair, and I speak up when something is unjust.

☐☐☐ **care for the earth:** I look after the land, water and animals, in what I buy, use and throw away.

roots and belonging

Family, faith, tradition and the steadiness that holds a life together.

☐☐☐ **family:** I make time and space for the people I call family, by birth or by choice.

☐☐☐ **belonging:** I show up for the groups I'm part of, like a team, a neighborhood or a club.

☐☐☐ **heritage:** I keep alive the language, customs and stories I come from.

☐☐☐ **faith:** I live by my faith or spiritual practice, in whatever form it takes for me.

☐☐☐ **respect:** I treat everyone with dignity, from my elders to people I disagree with.

☐☐☐ **harmony:** I keep the peace, and I think about how what I do affects the people around me.

☐☐☐ **duty:** I keep my promises and do my part, for my family, my community or my work.

☐☐☐ **safety:** I keep myself and the people close to me safe, and I build a life that feels steady.

☐☐☐ **self-discipline:** I do what I decided to do, even when I don't feel like it.

☐☐☐ **balance:** I aim for enough, not too much, in work, spending and screen time.

freedom and discovery

Curiosity, choosing your own way, and trying what's new.

☐☐☐ **curiosity:** I ask questions and follow what interests me.

☐☐☐ **learning:** I keep studying and picking up new skills, in a classroom or out of one.

☐☐☐ **creativity:** I make things, ideas or solutions that weren't there before.

☐☐☐ **freedom:** I make my own choices about how I live and how I spend my time.

☐☐☐ **being myself:** I let people see the real me, even when it isn't the popular thing.

☐☐☐ **adventure:** I try new places, foods, people and experiences.

☐☐☐ **courage:** I do the hard or frightening thing when it matters.

☐☐☐ **awe:** I make time for things that make me feel small in a good way, like nature, music or the sky.

☐☐☐ **meaning:** I spend my time on things that connect me to something bigger than myself.

☐☐☐ **self-respect:** I take my own needs and limits seriously, and I'm willing to say no.

doing well and enjoying

Doing things well, providing for others, and taking time for pleasure.

☐☐☐ **doing things well:** I put real care and effort into my work or my craft.

☐☐☐ **achievement:** I set myself challenges and see them through.

☐☐☐ **growth:** I keep stretching, and I learn from what goes wrong.

☐☐☐ **providing:** I earn and manage money well, so my household has what it needs.

☐☐☐ **leadership:** I step up and help a group find its way when that's needed.

☐☐☐ **good name:** I live in a way that does my family and community proud, seen or unseen.

☐☐☐ **health:** I give my body the movement, sleep and food it needs.

☐☐☐ **enjoyment:** I let myself enjoy the good things, like a long meal, a favorite song or a slow morning.

☐☐☐ **playfulness:** I play, I get silly, and I look for things to laugh about.

☐☐☐ **being present:** When I'm with someone or doing something, I try to really be there.

Missing a value? Write your own _____ _____ _____

The interactive version: equilibriumpsychotherapy.net/values-compass

Equilibrium Psychotherapy · Ivana, mag. psych.