The gap and what shows up

An Everyday Insight tool
myvaluescardsort.com

Session 2 of 3 in a values group, adapted from the Personal Values Card Sort.

1 The gap

Write your five down the left side. For each, circle how much your life right now reflects it, from 0, not at all, to 10, fully. Not how much you care, but how much it shows up in your days.

VALUE	NOT AT ALL										FULLY
	0	1	2	3	4	5	6	7	8	9	10
	0	1	2	3	4	5	6	7	8	9	10
	0	1	2	3	4	5	6	7	8	9	10
	0	1	2	3	4	5	6	7	8	9	10
	0	1	2	3	4	5	6	7	8	9	10

2 What I notice

Look at your widest gap. What comes up as you look at it? Write whatever is true, without grading it.

3 A step toward one value

Pick one of your five, the one with the widest gap or one you'd like to move toward this week.

THE VALUE

ONE STEP TOWARD IT I COULD TAKE THIS WEEK

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4 What shows up

Picture yourself taking that step. Write down what shows up.

Thoughts

Feelings

Urges

WHAT I USUALLY DO WHEN THOSE SHOW UP

5 Willing

Am I willing to have these show up and take the step anyway?

☐ Yes ☐ Not yet

IF NOT YET, A SMALLER STEP I'M WILLING TO TAKE

6 This week

Decide now what you'll do if something gets in the way.

THE STEP I'LL TAKE

IF THIS GETS IN THE WAY

THEN I WILL

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