Going on

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

1 How my steps went

What you did, what you didn't, and what you noticed either way.

WHAT I DID

WHAT I NOTICED

2 Measure again

Rate your five again, the same way as last time. Then copy your numbers from session 2 into the last column. A change in either direction is worth noticing.

VALUE	NOT AT ALL										FULLY	LAST TIME
	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	

3 On a hard day

For each of your five, write the smallest way you could still live it on your worst kind of day.

VALUE	THE SMALLEST VERSION ON A HARD DAY

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4 From value to goals

If your group has time, pick one value and write a goal that moves toward it for each length of time.

THE VALUE

TODAY

THIS MONTH

THIS YEAR

5 If two pull against each other

If two of your values pull against each other, write about it here. If not, skip this.

ONE VALUE

THE OTHER

A WAY TO GIVE EACH OF THEM SOMETHING THIS WEEK

6 Keeping going

Plan for the drift that comes after the group ends.

WHAT WILL REMIND ME

HOW I'LL KNOW I'VE DRIFTED

WHAT I'LL DO WHEN I NOTICE

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