



VALUES REFLECTION EXERCISE

AN ACT-INFORMED REFLECTION TO HELP YOU RECONNECT WITH YOURSELF, YOUR PRIORITIES, AND THE LIFE YOU WANT TO CREATE.

There are seasons in life where we can become disconnected from what matters most to us. We may spend years caring for others, meeting expectations, or simply getting through busy periods of life – only to eventually find ourselves asking: "What do I need now?" "What matters to me at this stage of my life?" This reflection is an invitation to pause and explore. There are no right or wrong answers.

A Moment to Pause

Before you begin:

Take a few slow breaths.

Ask yourself:

How have I been feeling lately?

What has been taking up most of my energy?

What feels missing or out of balance?

More on the next page...



What matters to me?

Relationships

The way I want to show up in my relationships:

The qualities I want to bring:

Health & Wellbeing

The way I want to care for myself:

More on the next page...



Personal Growth

Parts of myself I would like to nurture:

Work & Contribution

What feels meaningful about how I spend my time?

Joy & Creativity

Activities or experiences that help me feel connected to myself:

More on the next page...



My Values

As you reflected on different areas of your life, you may have noticed certain themes emerging.

Perhaps you found yourself wanting more:

- Connection
- Balance
- Creativity
- Adventure
- Self-care
- Growth
- Authenticity
- Calm
- Meaning
- Kindness
- Freedom
- Stability

Rather than asking, "What should matter to me?", try asking:

- What feels important to me at this stage of my life?
- What do I want more of in my life?
- How do I want to feel and show up in the world?

Looking back at your reflections...

What words, themes, or qualities stand out to you?



My values right now

Choose up to five values that feel particularly important to you in this season of life:

- ☐ Connection
- ☐ Compassion
- ☐ Courage
- ☐ Creativity
- ☐ Curiosity
- ☐ Freedom
- ☐ Growth
- ☐ Kindness
- ☐ Balance
- ☐ Authenticity
- ☐ Stability
- ☐ Adventure
- ☐ Self-Respect
- ☐ Presence
- ☐ Meaning

Other:

If I were living more in line with these values...

I might: