



Jewel and Ash

Exploring the ups and downs of chronic illness

Values Compass Reflection Worksheet



Part 1: Initial Reflection

- Reflect on your first thoughts about this value. When do you first remember it in your life? How did this value come up in your childhood? Can you remember a time when you felt this value was missing in your life
- What are moments in your life that the importance of this value has changed? How? What are your feelings about these changes?



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Activities to consider:

- **Create a Gratitude Playlist:** Music really resonates with me. I have listened to a lot of different songs, and found them to help me tap into my feelings. I might start this on Tuesday, and add to it throughout the week. I hope to have 5-10 songs by the end of the week that I can share. Possibly (hopefully) I will even have some evaluation about each of the different songs, and why I picked them, or how they make me feel.
- **Three Good Things:** I would like to do this every day, or at least MOST days this week. I think it is one of the easiest ways to grow and explore gratitude... and it doesn't take that long.
- **Look at Old Photos:** This sounds fun. I have done this before too, even recently, and really enjoyed it. This might be a fun later in the week thing to do with the girls?
- **Mindful Sensory Check-in:** This might also be something fun to do every day too. Or at least try. I feel like I have had a lot of times that I get upset with my body, and this might help me to feel a little more thankful for other elements that are pleasant. It might also be a time to consider how to make a tshirt, or to do other image generation.
- What are other ideas that you have?



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Part 2: Experience

- **Self-Care Activity 1:** describe the activity and why it was chosen.
- **What was the experience like? How did it feel to engage with this activity?**
- **My Self-Care Activity 2:** describe the activity and why it was chosen.
- **What was the experience like? How did it feel to engage with this activity?**
- **My Self-Care Activity 3:** describe the activity and why it was chosen.
- **What was the experience like? How did it feel to engage with this activity?**

