

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?

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?

Part 2: Experience

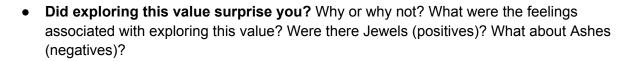
•	Self-Care	Activity 1	· describe	the activity	and why it was	chosen
•	Sell-Cale	ACLIVILY I	. uescribe	lite activity	and why it was	CHOSEII.

•	What was the experien	ice like? How did it feel to	engage with this activity?
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- 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?

Part 3: Final Reflections



• How do I feel about this value now? Has my understanding of it changed? Will I continue this activity, or similar ones?