Jewel and Ash

Exploring the ups and downs of chronic illness

Values Compass Reflection Worksheet

Part 1: Initial Reflection

- **How did curiosity play a role in your life when you were a kid? As you were growing, how did this change? How do you feel about that?**

- **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:

- **Ask more questions:** In conversations, shift from making statements to asking open-ended questions. Instead of saying, "That sounds interesting," try asking, "What was the most surprising part of that experience for you?" This encourages deeper connection and shows genuine interest.
- **Learn a random fact:** Spend five minutes a day reading about a topic you know nothing about. Use a "random article" feature on Wikipedia, or an interesting facts app.
- **Mindful Listening:** Close your eyes and simply listen to the sounds around you. Can you hear the hum of the refrigerator, a bird outside, or the creak of the floorboards? This simple exercise grounds you in the present moment.
- **Visit a museum or library:** Choose a section you normally wouldn't explore. Instead of the art section, spend time in the history or science exhibits. At the library, pick up a book from an unfamiliar genre. Libraries often have comfortable chairs and a peaceful atmosphere, making them a great option if you're looking for a low-energy outing.
- **Try a new recipe:** Find a recipe from a cuisine you've never cooked before. Focus on the new ingredients, cooking techniques, and flavors. The process of following the instructions and seeing the result is a rewarding act of exploration.
- **Start a "curiosity journal":** Dedicate a notebook to questions you have. It doesn't have to be a daily entry. Whenever a question pops into your head—from "Why is the sky blue?" to "What's my cat thinking?"—write it down. This acknowledges your curiosity without the pressure to find an answer immediately. You can revisit it later when you have the energy.
- **Observe up close:** Find a single object, and examine it closely like you have never seen it before. Notice the textures, colors, and patterns. Using a magnifying glass can make this a truly fascinating exercise in micro-observation.
- **Listen to a Podcast or Audiobook:** Use a free app from your local library to listen to books or podcasts on a new topic. It's an effortless way to learn, be entertained, and stimulate your mind.
- **Thrift Store Treasure Hunt:** Go to a thrift store with no specific purpose other than to explore. Look for an item that sparks your curiosity or beauty. The cost to buy it will be minimal, but the hunt itself is the activity.
- **Create a Dream Journal:** Using a dream journal is a gentle and personal form of self-care. It's a way of honoring your inner world and being curious about what it's trying to tell you, all with zero cost, very little time, and minimal energy. The first step is to simply be curious about what your mind creates while you sleep by just recording the details. Then, you can apply a curious mindset by asking open-ended questions. This process encourages you to look for meaning without the pressure of finding a single "right" answer.

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?

Part 3: Final Reflections

- **Did exploring this value surprise you?** Why or why not? What were the feelings associated with exploring this value? Were there Jewels (positives)? What about Ashes (negatives)?

- **How do I feel about this value now?** Has my understanding of it changed? Will I continue any of these activities, or similar ones? Why or why not?