

## The Swish: How close are you to your values?

As well as using the Values Compass to help set directions, goals and actions, this worksheet helps you to get a sense of how well you are doing in living according to your values. It's called the Swish after the sport of basketball. A Swish is when a player scores, and the ball drops right through the hoop into the net without hitting the rim. In essence, it's a perfect score. Applying this to valued living, if we are living closely to how we most want to be, then we would say it's a "Swish". If we aren't living the way that we want to be, then we might say that we missed, hit off the rim or similar.

The hoop below is divided into four sections, so you can consider four important domains at a time. If you have other important domains you can print this out more than once, or just fit them in here.

**Step one:** For each domain, use the audio exercises in this section, the values compass worksheet and the values ideas page to write the name of the four most important values or goals (or both) around the outside of the picture.

**Step two:** consider how closely and consistently you have been living in each of those valued areas in the last week? If you have been living in a way that is very closely aligned to the value, then place an X inside the hoop (A Swish!). If you feel that you haven't been living in a way that is aligned with that value, then put your X outside the hoop. You can decide how far out based on your sense of how consistently you have been living in line with that value. Maybe you have almost been living the way you want; in which case you might put the X just on the rim as if the ball hit the rim but bounced in. Not a swish but still doing well. If you haven't been living in line with your values then put the X out nearer to the edge of the picture, further away from the hoop.

**Step three:** for any areas that you see outside the hoop, try to generate one small action that would move your X closer towards the hoop, and write it near to the X, but a little closer to the centre.

**Step four:** Imagine making that small specific action and notice any obstacles or barriers that come up. Write these down near the action. Use the skills of OPEN, and AWARE to try and generate ideas for tackling those obstacles. Then, try and take that step in real life and use your OPEN and AWARE skills to deal with any barriers that come up.

There is an example below, and then a blank version for you to use yourself on the next page.

<p>Family: looking out for my brother</p>	<p>X Just hang out</p> <p>Barrier: we're not dealing with it the same way – I need to not have expectations</p>	<p>Get my notebook out and write some words about how I'm feeling.</p> <p>X</p>	<p>Making music</p>
<p>Learning: going to college</p>			<p>Family: Helping my mum</p>

