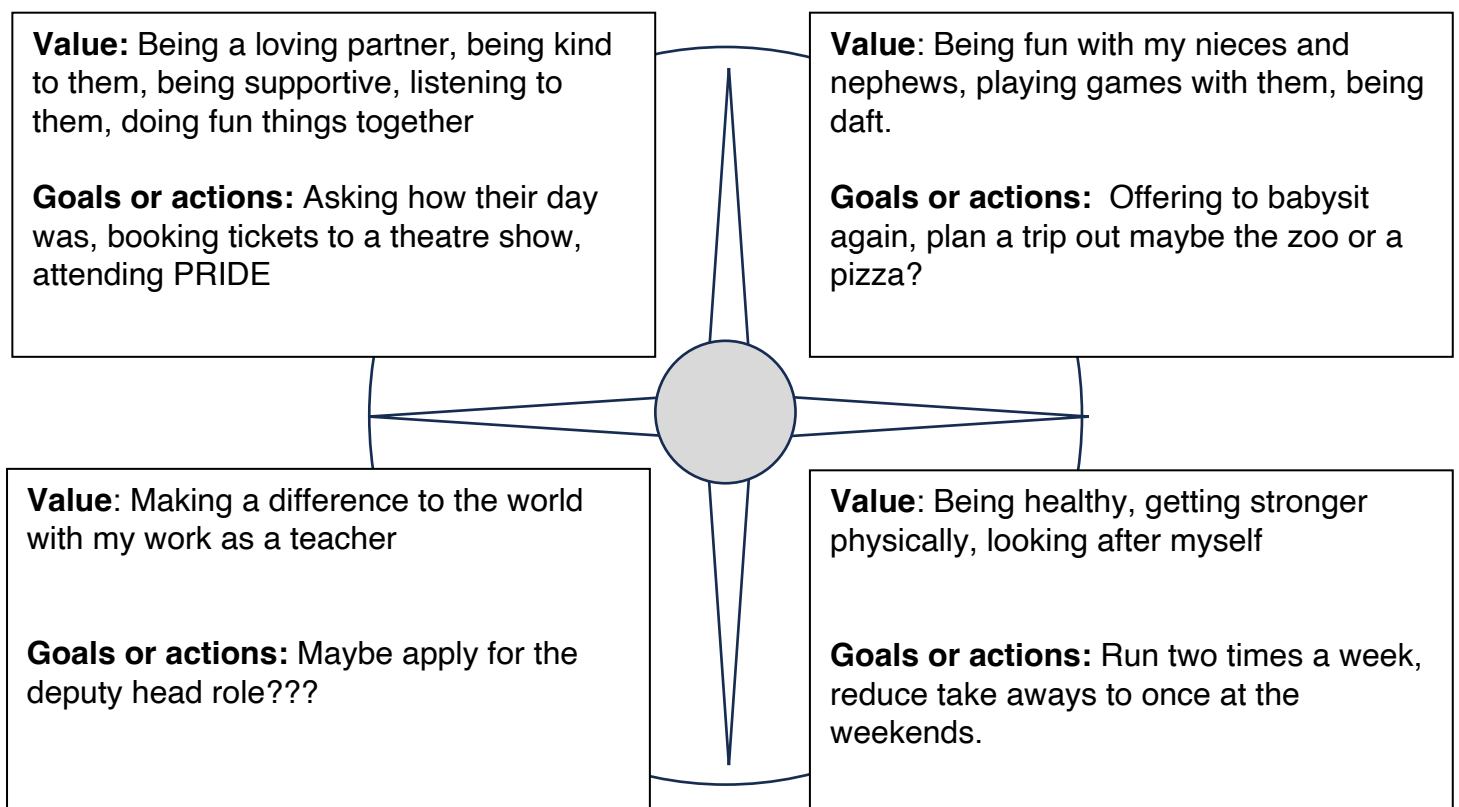


# The Values Compass

Our values are the things that we care about. They are the answer to the question, “What matters to you?” They can be qualities such as patience, kindness, adventure, and they can be roles such as being a parent, or a friend. They are like the directions on a compass, in that they give us direction, but they are not a place where we arrive. For example, if you started in Edinburgh and travelled west by car, the towns you’d pass would be Livingston, then Bathgate, then Glasgow. When we arrive in Glasgow, we have not arrived at ‘west’. West is not somewhere we would ever arrive at, but we would know if we were travelling west, and we would also know if we had been blown off course and were going south, and we could make a course change.

In contrast, the towns, cities, or landmarks that we pass along the way are places we can arrive at. We can think of these landmarks as like goals in life, and they are lined up with valued directions in life. So, for example, you might have a value of being a good friend to someone you’ve known a long time. That’s a value, in that it’s never finished. A goal that is in line with that value might be to meet your friend for a coffee, and an action that is linked to that goal might be to send them a text message suggesting it. We want our values, goals, and actions to be lined up, so that every day we are doing what we most care about.

The compass worksheet below helps you to consider what are the values that are important to you now. Use the boxes to write about what you care about in four different domains in life. Write about how you would like it to be, the qualities that you would freely choose, write about what matters to you, what you care about now. Then in each box write about things you could do that would move you in the direction of that value. The compass below has examples. Some people may find some of the examples difficult, depending on who you have lost, but please try to see past the specific examples to the principle. There is a blank one for you to use overleaf. There is also a table with some suggestions for values, goals, and actions below it. Feel free to use them or make your own. In addition, the worksheet “Ideas about values” also has other suggestions.



## The Values Compass

The diagram consists of a central grey circle with four lines extending outwards to form a cross. Each arm of the cross is connected to a rectangular box. Each box is divided into two sections: the top section is labeled 'Value:' and the bottom section is labeled 'Goals or actions:'.

Here are some examples of values, goals and actions that other people have suggested. After you have used this worksheet, use the “Values, Goals and Actions” worksheet to track how you are doing with them.

Value	Goal Ideas	Example Actions
Parenting	Playing a board game, crafting, going to a film	Asking if there is a favourite family meal they might like
Marriage / spouse / partnership	Arranging a date, talking and listening, going for a walk	Offering a hug, messaging to say you are thinking of them
Work	Changing job, taking on a new role or project	Looking at vacancies, updating CV, speaking to managers
Hobbies / leisure time	Go back to a hobby, begin a new hobby, spend time outdoors	Look on local notice boards at the sports centre, internet research
Health / fitness	Climb a hill, run a 10K race, cold water swimming	Joining a gym, taking a healthy cooking class.
Ecological / nature connection	Volunteer with a forest conservation charity	Recycle plastics, wash clothes at 30 degrees C.
Friendships	Talk with people you trust about how you have been feeling.	Meet for coffee, phone them, message them
Community / citizenship	Bring people together in your neighbourhood	Volunteer for the parent / teacher association, or community council