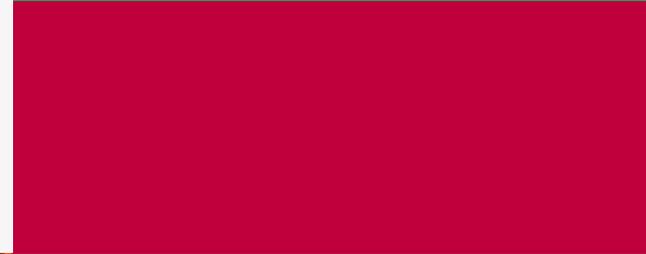


# Exploring What Matters: Values as a Source of Resilience

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# **WHAT ARE VALUES ?**

**Principles that guide our behaviors, decisions, and priorities. Values act as a compass or north star, influencing our actions, helping us set goals, and providing a framework for relationships.**

**VALUES  
IMPACT  
RESILIENCE  
BY...**

1. Providing clarity
2. Sustaining motivation
3. Strengthening identity
4. Supporting emotion regulation
5. Cultivating relationships
6. Finding meaning
7. Guiding decisions

# **LET'S PRACTICE A VALUE SORTING ACTIVITY...**

1. Place the value cards on the table
2. You can sort by personal, professional, or both
3. Your initial sort should be quick (very, somewhat, not)
4. Second sort - 3 to 5 very important in personal/professional categories
5. They can be aspirational

# PROFESSIONAL LIFE VALUES

VERY IMPORTANT TO ME

SOMEWHAT IMPORTANT TO ME

NOT IMPORTANT TO ME



# VALUES SORT



# **NOW WE CAN WRITE VALUES BASED GOALS**

...

1. Focus on direction, not perfection
2. Align them with the person you want to be, even if you're not there yet
3. Revisit when challenges arise to help you respond, rather than react, a key in building resilience

# VALUES-BASED GOALS ACTIVITY



# LINK TO VALUES SORTING CARDS

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# QUESTIONS?

